

CONSORCIO: **DAYANN BRIGH E.I.R.L - LAURIANO GARCIA IDROGO**

**CARTA Nº 034 - 2019 - CONSORCIO - PIURA.**

**ING. MILAGROS SOSA GARCIA**  
**ADMINISTRADORA DEL E.P. DE SULLANA**

**ASUNTO: PRESENTACION DE MENUS**

**REFERENCIA: CONTRATO Nº 032-2018-INPE/17**

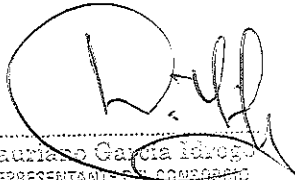
Presente.

Me dirijo a Usted con la finalidad de saludarlo atentamente, así mismo, para hacerle llegar la relación de menús para internos y personal de seguridad que labora 24x48 horas, que se brindara desde el **21 DE FEBRERO del 2019 al 20 DE MARZO del 2019**, en relación con el **contrato Nº 031-2017-INPE/17**, "Servicio de alimentación para los internos (as), niños y personal de seguridad que labora 24x48 horas del Establecimiento Penitenciario de Sullana **(de la Oficina Regional Norte – Chiclayo)**."

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

Chiclayo, 04 de Febrero del 2019.

FOLIOS (40)  
Atentamente:

  
Lauriano Garcia Idrogo  
REPRESENTANTE DEL CONSORCIO

|                                  |             |
|----------------------------------|-------------|
| INSTITUTO NACIONAL PENITENCIARIO |             |
| EPM SULLANA                      |             |
| ADMINISTRADOR                    |             |
| 04 FEB 2019                      |             |
| Reg:.....                        |             |
| Firma:.....                      | Hora: 11:33 |

# RELACIÓN DE MENÚS PROPUESTOS PARA EL PERSONAL INPE DEL E.P. DE PIURA Y SULLANA

DEL 21 DE FEBRERO AL 20 DE MARZO DE 2019

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

| N° DE MENÚ | FECHA      | DETALLE DEL MENÚ |                                                                                                            |
|------------|------------|------------------|------------------------------------------------------------------------------------------------------------|
| 1          | JUEVES     | DESAYUNO         | QUINUA CON LECHE + 03 PANES CON ACEITUNA                                                                   |
|            | 21/02/2019 | ENTRADA          | ENSALADA MIXTA                                                                                             |
| 2          | 22/02/2019 | SEGUNDO          | ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + INFUSION                                      |
|            |            | CENA             | ARROZ GRANEADO + PAVITA A LA OLLA CON PIMIENTO + ENSALADA + INFUSION                                       |
| 3          | 23/02/2019 | DESAYUNO         | LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)                                                   |
|            |            | ENTRADA          | ENSALADA                                                                                                   |
| 4          | 24/02/2019 | SEGUNDO          | ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + REFRESCO (NARANJA)                          |
|            |            | CENA             | ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSION                                  |
| 5          | 25/02/2019 | DESAYUNO         | KIWICHA + 03 PANES CON TORTILLA DE VERDURAS                                                                |
|            |            | ENTRADA          | ENSALADA FRESCA                                                                                            |
| 6          | 26/02/2019 | SEGUNDO          | ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO (MAIZ MORADO) |
|            |            | CENA             | ARROZ GRANEADO + MOLLEJITAS AL SILLAO CON PAPAS EN RODAJAS + INFUSION                                      |
| 7          | 27/02/2019 | DESAYUNO         | QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA                                                        |
|            |            | ENTRADA          | ENSALADA FRESCA                                                                                            |
| 8          | 28/02/2019 | SEGUNDO          | ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + SARZA + FRUTA + REFRESCO (LIMONADA)                          |
|            |            | CENA             | ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + ENSALADA + INFUSION                      |
| 9          | 01/03/2019 | DESAYUNO         | AVENA CON LECHE + 03 PANES CON HUEVO FRITO                                                                 |
|            |            | ENTRADA          | CEVICHE DE TOYO                                                                                            |
| 10         | 02/03/2019 | SEGUNDO          | ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMA)                           |
|            |            | CENA             | SOPA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION                                                        |
| 11         | 03/03/2019 | DESAYUNO         | LECHE CON COCOA + 03 PANES CON QUESO                                                                       |
|            |            | ENTRADA          | ENSALADA                                                                                                   |
| 12         | 04/03/2019 | SEGUNDO          | ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMONADA)                       |
|            |            | CENA             | ARROZ GRANEADO + POLLO FRITO + PAPAS FRITAS + ENSALADA + INFUSION                                          |
| 13         | 05/03/2019 | DESAYUNO         | QUINUA CON AVENA + 3 PANES CON ENCEBOLLADO DE CONSERVA DE PESCADO                                          |
|            |            | ENTRADA          | ENSALADA MIXTA                                                                                             |
| 14         | 06/03/2019 | SEGUNDO          | ARROZ GRANEADO + LOCRO DE ZAPALLO + POLLO + ENSALADA + FRUTA + REFRESCO (PINA)                             |
|            |            | CENA             | ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + INFUSION                                            |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO



*[Firma]*  
Dr. Edo E. Escudero Salazar  
Nutricionista Dietista  
CNP 0418

**RELACIÓN DE MENÚS PROPUESTOS PARA EL PERSONAL INPE DEL E.P. DE PIURA Y SULLANA**  
**DEL 21 DE FEBRERO AL 20 DE MARZO DE 2019**

47

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

| Nº DE MENÚ | FECHA      | DETALLE DEL MENÚ |                                                                                                            |
|------------|------------|------------------|------------------------------------------------------------------------------------------------------------|
| 15         | JUEVES     | DESAYUNO         | QUINUA CON LECHE + 03 PANES CON ACEITUNA                                                                   |
|            | 07/03/2019 | ENTRADA          | ENSALADA MIXTA                                                                                             |
|            |            | SEGUNDO          | ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + INFUSION                                      |
| 16         | VIERNES    | CENA             | ARROZ GRANEADO + PAVITA A LA OLLA CON PIMIENTO + ENSALADA + INFUSION                                       |
|            |            | DESAYUNO         | LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)                                                   |
|            | 08/03/2019 | ENTRADA          | ENSALADA                                                                                                   |
| 17         | SABADO     | SEGUNDO          | ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + REFRESCO (NARANJA)                          |
|            |            | CENA             | ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSION                                  |
|            | 09/03/2019 | DESAYUNO         | KIWICHA + 03 PANES CON TORTILLA DE VERDURAS                                                                |
| 18         | DOMINGO    | ENTRADA          | ENSALADA FRESCA                                                                                            |
|            |            | SEGUNDO          | ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO (MAIZ MORADO) |
|            | 10/03/2019 | CENA             | ARROZ GRANEADO + MOLLEJITAS AL SILLAO CON PAPAS EN RODAJAS + INFUSION                                      |
| 19         | LUNES      | DESAYUNO         | QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA                                                        |
|            |            | ENTRADA          | ENSALADA FRESCA                                                                                            |
|            | 11/03/2019 | SEGUNDO          | ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + SARZA + FRUTA + REFRESCO (LIMONADA)                          |
| 20         | MARTES     | CENA             | ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + ENSALADA + INFUSION                      |
|            |            | DESAYUNO         | AVENA CON LECHE + 03 PANES CON HUEVO FRITO                                                                 |
|            | 12/03/2019 | ENTRADA          | CEVICHE DE TOYO                                                                                            |
| 21         | MIERCOLES  | SEGUNDO          | ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMA)                           |
|            |            | CENA             | SOPA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION                                                        |
|            | 13/03/2019 | DESAYUNO         | LECHE CON COCOA + 03 PANES CON QUESO                                                                       |
| 22         | JUEVES     | ENTRADA          | ENSALADA                                                                                                   |
|            |            | SEGUNDO          | ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMONADA)                       |
|            | 14/03/2019 | CENA             | ARROZ GRANEADO + POLLO FRITO + PAPAS FRITAS + ENSALADA + INFUSION                                          |
| 23         | VIERNES    | DESAYUNO         | QUINUA CON AVENA + 3 PANES CON ENCEBOLLADO DE CONSERVA DE PESCADO                                          |
|            |            | ENTRADA          | ENSALADA MIXTA                                                                                             |
|            | 15/03/2019 | SEGUNDO          | ARROZ GRANEADO + LOCRE DE ZAPALLO + POLLO + ENSALADA + FRUTA + REFRESCO (PINA)                             |
| 24         | SABADO     | CENA             | ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + INFUSION                                            |
|            |            | DESAYUNO         | QUINUA CON LECHE + 03 PANES CON ACEITUNA                                                                   |
|            | 16/03/2019 | ENTRADA          | ENSALADA MIXTA                                                                                             |
| 25         | DOMINGO    | SEGUNDO          | ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + INFUSION                                      |
|            |            | CENA             | ARROZ GRANEADO + PAVITA A LA OLLA CON PIMIENTO + ENSALADA + INFUSION                                       |
|            | 17/03/2019 | DESAYUNO         | LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)                                                   |
| 26         | LUNES      | ENTRADA          | ENSALADA                                                                                                   |
|            |            | SEGUNDO          | ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + REFRESCO (NARANJA)                          |
|            | 18/03/2019 | CENA             | ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSION                                  |
| 27         | MARTES     | DESAYUNO         | KIWICHA + 03 PANES CON TORTILLA DE VERDURAS                                                                |
|            |            | ENTRADA          | ENSALADA FRESCA                                                                                            |
|            | 19/03/2019 | SEGUNDO          | ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO (MAIZ MORADO) |
| 28         | MIERCOLES  | CENA             | ARROZ GRANEADO + SALTADITO DE RES + PAPAS EN RODAJAS + INFUSION                                            |
|            |            | DESAYUNO         | QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA                                                        |
|            | 20/03/2019 | ENTRADA          | ENSALADA FRESCA                                                                                            |
| 29         | JUEVES     | SEGUNDO          | ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + SARZA + FRUTA + REFRESCO (LIMONADA)                          |
|            |            | CENA             | ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + INFUSION                                 |
|            | 21/03/2019 | DESAYUNO         | AVENA CON LECHE + 03 PANES CON HUEVO FRITO                                                                 |
| 30         | VIERNES    | ENTRADA          | CEVICHE DE TOYO                                                                                            |
|            |            | SEGUNDO          | ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMA)                           |
|            | 22/03/2019 | CENA             | SOPA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION                                                        |
| 31         | SABADO     | DESAYUNO         | LECHE CON COCOA + 03 PANES CON QUESO                                                                       |
|            |            | ENTRADA          | ENSALADA                                                                                                   |
|            | 23/03/2019 | SEGUNDO          | ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMONADA)                       |
| 32         | DOMINGO    | CENA             | ARROZ GRANEADO + POLLO FRITO + PAPAS FRITAS + ENSALADA + INFUSION                                          |
|            |            | DESAYUNO         | QUINUA CON AVENA + 3 PANES CON ENCEBOLLADO DE CONSERVA DE PESCADO                                          |
|            | 24/03/2019 | ENTRADA          | ENSALADA MIXTA                                                                                             |
| 33         | LUNES      | SEGUNDO          | ARROZ GRANEADO + LOCRE DE ZAPALLO + POLLO + ENSALADA + FRUTA + REFRESCO (PINA)                             |
|            |            | CENA             | ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + INFUSION                                            |
|            | 25/03/2019 | DESAYUNO         | QUINUA CON LECHE + 03 PANES CON ACEITUNA                                                                   |
| 34         | MARTES     | ENTRADA          | ENSALADA MIXTA                                                                                             |
|            |            | SEGUNDO          | ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + INFUSION                                      |
|            | 26/03/2019 | CENA             | ARROZ GRANEADO + PAVITA A LA OLLA CON PIMIENTO + ENSALADA + INFUSION                                       |
| 35         | MIERCOLES  | DESAYUNO         | LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)                                                   |
|            |            | ENTRADA          | ENSALADA                                                                                                   |
|            | 27/03/2019 | SEGUNDO          | ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + REFRESCO (NARANJA)                          |
| 36         | JUEVES     | CENA             | ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSION                                  |
|            |            | DESAYUNO         | KIWICHA + 03 PANES CON TORTILLA DE VERDURAS                                                                |
|            | 28/03/2019 | ENTRADA          | ENSALADA FRESCA                                                                                            |
| 37         | VIERNES    | SEGUNDO          | ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO (MAIZ MORADO) |
|            |            | CENA             | ARROZ GRANEADO + SALTADITO DE RES + PAPAS EN RODAJAS + INFUSION                                            |
|            | 29/03/2019 | DESAYUNO         | QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA                                                        |
| 38         | SABADO     | ENTRADA          | ENSALADA FRESCA                                                                                            |
|            |            | SEGUNDO          | ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + SARZA + FRUTA + REFRESCO (LIMONADA)                          |
|            | 30/03/2019 | CENA             | ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + INFUSION                                 |
| 39         | DOMINGO    | DESAYUNO         | AVENA CON LECHE + 03 PANES CON HUEVO FRITO                                                                 |
|            |            | ENTRADA          | CEVICHE DE TOYO                                                                                            |
|            | 31/03/2019 | SEGUNDO          | ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMA)                           |
| 40         | LUNES      | CENA             | SOPA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION                                                        |
|            |            | DESAYUNO         | LECHE CON COCOA + 03 PANES CON QUESO                                                                       |
|            | 01/04/2019 | ENTRADA          | ENSALADA                                                                                                   |
| 41         | MARTES     | SEGUNDO          | ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMONADA)                       |
|            |            | CENA             | ARROZ GRANEADO + POLLO FRITO + PAPAS FRITAS + ENSALADA + INFUSION                                          |
|            | 02/04/2019 | DESAYUNO         | QUINUA CON AVENA + 3 PANES CON ENCEBOLLADO DE CONSERVA DE PESCADO                                          |
| 42         | MIERCOLES  | ENTRADA          | ENSALADA MIXTA                                                                                             |
|            |            | SEGUNDO          | ARROZ GRANEADO + LOCRE DE ZAPALLO + POLLO + ENSALADA + FRUTA + REFRESCO (PINA)                             |
|            | 03/04/2019 | CENA             | ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + INFUSION                                            |

CONTRATISTA

NUTRICIONISTA

Lauriano García Ingo  
 REPRESENTANTE DEL CONSORCIO

*[Firma]*  
 Dra. Beatriz Solari Sotomayor  
 Nutricionista Dietista  
 C.N.P. 0428

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

21/02/2019 07/03/2019

MENÚ N° 1 15

| ALIMENTO                                                                   | PESO<br>BRUTO | KCAL.   | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|----------------------------------------------------------------------------|---------------|---------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                            | (g)           |         | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: QUINUA CON LECHE + 03 PANES CON ACEITUNA                         |               |         |        |        |         |                           |        |        |         |
| QUINUA                                                                     | 25.00         | 93.50   | 3.40   | 1.45   | 16.58   | 13.60                     | 13.05  | 66.30  | 92.95   |
| LECHE EVAPORADA                                                            | 70.00         | 100.10  | 4.90   | 5.67   | 7.63    | 19.60                     | 51.03  | 30.52  | 101.15  |
| PAN                                                                        | 90.00         | 261.90  | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| ACEITUNA                                                                   | 60.00         | 156.86  | 0.48   | 19.26  | 4.38    | 1.92                      | 173.34 | 17.52  | 192.78  |
| AZUCAR RUBIA                                                               | 25.00         | 96.00   | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                                  |               | 708.36  | 16.34  | 26.56  | 110.59  | 65.36                     | 239.04 | 442.32 | 746.72  |
|                                                                            |               |         |        |        |         | V.C. DESAYUNO             |        |        | 746.72  |
|                                                                            |               |         |        |        |         | % DIST. DESAYUNO          |        |        | 27%     |
| ALMUERZO: ENTRADA: ENSALADA MIXTA                                          |               |         |        |        |         |                           |        |        |         |
| ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + INFUSION      |               |         |        |        |         |                           |        |        |         |
| ARROZ                                                                      | 150.00        | 538.50  | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80 | 522.75  |
| MONDONGO DE RES                                                            | 150.00        | 156.00  | 25.35  | 5.25   | 0.00    | 101.40                    | 47.25  | 0.00   | 148.65  |
| ZANAHORIA                                                                  | 20.00         | 7.79    | 0.12   | 0.10   | 1.84    | 0.48                      | 0.90   | 7.36   | 8.74    |
| AJI AMARILLO                                                               | 5.00          | 1.50    | 0.05   | 0.04   | 0.44    | 0.18                      | 0.32   | 1.76   | 2.26    |
| AJOS                                                                       | 2.00          | 1.55    | 0.11   | 0.02   | 0.81    | 0.45                      | 0.14   | 2.43   | 3.02    |
| SAL                                                                        | 2.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| ACEITE VEGETAL                                                             | 14.00         | 123.76  | 0.00   | 14.00  | 0.00    | 0.00                      | 126.00 | 0.00   | 126.00  |
| PAPA BLANCA                                                                | 200.00        | 184.30  | 4.20   | 0.20   | 44.60   | 16.80                     | 1.80   | 178.40 | 197.00  |
| TOMATE                                                                     | 60.00         | 11.29   | 0.48   | 0.12   | 2.58    | 1.92                      | 1.08   | 10.32  | 13.32   |
| CEBOLLA                                                                    | 60.00         | 26.46   | 0.84   | 0.12   | 8.78    | 3.36                      | 1.08   | 27.12  | 31.56   |
| SAZONADOR BLANCO                                                           | 1.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| NARANJA DE MESA                                                            | 150.00        | 51.30   | 1.80   | 0.30   | 16.35   | 7.20                      | 2.70   | 65.40  | 75.30   |
| AZUCAR RUBIA                                                               | 20.00         | 76.80   | 0.00   | 0.00   | 19.66   | 0.00                      | 0.00   | 78.64  | 78.64   |
| TORONJIL                                                                   | 10.00         | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                  |               | 1179.25 | 45.25  | 20.90  | 209.56  | 180.99                    | 188.02 | 838.23 | 1207.24 |
|                                                                            |               |         |        |        |         | V. C. ALMUERZO            |        |        | 1207.24 |
|                                                                            |               |         |        |        |         | % DIST. ALMUERZO          |        |        | 44%     |
| CENA: ARROZ GRANEADO + PAVITA A LA OLLA CON PIMIENTO + ENSALADA + INFUSION |               |         |        |        |         |                           |        |        |         |
| ARROZ                                                                      | 90.00         | 323.10  | 7.38   | 0.45   | 70.02   | 29.52                     | 4.05   | 280.08 | 313.65  |
| CARNE DE PAVITA                                                            | 100.00        | 241.20  | 20.10  | 20.20  | 0.00    | 80.40                     | 181.80 | 0.00   | 262.20  |
| TOMATE                                                                     | 35.00         | 6.58    | 0.28   | 0.07   | 1.51    | 1.12                      | 0.63   | 6.02   | 7.77    |
| PIMINETO MORRON                                                            | 18.00         | 5.23    | 0.27   | 0.09   | 1.39    | 1.08                      | 0.81   | 5.54   | 7.43    |
| AJI AMARILLO                                                               | 3.00          | 0.90    | 0.03   | 0.02   | 0.26    | 0.11                      | 0.19   | 1.06   | 1.36    |
| PEPINILLOS                                                                 | 40.00         | 3.83    | 0.20   | 0.04   | 1.04    | 0.80                      | 0.36   | 4.16   | 5.32    |
| LIMON                                                                      | 2.00          | 0.31    | 0.01   | 0.00   | 0.90    | 0.04                      | 0.04   | 0.78   | 0.86    |
| CEBOLLA                                                                    | 35.00         | 15.44   | 0.49   | 0.07   | 3.96    | 1.96                      | 0.63   | 15.82  | 18.41   |
| SAL                                                                        | 2.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| ACEITE VEGETAL                                                             | 3.00          | 26.52   | 0.00   | 3.00   | 0.00    | 0.00                      | 90.00  | 0.00   | 90.00   |
| AZUCAR RUBIA                                                               | 25.00         | 96.00   | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| TORONJIL                                                                   | 10.00         | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                  |               | 719.11  | 28.76  | 23.94  | 103.66  | 115.03                    | 278.51 | 411.76 | 805.30  |
|                                                                            |               |         |        |        |         | V. C. CENA                |        |        | 805.30  |
|                                                                            |               |         |        |        |         | % DIST. CENA              |        |        | 29%     |
| VCT (Gr.)                                                                  |               |         | 90.35  | 71.40  | 423.81  |                           |        |        |         |
| VCT (Kcal.)                                                                |               |         | 361.38 | 705.57 | 1692.31 |                           |        |        |         |
| VCT (%)                                                                    |               |         | 13%    | 26%    | 61%     |                           |        |        |         |
|                                                                            |               |         |        |        |         | V. C. T. MENU             |        | 100%   | 2759    |

CONTRATISTA

NUTRICIONISTA

Lauriano Garcia Arango  
REPRESENTANTE DEL CONSORCIO

Dr. Cesar E. Barral  
Nutricionista  
C.O. 23

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

22/02/2019 08/03/2019

MENÚ N° 2 16

| ALIMENTO                                                                                       | PESO<br>BRUTO | KCAL.   | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|------------------------------------------------------------------------------------------------|---------------|---------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                                | (g)           |         |        |        |         |                           |        | PROT   |         |
| DESAYUNO: LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)                             |               |         |        |        |         |                           |        |        |         |
| SOYA                                                                                           | 25.00         | 100.25  | 7.05   | 4.73   | 8.93    | 28.20                     | 42.53  | 35.70  | 106.43  |
| PAN                                                                                            | 90.00         | 261.90  | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| POLLO SIN HUESO                                                                                | 50.00         | 80.75   | 9.10   | 5.10   | 0.00    | 36.40                     | 45.90  | 0.00   | 82.30   |
| ACEITE VEGETAL                                                                                 | 10.00         | 88.40   | 0.00   | 10.00  | 0.00    | 0.00                      | 90.00  | 0.00   | 90.00   |
| AZUCAR RUBIA                                                                                   | 25.00         | 96.00   | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                                                      |               | 627.30  | 23.71  | 20.01  | 90.93   | 94.84                     | 180.05 | 363.68 | 638.57  |
|                                                                                                |               |         |        |        |         | V.C. DESAYUNO             |        |        | 638.57  |
|                                                                                                |               |         |        |        |         | % DIST. DESAYUNO          |        |        | 23%     |
| ENTRADA: ENSALADA                                                                              |               |         |        |        |         |                           |        |        |         |
| ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + ENSALADA + MENESTRA + FRUTA + REFRESCO DE (NARANJA) |               |         |        |        |         |                           |        |        |         |
| ARROZ                                                                                          | 150.00        | 538.50  | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80 | 522.75  |
| PESCADO                                                                                        | 150.00        | 174.15  | 32.40  | 5.85   | 0.45    | 129.60                    | 52.65  | 1.80   | 184.05  |
| CEBOLLA                                                                                        | 50.00         | 22.05   | 0.70   | 0.10   | 5.65    | 2.80                      | 0.90   | 22.60  | 26.30   |
| TOMATE                                                                                         | 50.00         | 9.41    | 0.40   | 0.10   | 2.15    | 1.60                      | 0.90   | 8.60   | 11.10   |
| ACEITE VEGETAL                                                                                 | 20.00         | 176.80  | 0.00   | 20.00  | 0.00    | 0.00                      | 180.00 | 0.00   | 180.00  |
| LENTEJAS SECAS                                                                                 | 60.00         | 203.40  | 13.56  | 0.60   | 36.60   | 54.24                     | 5.40   | 146.40 | 206.04  |
| SAL                                                                                            | 2.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| AJOS                                                                                           | 2.00          | 1.55    | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| NARANJA AGRIA                                                                                  | 40.00         | 13.20   | 0.20   | 0.08   | 3.28    | 0.80                      | 0.72   | 13.12  | 14.64   |
| AZUCAR RUBIA                                                                                   | 25.00         | 96.00   | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 93.30  | 93.30   |
| LIMA                                                                                           | 150.00        | 81.00   | 0.90   | 0.60   | 8.85    | 3.60                      | 5.40   | 35.40  | 44.40   |
| SUB TOTAL                                                                                      |               | 1316.06 | 60.57  | 28.10  | 198.87  | 242.29                    | 252.86 | 790.45 | 1285.60 |
|                                                                                                |               |         |        |        |         | V. C. ALMUERZO            |        |        | 1285.60 |
|                                                                                                |               |         |        |        |         | % DIST. ALMUERZO          |        |        | 47%     |
| CENA: ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSIÓN                |               |         |        |        |         |                           |        |        |         |
| CARNE DE GALLINA                                                                               | 100.00        | 108.00  | 20.60  | 3.60   | 0.00    | 82.40                     | 32.40  | 0.00   | 114.80  |
| ARROZ                                                                                          | 90.00         | 323.10  | 7.38   | 0.45   | 70.02   | 29.52                     | 4.05   | 280.08 | 313.65  |
| LECHUGA                                                                                        | 30.00         | 5.42    | 0.45   | 0.06   | 1.17    | 1.80                      | 0.54   | 4.68   | 7.02    |
| ZANAHORIA                                                                                      | 20.00         | 7.79    | 0.12   | 0.10   | 1.84    | 0.48                      | 0.90   | 7.36   | 8.74    |
| TOMATE                                                                                         | 40.00         | 7.52    | 0.32   | 0.08   | 1.72    | 1.28                      | 0.72   | 6.88   | 8.88    |
| PEPINILLOS                                                                                     | 30.00         | 2.87    | 0.15   | 0.03   | 0.78    | 0.60                      | 0.27   | 3.12   | 3.99    |
| LIMON                                                                                          | 2.00          | 0.31    | 0.01   | 0.00   | 0.19    | 0.04                      | 0.04   | 0.78   | 0.86    |
| PAPA BLANCA                                                                                    | 120.00        | 110.58  | 2.52   | 0.12   | 26.76   | 10.08                     | 1.08   | 107.04 | 118.20  |
| ACEITE VEGETAL                                                                                 | 13.00         | 114.92  | 0.00   | 13.00  | 0.00    | 0.00                      | 117.00 | 0.00   | 117.00  |
| AJOS                                                                                           | 2.00          | 1.55    | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| AZUCAR RUBIA                                                                                   | 35.00         | 134.40  | 0.00   | 0.00   | 34.41   | 0.00                      | 0.00   | 137.62 | 137.62  |
| ANIS                                                                                           | 10.00         | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                                      |               | 816.46  | 31.66  | 17.46  | 137.50  | 126.65                    | 157.14 | 549.99 | 833.78  |
|                                                                                                |               |         |        |        |         | V. C. CENA                |        |        | 833.78  |
|                                                                                                |               |         |        |        |         | % DIST. CENA              |        |        | 30%     |
| VCT (Gr.)                                                                                      |               |         | 115.94 | 65.57  | 427.30  |                           |        |        |         |
| VCT (Kcal.)                                                                                    |               |         | 463.78 | 590.05 | 1704.12 |                           |        |        |         |
| VCT (%)                                                                                        |               |         | 17%    | 21%    | 62%     |                           |        |        |         |
|                                                                                                |               |         |        |        |         | V. C. T. MENU             |        | 100%   | 2758    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Jorjago  
REPRESENTANTE DEL CONSORCIO

Estimado Saldarriaga  
Nutricionista  
2019

## 23/02/2019 09/03/2019

**MENÚ N° 3 17**

**CONTRATISTA**

**NUTRICIONISTA**

Lauriano García Iñigo  
REPRESENTANTE DEL CONSORCIO

Elisa E. Escudero Saldarriaga  
Nutricionista  
NP 0428

## PIURA Y SULLANA

MENÚ N° 4 18

Leuriano García Fábrega  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

  
Lauriano García Fariago  
REPRESENTANTE DEL CONSORCIO

  
 Il Presidente del Consiglio dei Ministri  
 Giovanni Conso  
 9

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

25/02/2019 11/03/2019

MENÚ N° 5 19

| ALIMENTO                                                                            | PESO BRUTO<br>(g) | KCAL.          | PROT<br>(g)  | GRASAS<br>(g) | CARB.<br>(g)  | K.CALORIAS PON NUTRIENTES |               |               | TOTAL          |
|-------------------------------------------------------------------------------------|-------------------|----------------|--------------|---------------|---------------|---------------------------|---------------|---------------|----------------|
|                                                                                     |                   |                |              |               |               | PROT                      | GRASAS        | CARB.         |                |
| <b>DESAYUNO:</b>                                                                    |                   |                |              |               |               |                           |               |               |                |
| AVENA CON LECHE + 03 PANES CON HUEVO FRITO                                          |                   |                |              |               |               |                           |               |               |                |
| AVENA                                                                               | 25.00             | 86.75          | 3.33         | 1.00          | 18.00         | 13.30                     | 9.00          | 72.00         | 94.30          |
| LECHE EVAPORADA                                                                     | 70.00             | 100.10         | 4.90         | 5.67          | 7.63          | 19.60                     | 51.03         | 30.52         | 101.15         |
| PAN                                                                                 | 90.00             | 261.90         | 7.56         | 0.18          | 57.42         | 30.24                     | 1.62          | 229.68        | 261.54         |
| HUEVOS                                                                              | 60.00             | 71.91          | 8.10         | 5.04          | 1.14          | 32.40                     | 45.36         | 4.56          | 82.32          |
| ACEITE VEGETAL                                                                      | 5.00              | 44.20          | 0.00         | 5.00          | 0.00          | 0.00                      | 45.00         | 0.00          | 45.00          |
| AZUCAR RUBIA                                                                        | 20.00             | 76.80          | 0.00         | 0.00          | 19.66         | 0.00                      | 0.00          | 78.64         | 78.64          |
| <b>SUB TOTAL</b>                                                                    |                   | <b>641.66</b>  | <b>23.89</b> | <b>16.89</b>  | <b>103.85</b> | <b>95.54</b>              | <b>152.01</b> | <b>415.40</b> | <b>662.95</b>  |
| V.C. DESAYUNO                                                                       |                   |                |              |               |               |                           |               |               | 663            |
| % DIST. DESAYUNO                                                                    |                   |                |              |               |               |                           |               |               | 24%            |
| <b>ENTRADA:CEVICHE DE TOYO</b>                                                      |                   |                |              |               |               |                           |               |               |                |
| <b>ALMUERZO:</b>                                                                    |                   |                |              |               |               |                           |               |               |                |
| ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFresco DE (LIMA) |                   |                |              |               |               |                           |               |               |                |
| ARROZ                                                                               | 150.00            | 538.50         | 12.30        | 0.75          | 116.70        | 49.20                     | 6.75          | 466.80        | 522.75         |
| POLLO CON HUESO                                                                     | 160.00            | 244.80         | 29.12        | 16.32         | 0.00          | 116.48                    | 146.88        | 0.00          | 263.36         |
| TOYO                                                                                | 120.00            | 97.61          | 22.44        | 0.48          | 0.00          | 89.76                     | 4.32          | 0.00          | 94.08          |
| LIMON                                                                               | 10.00             | 1.53           | 0.05         | 0.02          | 0.97          | 0.20                      | 0.18          | 3.88          | 4.26           |
| FREJOL CASTILLA                                                                     | 60.00             | 198.00         | 13.50        | 1.08          | 34.98         | 54.00                     | 9.72          | 139.92        | 203.64         |
| CEBOLLA                                                                             | 15.00             | 6.62           | 0.21         | 0.03          | 1.70          | 0.84                      | 0.27          | 6.78          | 7.89           |
| ROCOTO                                                                              | 10.00             | 3.60           | 0.12         | 0.50          | 0.82          | 0.48                      | 4.50          | 3.28          | 8.26           |
| SAL                                                                                 | 5.00              | 0.00           | 0.00         | 0.00          | 0.00          | 0.00                      | 0.00          | 0.00          | 0.00           |
| SILLAO                                                                              | 15.00             | 0.00           | 0.00         | 0.00          | 0.00          | 0.00                      | 0.00          | 0.00          | 0.00           |
| PIMIENTOS                                                                           | 20.00             | 1.91           | 0.10         | 0.02          | 0.52          | 0.40                      | 0.18          | 2.08          | 2.66           |
| SAZONADOR BLANCO                                                                    | 1.00              | 0.00           | 0.00         | 0.00          | 0.00          | 0.00                      | 0.00          | 0.00          | 0.00           |
| ACEITE VEGETAL                                                                      | 5.00              | 44.20          | 0.00         | 5.00          | 0.00          | 0.00                      | 45.00         | 0.00          | 45.00          |
| LIMA                                                                                | 40.00             | 9.72           | 0.24         | 0.16          | 2.36          | 0.96                      | 1.44          | 9.44          | 11.84          |
| LIMA                                                                                | 150.00            | 36.45          | 0.90         | 0.60          | 8.85          | 3.60                      | 5.40          | 35.40         | 44.40          |
| AJOS                                                                                | 2.00              | 1.55           | 0.11         | 0.02          | 0.61          | 0.45                      | 0.14          | 2.43          | 3.02           |
| AZUCAR RUBIA                                                                        | 20.00             | 76.80          | 0.00         | 0.00          | 19.66         | 0.00                      | 0.00          | 78.64         | 78.64          |
| <b>SUB TOTAL</b>                                                                    |                   | <b>1261.29</b> | <b>79.09</b> | <b>24.98</b>  | <b>187.17</b> | <b>316.37</b>             | <b>224.78</b> | <b>748.65</b> | <b>1289.80</b> |
| V. C. ALMUERZO                                                                      |                   |                |              |               |               |                           |               |               | 1290           |
| % DIST. ALMUERZO                                                                    |                   |                |              |               |               |                           |               |               | 47%            |
| <b>CENA:</b>                                                                        |                   |                |              |               |               |                           |               |               |                |
| SOPA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION                                 |                   |                |              |               |               |                           |               |               |                |
| ARROZ                                                                               | 90.00             | 323.10         | 7.38         | 0.45          | 70.02         | 29.52                     | 4.05          | 280.08        | 313.65         |
| RES SIN HUESO                                                                       | 80.00             | 75.60          | 17.04        | 1.28          | 0.00          | 68.16                     | 11.52         | 0.00          | 79.68          |
| PAPA BLANCA                                                                         | 100.00            | 92.15          | 2.10         | 0.10          | 22.30         | 8.40                      | 0.90          | 89.20         | 98.50          |
| AZUCAR RUBIA                                                                        | 20.00             | 76.80          | 0.00         | 0.00          | 19.66         | 0.00                      | 0.00          | 78.64         | 78.64          |
| PAN                                                                                 | 60.00             | 174.60         | 6.04         | 0.12          | 38.28         | 20.16                     | 1.03          | 153.12        | 174.31         |
| AJOS                                                                                | 2.00              | 1.55           | 0.11         | 0.02          | 0.61          | 0.45                      | 0.14          | 2.43          | 3.02           |
| SAL                                                                                 | 2.00              | 0.00           | 0.00         | 0.00          | 0.00          | 0.00                      | 0.00          | 0.00          | 0.00           |
| TORONJIL                                                                            | 5.00              | 0.00           | 0.00         | 0.00          | 0.00          | 0.00                      | 0.00          | 0.00          | 0.00           |
| ACEITE VEGETAL                                                                      | 5.00              | 44.20          | 0.00         | 5.00          | 0.00          | 0.00                      | 45.00         | 0.00          | 45.00          |
| ZANAHORIA                                                                           | 10.00             | 3.90           | 0.06         | 0.05          | 0.92          | 0.24                      | 0.45          | 3.63          | 4.32           |
| APIO                                                                                | 5.00              | 1.00           | 0.04         | 0.01          | 0.24          | 0.14                      | 0.09          | 0.96          | 1.19           |
| <b>SUB TOTAL</b>                                                                    |                   | <b>792.90</b>  | <b>32.77</b> | <b>7.03</b>   | <b>152.03</b> | <b>127.07</b>             | <b>63.18</b>  | <b>608.06</b> | <b>798.31</b>  |
| V. C. CENA                                                                          |                   |                |              |               |               |                           |               |               | 798            |
| % DIST. CENA                                                                        |                   |                |              |               |               |                           |               |               | 29%            |
| VCT (Gr.)                                                                           |                   | 135.75         | 48.90        | 443.05        |               |                           |               |               |                |
| VCT (Kcal.)                                                                         |                   | 538.98         | 439.97       | 1772.11       |               |                           |               |               |                |
| VCT (%)                                                                             |                   | 20%            | 16%          | 64%           |               |                           |               |               |                |
| V. C. T. MENU                                                                       |                   |                |              |               |               |                           |               |               | 100%           |
|                                                                                     |                   |                |              |               |               |                           |               |               | 2751           |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

*[Firma]*  
Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO



FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

26/02/2019 12/03/2019

MENÚ N° 6 20

| ALIMENTO                                                                                       | PESO<br>BRUTO | KCAL.   | PROT        | GRASAS | CARB.  | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|------------------------------------------------------------------------------------------------|---------------|---------|-------------|--------|--------|---------------------------|--------|--------|---------|
|                                                                                                | (g)           |         | (g)         | (g)    | (g)    | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: LECHE CON COCOA + 03 PANES CON QUESO                                                 |               |         |             |        |        |                           |        |        |         |
| LECHE EVAPORADA                                                                                | 120.00        | 171.60  | 8.40        | 9.72   | 13.08  | 33.60                     | 87.48  | 52.32  | 173.40  |
| COCOA                                                                                          | 10.00         | 40.40   | 1.90        | 1.71   | 4.78   | 7.60                      | 15.39  | 19.12  | 42.11   |
| QUESO                                                                                          | 60.00         | 103.80  | 9.78        | 6.18   | 2.04   | 39.12                     | 55.62  | 8.16   | 102.90  |
| PAN                                                                                            | 90.00         | 261.90  | 7.56        | 0.18   | 57.42  | 30.24                     | 1.62   | 229.68 | 261.54  |
| AZUCAR RUBIA                                                                                   | 36.00         | 138.24  | 0.00        | 0.00   | 35.39  | 0.00                      | 0.00   | 141.55 | 141.55  |
| SUB TOTAL                                                                                      |               | 715.94  | 27.64       | 17.79  | 22.61  | 110.56                    | 160.11 | 450.83 | 721.50  |
|                                                                                                |               |         |             |        |        | V.C. DESAYUNO             |        | 722    |         |
|                                                                                                |               |         |             |        |        | % DIST. DESAYUNO          |        |        | 26%     |
| ENTRADA: ENSALADA                                                                              |               |         |             |        |        |                           |        |        |         |
| ALMUERZO: ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMONADA) |               |         |             |        |        |                           |        |        |         |
| ARROZ                                                                                          | 150.00        | 538.50  | 12.30       | 0.75   | 116.70 | 49.20                     | 6.75   | 466.80 | 522.75  |
| RES CON HUESO                                                                                  | 160.00        | 142.80  | 34.08       | 2.56   | 0.00   | 136.32                    | 23.04  | 0.00   | 159.36  |
| FREJOL PANAMITO                                                                                | 60.00         | 201.60  | 12.90       | 1.02   | 36.42  | 51.60                     | 9.18   | 145.68 | 206.46  |
| ACEITE VEGETAL                                                                                 | 10.00         | 88.40   | 0.00        | 10.00  | 0.00   | 0.00                      | 90.00  | 0.00   | 90.00   |
| CEBOLLA                                                                                        | 35.00         | 15.44   | 0.49        | 0.07   | 3.96   | 1.96                      | 0.63   | 15.82  | 18.41   |
| LECHUGA                                                                                        | 50.00         | 9.03    | 0.75        | 0.10   | 1.95   | 3.00                      | 0.90   | 7.80   | 11.70   |
| TOMATE                                                                                         | 30.00         | 5.64    | 0.24        | 0.06   | 1.29   | 0.96                      | 0.54   | 5.16   | 6.66    |
| PEPINILLOS                                                                                     | 40.00         | 3.83    | 0.20        | 0.04   | 1.04   | 0.80                      | 0.36   | 4.16   | 5.32    |
| AJOS                                                                                           | 2.00          | 1.55    | 0.11        | 0.02   | 0.61   | 0.45                      | 0.14   | 2.43   | 3.02    |
| AJI AMARILLO                                                                                   | 5.00          | 1.50    | 0.05        | 0.04   | 0.44   | 0.18                      | 0.32   | 1.76   | 2.26    |
| PALILLO MOLIDO                                                                                 | 2.00          | 1.08    | 0.01        | 0.07   | 0.11   | 0.03                      | 0.65   | 0.46   | 1.14    |
| NARANJA DE MESA                                                                                | 150.00        | 124.86  | 1.80        | 0.30   | 16.35  | 7.20                      | 2.70   | 65.40  | 75.30   |
| SAZONADOR BLANCO                                                                               | 2.00          | 0.00    | 0.00        | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| LIMON                                                                                          | 12.00         | 1.84    | 0.06        | 0.02   | 1.16   | 0.24                      | 0.22   | 4.68   | 5.14    |
| AZUCAR RUBIA                                                                                   | 28.00         | 9.84    | 0.00        | 0.00   | 25.56  | 0.00                      | 0.00   | 102.23 | 102.23  |
| SAL                                                                                            | 5.00          | 0.00    | 0.00        | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                                      |               | 1145.93 | 62.99       | 15.05  | 205.59 | 251.94                    | 135.43 | 822.38 | 1209.75 |
|                                                                                                |               |         |             |        |        | V. C. ALMUERZO            |        | 1210   |         |
|                                                                                                |               |         |             |        |        | % DIST. ALMUERZO          |        |        | 44%     |
| CENA: ARROZ GRANEADO + POLLO FRITO + PAPAS FRITA + ENSALADA + INFUSIÓN                         |               |         |             |        |        |                           |        |        |         |
| ARROZ                                                                                          | 90.00         | 323.10  | 7.38        | 0.45   | 70.02  | 29.52                     | 4.05   | 280.08 | 313.65  |
| POLLO CON HUESO                                                                                | 100.00        | 153.00  | 18.20       | 10.20  | 0.00   | 72.80                     | 91.80  | 0.00   | 164.60  |
| PEPINILLOS                                                                                     | 50.00         | 4.79    | 0.25        | 0.05   | 1.30   | 1.00                      | 0.45   | 5.20   | 6.65    |
| TOMATE                                                                                         | 35.00         | 6.58    | 0.28        | 0.07   | 1.51   | 1.12                      | 0.63   | 6.02   | 7.77    |
| CEBOLLA                                                                                        | 38.00         | 16.76   | 0.53        | 0.08   | 4.29   | 2.13                      | 0.68   | 17.18  | 19.99   |
| LIMON                                                                                          | 2.00          | 0.31    | 0.01        | 0.00   | 0.19   | 0.04                      | 0.04   | 0.78   | 0.86    |
| PAPA BLANCA                                                                                    | 130.00        | 119.80  | 2.73        | 0.13   | 28.99  | 10.92                     | 1.17   | 115.96 | 128.05  |
| ACEITE VEGETAL                                                                                 | 9.00          | 79.56   | 0.00        | 9.00   | 0.00   | 0.00                      | 81.00  | 0.00   | 81.00   |
| HIERBA LUISA                                                                                   | 10.00         | 0.00    | 0.00        | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| AZUCAR RUBIA                                                                                   | 25.00         | 96.00   | 0.00        | 0.00   | 24.58  | 0.00                      | 0.00   | 98.30  | 98.30   |
| SAL                                                                                            | 2.00          | 0.00    | 0.00        | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                                      |               | 799.90  | 29.38       | 19.98  | 130.88 | 117.53                    | 179.82 | 523.52 | 820.87  |
|                                                                                                |               |         |             |        |        | V. C. CENA                |        | 821    |         |
|                                                                                                |               |         |             |        |        | % DIST. CENA              |        |        | 30%     |
|                                                                                                |               |         |             |        |        |                           |        |        |         |
|                                                                                                |               |         | VCT (Gr.)   | 120.01 | 52.82  | 359.08                    |        |        |         |
|                                                                                                |               |         | VCT (Kcal.) | 480.03 | 475.36 | 1796.73                   |        |        |         |
|                                                                                                |               |         | VCT (%)     | 17%    | 17%    | 65%                       |        |        |         |
|                                                                                                |               |         |             |        |        | V. C. T. MENU             |        | 100%   | 2752    |

CONTRATISTA

NUTRICIONISTA

Launiano Garcia Idrogo  
REPRESENTANTE DEL CONSORCIO

Salvador Saldarriaga  
Dietista  
428

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

27/02/2019 13/03/2019

MENÚ N° 7 21

| ALIMENTO                                                                                          | PESO<br>BRUTO | KCAL.   | PROT        | GRASAS | CARB.  | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|---------------------------------------------------------------------------------------------------|---------------|---------|-------------|--------|--------|---------------------------|--------|--------|---------|
|                                                                                                   | (g)           |         | (g)         | (g)    | (g)    | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: QUINUA CON AVENA + 03 PANES CON ENCEBOLLADO DE CONSERVA DE PESCADO                      |               |         |             |        |        |                           |        |        |         |
| QUINUA                                                                                            | 25.00         | 93.50   | 3.40        | 1.45   | 16.58  | 13.60                     | 13.05  | 66.30  | 92.95   |
| AVENA                                                                                             | 20.00         | 69.40   | 2.66        | 0.80   | 14.40  | 10.64                     | 7.20   | 57.60  | 75.44   |
| PAN                                                                                               | 90.00         | 261.90  | 7.56        | 0.18   | 57.42  | 30.24                     | 1.62   | 229.68 | 261.54  |
| ATUN                                                                                              | 50.00         | 140.50  | 12.10       | 10.25  | 0.00   | 48.40                     | 92.25  | 0.00   | 140.65  |
| CEBOLLA                                                                                           | 30.00         | 13.23   | 0.42        | 0.06   | 3.39   | 1.68                      | 0.54   | 13.56  | 15.78   |
| LIMON                                                                                             | 1.00          | 0.15    | 0.01        | 0.00   | 0.10   | 0.02                      | 0.02   | 0.39   | 0.43    |
| AZUCAR RUBIA                                                                                      | 25.00         | 96.00   | 0.00        | 0.00   | 24.58  | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                                                         |               | 674.68  | 26.15       | 12.74  | 116.47 | 104.58                    | 114.68 | 465.83 | 685.09  |
|                                                                                                   |               |         |             |        |        | V.C. DESAYUNO             |        |        | 685.09  |
|                                                                                                   |               |         |             |        |        | % DIST. DESAYUNO          |        |        | 25%     |
| ENTRADA: ENSALADA MIXTA                                                                           |               |         |             |        |        |                           |        |        |         |
| ALMUERZO: ARROZ GRANEADO + LOCRO DE ZAPALLO + POLLO + ENSALADA + FRUTA + REFRESCO DE FRUTA (PIÑA) |               |         |             |        |        |                           |        |        |         |
| ARROZ                                                                                             | 150.00        | 538.50  | 12.30       | 0.75   | 116.70 | 49.20                     | 6.75   | 466.80 | 522.75  |
| POLLO CON HUESO                                                                                   | 160.00        | 244.80  | 29.12       | 16.32  | 0.00   | 116.48                    | 146.88 | 0.00   | 263.36  |
| ZANAHORIA                                                                                         | 30.00         | 11.69   | 0.18        | 0.15   | 2.76   | 0.72                      | 1.35   | 11.04  | 13.11   |
| CHOCLO DESGRANADO                                                                                 | 15.00         | 22.50   | 0.57        | 0.15   | 4.40   | 2.28                      | 1.35   | 17.58  | 21.21   |
| AJI AMARILLO                                                                                      | 1.00          | 0.30    | 0.01        | 0.01   | 0.09   | 0.04                      | 0.06   | 0.35   | 0.45    |
| ZAPALLO                                                                                           | 30.00         | 7.80    | 0.21        | 0.06   | 1.92   | 0.84                      | 0.54   | 7.68   | 9.06    |
| AJOS                                                                                              | 2.00          | 1.55    | 0.11        | 0.02   | 0.61   | 0.45                      | 0.14   | 2.43   | 3.02    |
| SAL                                                                                               | 2.00          | 0.00    | 0.00        | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| ACEITE VEGETAL                                                                                    | 5.00          | 44.20   | 0.00        | 5.00   | 0.00   | 0.00                      | 45.00  | 0.00   | 45.00   |
| PAPA BLANCA                                                                                       | 120.00        | 110.58  | 2.52        | 0.12   | 26.76  | 10.08                     | 1.08   | 107.04 | 118.20  |
| ARVEJAS FRESCAS                                                                                   | 20.00         | 16.96   | 1.42        | 0.12   | 3.76   | 5.68                      | 1.08   | 15.04  | 21.80   |
| TOMATE                                                                                            | 40.00         | 7.52    | 0.32        | 0.08   | 1.72   | 1.28                      | 0.72   | 6.88   | 8.88    |
| PIÑA                                                                                              | 40.00         | 9.73    | 0.16        | 0.08   | 3.92   | 0.64                      | 0.72   | 15.68  | 17.04   |
| SAZONADOR BLANCO                                                                                  | 2.00          | 0.00    | 0.00        | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| NARANJA DE MESA                                                                                   | 150.00        | 51.30   | 1.80        | 0.30   | 16.35  | 7.20                      | 2.70   | 65.40  | 75.30   |
| AZUCAR RUBIA                                                                                      | 20.00         | 76.80   | 0.00        | 0.00   | 19.66  | 0.00                      | 0.00   | 78.64  | 78.64   |
| SUB TOTAL                                                                                         |               | 1144.23 | 48.72       | 23.16  | 198.65 | 194.89                    | 208.37 | 794.56 | 1197.82 |
|                                                                                                   |               |         |             |        |        | V. C. ALMUERZO            |        |        | 1197.82 |
|                                                                                                   |               |         |             |        |        | % DIST. ALMUERZO          |        |        | 43%     |
| CENA: ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + INFUSIÓN                             |               |         |             |        |        |                           |        |        |         |
| ARROZ                                                                                             | 90.00         | 323.10  | 7.38        | 0.45   | 70.02  | 29.52                     | 4.05   | 280.08 | 313.65  |
| PESCADO                                                                                           | 130.00        | 150.93  | 28.08       | 5.07   | 0.39   | 112.32                    | 45.63  | 1.56   | 159.51  |
| TOMATE                                                                                            | 35.00         | 6.58    | 0.28        | 0.07   | 1.51   | 1.12                      | 0.63   | 6.02   | 7.77    |
| LENTEJAS SECAS                                                                                    | 60.00         | 203.40  | 13.56       | 0.60   | 36.60  | 54.24                     | 5.40   | 146.40 | 206.04  |
| CEBOLLA                                                                                           | 80.00         | 35.28   | 1.12        | 0.16   | 9.04   | 4.48                      | 1.44   | 36.16  | 42.08   |
| SAL                                                                                               | 2.00          | 0.00    | 0.00        | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| ACEITE VEGETAL                                                                                    | 7.00          | 61.88   | 0.00        | 7.00   | 0.00   | 0.00                      | 63.00  | 0.00   | 63.00   |
| AZUCAR RUBIA                                                                                      | 21.00         | 80.64   | 0.00        | 0.00   | 20.64  | 0.00                      | 0.00   | 82.57  | 82.57   |
| TORONJIL                                                                                          | 10.00         | 0.00    | 0.00        | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                                         |               | 861.81  | 50.42       | 13.35  | 138.20 | 201.68                    | 120.15 | 552.79 | 874.62  |
|                                                                                                   |               |         |             |        |        | V. C. CENA                |        |        | 874.62  |
|                                                                                                   |               |         |             |        |        | % DIST. CENA              |        |        | 32%     |
|                                                                                                   |               |         | VCT (Gr.)   | 125.29 | 49.25  | 453.32                    |        |        |         |
|                                                                                                   |               |         | VCT (Kcal.) | 501.15 | 443.20 | 1813.18                   |        |        |         |
|                                                                                                   |               |         | VCT (%)     | 18%    | 16%    | 66%                       |        |        |         |
|                                                                                                   |               |         |             |        |        | V. C. T. MENU             |        | 100%   | 2758    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Arango  
REPRESENTANTE DEL CONSORCIO

E. Escudero Salazar  
Nutricionista Dietista  
C.O.P. 0413

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

28/02/2019 14/03/2019

MENÚ N° 8 22

| ALIMENTO                                                                           | PESO<br>BRUTO | KCAL.   | PROT  | GRASAS | CARB.  | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|------------------------------------------------------------------------------------|---------------|---------|-------|--------|--------|---------------------------|--------|--------|---------|
|                                                                                    | (g)           |         | (g)   | (g)    | (g)    | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: QUINUA CON LECHE + 03 PANES CON ACEITUNA                                 |               |         |       |        |        |                           |        |        |         |
| QUINUA                                                                             | 25.00         | 93.50   | 3.40  | 1.45   | 16.58  | 13.60                     | 13.05  | 66.30  | 92.95   |
| LECHE EVAPORADA                                                                    | 70.00         | 100.10  | 4.90  | 5.67   | 7.63   | 19.60                     | 51.03  | 30.52  | 101.15  |
| PAN                                                                                | 90.00         | 261.90  | 7.56  | 0.18   | 57.42  | 30.24                     | 1.62   | 229.68 | 261.54  |
| ACEITUNA                                                                           | 60.00         | 156.86  | 0.48  | 19.26  | 4.38   | 1.92                      | 173.34 | 17.52  | 192.78  |
| AZUCAR RUBIA                                                                       | 30.00         | 115.20  | 0.00  | 0.00   | 29.49  | 0.00                      | 0.00   | 117.96 | 117.96  |
| SUB TOTAL                                                                          |               | 727.56  | 16.34 | 26.56  | 115.50 | 65.36                     | 239.04 | 461.98 | 766.38  |
|                                                                                    |               |         |       |        |        | V.C. DESAYUNO             |        |        | 766.38  |
|                                                                                    |               |         |       |        |        | % DIST. DESAYUNO          |        |        | 28%     |
| ENTRADA: ENSALADA MIXTA                                                            |               |         |       |        |        |                           |        |        |         |
| ALMUERZO: ARROZ GRANEADO + MONDONGOITO A LA ITALIANA + ENSALADA + FRUTA + INFUSION |               |         |       |        |        |                           |        |        |         |
| ARROZ                                                                              | 150.00        | 538.50  | 12.30 | 0.75   | 116.70 | 49.20                     | 6.75   | 466.80 | 522.75  |
| MONDONGO DE RES                                                                    | 150.00        | 156.00  | 25.35 | 5.25   | 0.00   | 101.40                    | 47.25  | 0.00   | 148.65  |
| ZANAHORIA                                                                          | 20.00         | 7.79    | 0.12  | 0.10   | 1.84   | 0.48                      | 0.90   | 7.36   | 8.74    |
| AJI AMARILLO                                                                       | 5.00          | 1.50    | 0.05  | 0.04   | 0.44   | 0.18                      | 0.32   | 1.76   | 2.26    |
| AJOS                                                                               | 2.00          | 1.55    | 0.11  | 0.02   | 0.61   | 0.45                      | 0.14   | 2.43   | 3.02    |
| SAL                                                                                | 2.00          | 0.00    | 0.00  | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| ACEITE VEGETAL                                                                     | 14.00         | 123.76  | 0.00  | 14.00  | 0.00   | 0.00                      | 126.00 | 0.00   | 126.00  |
| PAPA BLANCA                                                                        | 200.00        | 184.30  | 4.20  | 0.20   | 44.60  | 16.80                     | 1.80   | 178.40 | 197.00  |
| TOMATE                                                                             | 60.00         | 11.29   | 0.48  | 0.12   | 2.58   | 1.92                      | 1.08   | 10.32  | 13.32   |
| CEBOLLA                                                                            | 60.00         | 26.46   | 0.84  | 0.12   | 6.78   | 3.36                      | 1.08   | 27.12  | 31.56   |
| SAZONADOR BLANCO                                                                   | 1.00          | 0.00    | 0.00  | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| NARANJA DE MESA                                                                    | 150.00        | 51.30   | 1.80  | 0.30   | 16.35  | 7.20                      | 2.70   | 65.40  | 75.30   |
| AZUCAR RUBIA                                                                       | 20.00         | 76.80   | 0.00  | 0.00   | 19.66  | 0.00                      | 0.00   | 78.64  | 78.64   |
| TORONJIL                                                                           | 10.00         | 0.00    | 0.00  | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                          |               | 1179.25 | 45.25 | 20.90  | 209.56 | 180.99                    | 188.02 | 838.23 | 1207.24 |
|                                                                                    |               |         |       |        |        | V. C. ALMUERZO            |        |        | 1207.24 |
|                                                                                    |               |         |       |        |        | % DIST. ALMUERZO          |        |        | 44%     |
| CENA: ARROZ GRANEADO + PAVITA A LA OLLA CON PIMIENTO + ENSALADA + INFUSIÓN         |               |         |       |        |        |                           |        |        |         |
| ARROZ                                                                              | 90.00         | 323.10  | 7.38  | 0.45   | 70.02  | 29.52                     | 4.05   | 280.08 | 313.65  |
| CARNE DE PAVITA                                                                    | 100.00        | 241.20  | 20.10 | 20.20  | 0.00   | 80.40                     | 181.80 | 0.00   | 262.20  |
| TOMATE                                                                             | 35.00         | 6.58    | 0.28  | 0.07   | 1.51   | 1.12                      | 0.63   | 6.02   | 7.77    |
| PIMINETO MORRON                                                                    | 18.00         | 5.23    | 0.27  | 0.09   | 1.39   | 1.08                      | 0.81   | 5.54   | 7.43    |
| AJI AMARILLO                                                                       | 3.00          | 0.90    | 0.03  | 0.02   | 0.26   | 0.11                      | 0.19   | 1.06   | 1.36    |
| PEPINILLOS                                                                         | 40.00         | 3.83    | 0.20  | 0.04   | 1.04   | 0.80                      | 0.36   | 4.16   | 5.32    |
| LIMON                                                                              | 2.00          | 0.31    | 0.01  | 0.00   | 0.90   | 0.04                      | 0.04   | 0.78   | 0.86    |
| CEBOLLA                                                                            | 35.00         | 15.44   | 0.49  | 0.07   | 3.96   | 1.96                      | 0.63   | 15.82  | 18.41   |
| SAL                                                                                | 2.00          | 0.00    | 0.00  | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| ACEITE VEGETAL                                                                     | 3.00          | 26.52   | 0.00  | 3.00   | 0.00   | 0.00                      | 90.00  | 0.00   | 90.00   |
| AZUCAR RUBIA                                                                       | 20.00         | 76.80   | 0.00  | 0.00   | 19.66  | 0.00                      | 0.00   | 78.64  | 78.64   |
| TORONJIL                                                                           | 10.00         | 0.00    | 0.00  | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                          |               | 699.91  | 28.76 | 23.94  | 98.74  | 115.03                    | 278.51 | 392.10 | 785.64  |
|                                                                                    |               |         |       |        |        | V. C. CENA                |        |        | 785.64  |
|                                                                                    |               |         |       |        |        | % DIST. CENA              |        |        | 28%     |
| VCT (Gr.) 90.35 71.40 423.80                                                       |               |         |       |        |        |                           |        |        |         |
| VCT (Kcal.) 361.38 705.57 1692.31                                                  |               |         |       |        |        |                           |        |        |         |
| VCT (%) 13% 26% 61%                                                                |               |         |       |        |        |                           |        |        |         |
| V. C. T. MENU                                                                      |               |         |       |        |        |                           |        | 100%   | 2759    |

CONTRATISTA

NUTRICIONISTA

Leumano García Arango  
REPRESENTANTE DEL CONSORCIO

Dr. E. Estuardo Salazar  
Nutricionista  
CNP 0478

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

01/03/2019 15/03/2019

MENÚ N° 9 23

| ALIMENTO                                                                                       | PESO<br>BRUTO | KCAL.   | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|------------------------------------------------------------------------------------------------|---------------|---------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                                | (g)           |         |        |        |         |                           |        | PROT   |         |
| DESAYUNO: LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)                             |               |         |        |        |         |                           |        |        |         |
| SOYA                                                                                           | 25.00         | 100.25  | 7.05   | 4.73   | 8.93    | 28.20                     | 42.53  | 35.70  | 106.43  |
| PAN                                                                                            | 90.00         | 261.90  | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| POLLO SIN HUESO                                                                                | 50.00         | 80.75   | 9.10   | 5.10   | 0.00    | 36.40                     | 45.90  | 0.00   | 82.30   |
| ACEITE VEGETAL                                                                                 | 10.00         | 88.40   | 0.00   | 10.00  | 0.00    | 0.00                      | 90.00  | 0.00   | 90.00   |
| AZUCAR RUBIA                                                                                   | 25.00         | 96.00   | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                                                      |               | 627.30  | 23.71  | 20.01  | 90.93   | 94.84                     | 180.05 | 363.68 | 638.57  |
|                                                                                                |               |         |        |        |         | V.C. DESAYUNO             |        |        | 638.57  |
|                                                                                                |               |         |        |        |         | % DIST. DESAYUNO          |        |        | 23%     |
| ENTRADA: ENSALADA                                                                              |               |         |        |        |         |                           |        |        |         |
| ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + ENSALADA + MENESTRA + FRUTA + REFRESCO DE (NARANJA) |               |         |        |        |         |                           |        |        |         |
| ARROZ                                                                                          | 150.00        | 538.50  | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80 | 522.75  |
| PESCADO                                                                                        | 150.00        | 174.15  | 32.40  | 5.85   | 0.45    | 129.60                    | 52.65  | 1.80   | 184.05  |
| CEBOLLA                                                                                        | 50.00         | 22.05   | 0.70   | 0.10   | 5.65    | 2.80                      | 0.90   | 22.60  | 26.30   |
| TOMATE                                                                                         | 50.00         | 9.41    | 0.40   | 0.10   | 2.15    | 1.60                      | 0.90   | 8.60   | 11.10   |
| ACEITE VEGETAL                                                                                 | 20.00         | 176.80  | 0.00   | 20.00  | 0.00    | 0.00                      | 180.00 | 0.00   | 180.00  |
| LENTEJAS SECAS                                                                                 | 60.00         | 203.40  | 13.56  | 0.60   | 36.60   | 54.24                     | 5.40   | 146.40 | 206.04  |
| SAL                                                                                            | 2.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| AJOS                                                                                           | 2.00          | 1.55    | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| NARANJA AGRIA                                                                                  | 40.00         | 13.20   | 0.20   | 0.08   | 3.28    | 0.80                      | 0.72   | 13.12  | 14.64   |
| AZUCAR RUBIA                                                                                   | 25.00         | 96.00   | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 93.30  | 93.30   |
| LIMA                                                                                           | 150.00        | 81.00   | 0.90   | 0.60   | 8.85    | 3.60                      | 5.40   | 35.40  | 44.40   |
| SUB TOTAL                                                                                      |               | 1316.06 | 60.57  | 28.10  | 198.87  | 242.29                    | 252.86 | 790.45 | 1285.60 |
|                                                                                                |               |         |        |        |         | V. C. ALMUERZO            |        |        | 1285.60 |
|                                                                                                |               |         |        |        |         | % DIST. ALMUERZO          |        |        | 47%     |
| CENA: ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSIÓN                |               |         |        |        |         |                           |        |        |         |
| CARNE DE GALLINA                                                                               | 100.00        | 108.00  | 20.60  | 3.60   | 0.00    | 82.40                     | 32.40  | 0.00   | 114.80  |
| ARROZ                                                                                          | 90.00         | 323.10  | 7.38   | 0.45   | 70.02   | 29.52                     | 4.05   | 280.08 | 313.65  |
| LECHUGA                                                                                        | 30.00         | 5.42    | 0.45   | 0.06   | 1.17    | 1.80                      | 0.54   | 4.68   | 7.02    |
| ZANAHORIA                                                                                      | 20.00         | 7.79    | 0.12   | 0.10   | 1.84    | 0.48                      | 0.90   | 7.36   | 8.74    |
| TOMATE                                                                                         | 40.00         | 7.52    | 0.32   | 0.08   | 1.72    | 1.28                      | 0.72   | 6.88   | 8.88    |
| PEPINILLOS                                                                                     | 30.00         | 2.87    | 0.15   | 0.03   | 0.78    | 0.60                      | 0.27   | 3.12   | 3.99    |
| LIMON                                                                                          | 2.00          | 0.31    | 0.01   | 0.00   | 0.19    | 0.04                      | 0.04   | 0.78   | 0.86    |
| PAPA BLANCA                                                                                    | 120.00        | 110.58  | 2.52   | 0.12   | 26.76   | 10.08                     | 1.08   | 107.04 | 118.20  |
| ACEITE VEGETAL                                                                                 | 13.00         | 114.92  | 0.00   | 13.00  | 0.00    | 0.00                      | 117.00 | 0.00   | 117.00  |
| AJOS                                                                                           | 2.00          | 1.55    | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| AZUCAR RUBIA                                                                                   | 35.00         | 134.40  | 0.00   | 0.00   | 34.41   | 0.00                      | 0.00   | 137.62 | 137.62  |
| ANIS                                                                                           | 10.00         | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                                      |               | 816.46  | 31.66  | 17.46  | 137.50  | 126.65                    | 157.14 | 549.99 | 833.78  |
|                                                                                                |               |         |        |        |         | V. C. CENA                |        |        | 833.78  |
|                                                                                                |               |         |        |        |         | % DIST. CENA              |        |        | 30%     |
| VCT (Gr.)                                                                                      |               |         | 115.94 | 65.57  | 427.30  |                           |        |        |         |
| VCT (Kcal.)                                                                                    |               |         | 463.78 | 590.05 | 1704.12 |                           |        |        |         |
| VCT (%)                                                                                        |               |         | 17%    | 21%    | 62%     |                           |        |        |         |
|                                                                                                |               |         |        |        |         | V. C. T. MENU             |        | 100%   | 2758    |

CONTRATISTA

NUTRICIONISTA

Manuel García Idrogo  
REPRESENTANTE DEL CONSORCIO



Dr. E. Estrella Salazar  
Nutricionista  
C.I.P. 0448

**FORMATO - B**

**DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA**

02/03/2019 16/03/2019

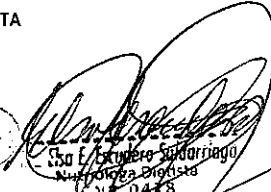
MENÚ N° 10 24

| ALIMENTO                                                                                                                | PESO<br>BRUTO | KCAL.       | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|-------------------------------------------------------------------------------------------------------------------------|---------------|-------------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                                                         | (g)           |             | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: KIWICHA + 03 PANES CON TORTILLA DE VERDURAS                                                                   |               |             |        |        |         |                           |        |        |         |
| KIWICHA                                                                                                                 | 25.00         | 94.25       | 3.38   | 1.78   | 16.13   | 13.50                     | 15.98  | 64.50  | 93.98   |
| PAN                                                                                                                     | 90.00         | 261.90      | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| HUEVOS                                                                                                                  | 60.00         | 71.91       | 8.10   | 5.04   | 1.14    | 32.40                     | 45.36  | 4.56   | 82.32   |
| ESPINACA                                                                                                                | 15.00         | 3.36        | 0.29   | 0.09   | 0.95    | 1.14                      | 0.81   | 3.78   | 5.73    |
| TOMATE                                                                                                                  | 15.00         | 2.82        | 0.12   | 0.03   | 0.65    | 0.48                      | 0.27   | 2.68   | 3.43    |
| SAL                                                                                                                     | 2.00          | 0.00        | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| CEBOLLA                                                                                                                 | 15.00         | 6.62        | 0.21   | 0.03   | 1.70    | 0.84                      | 0.27   | 6.73   | 7.84    |
| ACEITE VEGETAL                                                                                                          | 14.00         | 123.76      | 0.00   | 14.00  | 0.00    | 0.00                      | 126.00 | 0.00   | 126.00  |
| AZUCAR RUBIA                                                                                                            | 35.00         | 134.40      | 0.00   | 0.00   | 34.41   | 0.00                      | 0.00   | 137.62 | 137.62  |
| SUB TOTAL                                                                                                               |               | 699.02      | 19.66  | 21.15  | 112.40  | 78.60                     | 190.31 | 449.55 | 718.46  |
|                                                                                                                         |               |             |        |        |         | V.C. DESAYUNO             |        |        | 718.46  |
|                                                                                                                         |               |             |        |        |         | % DIST. DESAYUNO          |        |        | 26%     |
| ENTRADA: ENSALADA FRESCA                                                                                                |               |             |        |        |         |                           |        |        |         |
| ALMUERZO: ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO DE (MAIZ MORADO) |               |             |        |        |         |                           |        |        |         |
| ARROZ                                                                                                                   | 150.00        | 538.50      | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80 | 522.75  |
| CARNE DE CERDO                                                                                                          | 160.00        | 285.12      | 23.04  | 24.16  | 0.00    | 92.16                     | 217.44 | 0.00   | 309.60  |
| CEBOLLA                                                                                                                 | 26.00         | 11.47       | 0.36   | 0.05   | 2.94    | 1.46                      | 0.47   | 11.75  | 13.68   |
| CAMOTE                                                                                                                  | 100.00        | 116.00      | 1.20   | 0.20   | 27.60   | 4.80                      | 1.80   | 110.40 | 117.00  |
| SAL                                                                                                                     | 2.00          | 0.00        | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| PEPINILLOS                                                                                                              | 40.00         | 3.83        | 0.20   | 0.04   | 1.04    | 0.80                      | 0.36   | 4.16   | 5.32    |
| LECHUGA                                                                                                                 | 60.00         | 10.83       | 0.90   | 0.12   | 2.34    | 3.60                      | 1.08   | 9.36   | 14.04   |
| LIMON                                                                                                                   | 2.00          | 0.31        | 0.01   | 0.00   | 0.19    | 0.04                      | 0.04   | 0.78   | 0.86    |
| SAZONADOR BLANCO                                                                                                        | 1.00          | 0.00        | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| MAIZ MORADO                                                                                                             | 25.00         | 89.25       | 1.83   | 0.85   | 19.05   | 7.30                      | 7.65   | 76.20  | 91.15   |
| ACEITE VEGETAL                                                                                                          | 8.00          | 61.88       | 0.00   | 7.00   | 0.00    | 0.00                      | 63.00  | 0.00   | 63.00   |
| TOMATE                                                                                                                  | 10.00         | 1.88        | 0.08   | 0.02   | 0.43    | 0.32                      | 0.18   | 1.72   | 2.22    |
| LIMA                                                                                                                    | 150.00        | 36.45       | 0.90   | 0.60   | 8.85    | 3.60                      | 5.40   | 35.40  | 44.40   |
| AJOS                                                                                                                    | 2.00          | 1.55        | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| AZUCAR RUBIA                                                                                                            | 22.00         | 76.80       | 0.00   | 0.00   | 19.66   | 0.00                      | 0.00   | 78.61  | 78.61   |
| SUB TOTAL                                                                                                               |               | 1233.87     | 40.93  | 33.81  | 199.41  | 163.73                    | 304.31 | 797.61 | 1265.65 |
|                                                                                                                         |               |             |        |        |         | V. C. ALMUERZO            |        |        | 1265.65 |
|                                                                                                                         |               |             |        |        |         | % DIST. ALMUERZO          |        |        | 46%     |
| CENA: ARROZ GRANEADO + SALTADITO DE RES CON PAPAS EN RODAJAS + INFUSION                                                 |               |             |        |        |         |                           |        |        |         |
| ARROZ                                                                                                                   | 90.00         | 323.10      | 7.38   | 0.45   | 70.02   | 29.52                     | 4.05   | 280.08 | 313.65  |
| RES SIN HUESO                                                                                                           | 80.00         | 75.80       | 17.04  | 1.28   | 0.00    | 68.16                     | 11.52  | 0.00   | 79.68   |
| PAPA BLANCA                                                                                                             | 160.00        | 147.44      | 3.36   | 0.16   | 35.68   | 13.44                     | 1.44   | 142.72 | 157.60  |
| AZUCAR RUBIA                                                                                                            | 26.00         | 99.84       | 0.00   | 0.00   | 25.56   | 0.00                      | 0.00   | 102.23 | 102.23  |
| AJOS                                                                                                                    | 3.00          | 2.32        | 0.17   | 0.02   | 0.91    | 0.67                      | 0.22   | 3.65   | 4.54    |
| SAL                                                                                                                     | 2.00          | 0.00        | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| TORONJIL                                                                                                                | 10.00         | 0.00        | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| ACEITE VEGETAL                                                                                                          | 12.00         | 106.08      | 0.00   | 12.00  | 0.00    | 0.00                      | 108.00 | 0.00   | 108.00  |
| SUB TOTAL                                                                                                               |               | 754.38      | 27.95  | 13.91  | 132.17  | 111.79                    | 125.23 | 528.68 | 765.70  |
|                                                                                                                         |               |             |        |        |         | V. C. CENA                |        |        | 765.70  |
|                                                                                                                         |               |             |        |        |         | % DIST. CENA              |        |        | 28%     |
|                                                                                                                         |               | VCT (Gr.)   | 88.54  | 68.87  | 443.98  |                           |        |        |         |
|                                                                                                                         |               | VCT (Kcal.) | 354.12 | 619.85 | 1775.84 |                           |        |        |         |
|                                                                                                                         |               | VCT (%)     | 13%    | 23%    | 65%     |                           |        |        |         |
|                                                                                                                         |               |             |        |        |         | V. C. T. MENU             |        | 100%   | 2750    |

CONTRATISTA

NUTRICIONISTA

  
Lauriano García Arango  
REPRESENTANTE DEL CONSORCIO

  
Sha E. Cordero Sotomayor  
Nutricionista  
C.R. 0478

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

03/03/2019 17/03/2019

MENÚ N° 11 25

| ALIMENTO                                                                                      | PESO<br>BRUTO | KCAL.   | PROT  | GRASAS | CARB.  | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|-----------------------------------------------------------------------------------------------|---------------|---------|-------|--------|--------|---------------------------|--------|--------|---------|
|                                                                                               | (g)           |         | (g)   | (g)    | (g)    | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA                                 |               |         |       |        |        |                           |        |        |         |
| MACA                                                                                          | 25.00         | 78.50   | 2.95  | 0.40   | 16.60  | 11.80                     | 3.60   | 66.40  | 81.80   |
| QUINUA                                                                                        | 25.00         | 93.50   | 3.40  | 1.45   | 16.58  | 13.60                     | 13.05  | 66.30  | 92.95   |
| PAN                                                                                           | 90.00         | 261.90  | 7.56  | 0.18   | 57.42  | 30.24                     | 1.62   | 229.68 | 261.54  |
| HUEVOS                                                                                        | 60.00         | 71.91   | 8.10  | 5.04   | 1.14   | 32.40                     | 45.36  | 4.56   | 82.32   |
| ESPINACA                                                                                      | 15.00         | 3.36    | 0.29  | 0.09   | 0.95   | 1.14                      | 0.81   | 3.78   | 5.73    |
| SAL                                                                                           | 2.00          | 0.00    | 0.00  | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| AZUCAR RUBIA                                                                                  | 25.00         | 96.00   | 0.00  | 0.00   | 24.58  | 0.00                      | 0.00   | 98.30  | 98.30   |
| ACEITE VEGETAL                                                                                | 14.00         | 123.76  | 0.00  | 14.00  | 0.00   | 0.00                      | 126.00 | 0.00   | 126.00  |
| SUB TOTAL                                                                                     |               | 728.93  | 22.30 | 21.16  | 117.27 | 89.18                     | 190.44 | 469.02 | 748.64  |
|                                                                                               |               |         |       |        |        | V.C. DESAYUNO             |        |        | 749     |
|                                                                                               |               |         |       |        |        | % DIST. DESAYUNO          |        |        | 27%     |
| ENTRADA: ENSALADA FRESCA                                                                      |               |         |       |        |        |                           |        |        |         |
| ALMUERZO: ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + ZARZA + REFRESCO DE (LIMONADA)+ FRUTA |               |         |       |        |        |                           |        |        |         |
| ARROZ                                                                                         | 150.00        | 538.50  | 12.30 | 0.75   | 116.70 | 49.20                     | 6.75   | 466.80 | 522.75  |
| CARNE DE CABRITO                                                                              | 160.00        | 351.36  | 27.20 | 30.40  | 0.00   | 108.80                    | 273.60 | 0.00   | 382.40  |
| FREJOL CASTILLA                                                                               | 60.00         | 198.00  | 13.50 | 1.08   | 34.98  | 54.00                     | 9.72   | 139.92 | 203.64  |
| TOMATE                                                                                        | 10.00         | 1.88    | 0.08  | 0.02   | 0.43   | 0.32                      | 0.18   | 1.72   | 2.22    |
| CEBOLLA                                                                                       | 50.00         | 22.05   | 0.70  | 0.10   | 5.65   | 2.80                      | 0.90   | 22.60  | 26.30   |
| AJI AMARILLO                                                                                  | 3.00          | 0.90    | 0.03  | 0.02   | 0.26   | 0.11                      | 0.19   | 1.06   | 1.36    |
| ACEITE VEGETAL                                                                                | 4.00          | 35.36   | 0.00  | 4.00   | 0.00   | 0.00                      | 36.00  | 0.00   | 36.00   |
| CULANTRO                                                                                      | 10.00         | 2.86    | 0.33  | 0.13   | 0.70   | 1.32                      | 1.17   | 2.80   | 5.29    |
| LECHUGA                                                                                       | 20.00         | 3.61    | 0.30  | 0.04   | 0.78   | 1.20                      | 0.36   | 3.12   | 4.68    |
| LIMA                                                                                          | 150.00        | 36.45   | 0.90  | 0.60   | 8.85   | 3.60                      | 5.40   | 35.40  | 44.40   |
| LIMON                                                                                         | 10.00         | 1.53    | 0.05  | 0.02   | 0.97   | 0.20                      | 0.18   | 3.88   | 4.26    |
| AJOS                                                                                          | 2.00          | 1.55    | 0.11  | 0.02   | 0.61   | 0.45                      | 0.14   | 2.43   | 3.02    |
| AZUCAR RUBIA                                                                                  | 10.00         | 38.40   | 0.00  | 0.00   | 9.83   | 0.00                      | 0.00   | 39.32  | 39.32   |
| SUB TOTAL                                                                                     |               | 1232.45 | 55.50 | 37.18  | 179.76 | 222.00                    | 334.59 | 719.05 | 1275.64 |
|                                                                                               |               |         |       |        |        | V. C. ALMUERZO            |        |        | 1276    |
|                                                                                               |               |         |       |        |        | % DIST. ALMUERZO          |        |        | 46%     |
| CENA: ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + INFUSIÓN              |               |         |       |        |        |                           |        |        |         |
| POLLO CON HUESO                                                                               | 100.00        | 153.00  | 18.20 | 10.20  | 0.00   | 72.80                     | 91.80  | 0.00   | 164.60  |
| ARROZ SUPERIOR                                                                                | 90.00         | 323.10  | 7.38  | 0.45   | 70.02  | 29.52                     | 4.05   | 280.08 | 313.65  |
| PAPA BLANCA                                                                                   | 120.00        | 110.58  | 2.52  | 0.12   | 26.76  | 10.08                     | 1.08   | 107.40 | 118.56  |
| TOMATE                                                                                        | 40.00         | 7.52    | 0.32  | 0.08   | 1.72   | 1.28                      | 0.72   | 6.88   | 8.88    |
| CEBOLLA                                                                                       | 40.00         | 17.64   | 0.56  | 0.08   | 4.52   | 2.24                      | 0.72   | 18.08  | 21.04   |
| BROCOLI                                                                                       | 25.00         | 10.00   | 1.23  | 0.23   | 1.43   | 4.90                      | 2.03   | 5.70   | 12.63   |
| ACEITE VEGETAL                                                                                | 4.00          | 35.36   | 0.00  | 4.00   | 0.00   | 0.00                      | 36.00  | 0.00   | 36.00   |
| SAZONADOR BLANCO                                                                              | 1.00          | 0.00    | 0.00  | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| AJOS                                                                                          | 2.00          | 1.55    | 0.11  | 0.02   | 0.61   | 0.45                      | 0.14   | 2.43   | 3.02    |
| AZUCAR RUBIA                                                                                  | 15.00         | 57.60   | 0.00  | 0.00   | 14.75  | 0.00                      | 0.00   | 58.98  | 58.98   |
| ANIS                                                                                          | 10.00         | 0.00    | 0.00  | 0.00   | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                                     |               | 716.35  | 30.32 | 15.18  | 119.81 | 121.27                    | 136.54 | 479.55 | 737.36  |
|                                                                                               |               |         |       |        |        | V. C. CENA                |        |        | 737     |
|                                                                                               |               |         |       |        |        | % DIST. CENA              |        |        | 27%     |
|                                                                                               |               |         |       |        |        | VCT (Gr.)                 |        |        | 108.12  |
|                                                                                               |               |         |       |        |        | VCT (Kcal.)               |        |        | 432.45  |
|                                                                                               |               |         |       |        |        | VCT (%)                   |        |        | 16%     |
|                                                                                               |               |         |       |        |        | V. C. T. MENU             |        | 100%   | 2762    |

CONTRATISTA

NUTRICIONISTA

Dr. Mario García Jorjaga  
FIRMANANTE DEL CONSORCIO

Dr. Edo J. Escudero Sotomayor  
Nutricionista Dietista  
CNP 0478

35

## FORMATO - B

## DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

04/03/2019 18/03/2019

MENÚ N° 12 26

| ALIMENTO                                                                                      | PESO<br>BRUTO | KCAL.   | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|-----------------------------------------------------------------------------------------------|---------------|---------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                               | (g)           |         | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: Avena con leche + 03 panes con huevo frito                                          |               |         |        |        |         |                           |        |        |         |
| AVENA                                                                                         | 25.00         | 86.75   | 3.33   | 1.00   | 18.00   | 13.30                     | 9.00   | 72.00  | 94.30   |
| LECHE EVAPORADA                                                                               | 70.00         | 100.10  | 4.90   | 5.67   | 7.63    | 19.60                     | 51.03  | 30.52  | 101.15  |
| PAN                                                                                           | 90.00         | 261.90  | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| HUEVOS                                                                                        | 60.00         | 71.91   | 8.10   | 5.04   | 1.14    | 32.40                     | 45.36  | 4.56   | 82.32   |
| ACEITE VEGETAL                                                                                | 5.00          | 44.20   | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00   | 45.00   |
| AZUCAR RUBIA                                                                                  | 20.00         | 76.80   | 0.00   | 0.00   | 19.66   | 0.00                      | 0.00   | 78.64  | 78.64   |
| SUB TOTAL                                                                                     |               | 641.66  | 23.89  | 16.89  | 103.85  | 95.54                     | 152.01 | 415.40 | 662.95  |
|                                                                                               |               |         |        |        |         | V.C. DESAYUNO             |        |        | 663     |
|                                                                                               |               |         |        |        |         | % DIST. DESAYUNO          |        |        | 24%     |
| ENTRADA:CEVICHE DE TOYO                                                                       |               |         |        |        |         |                           |        |        |         |
| ALMUERZO: Arroz graneado + pollo al sillao + menestra + ensalada + fruta + refresco de (lima) |               |         |        |        |         |                           |        |        |         |
| ARROZ                                                                                         | 150.00        | 538.50  | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80 | 522.75  |
| POLLO CON HUESO                                                                               | 160.00        | 244.80  | 29.12  | 16.32  | 0.00    | 116.48                    | 146.88 | 0.00   | 263.36  |
| TOYO                                                                                          | 120.00        | 97.61   | 22.44  | 0.48   | 0.00    | 89.76                     | 4.32   | 0.00   | 94.08   |
| LIMON                                                                                         | 10.00         | 1.53    | 0.05   | 0.02   | 0.97    | 0.20                      | 0.18   | 3.88   | 4.26    |
| FREJOL CASTILLA                                                                               | 60.00         | 198.00  | 13.50  | 1.08   | 34.98   | 54.00                     | 9.72   | 139.92 | 203.64  |
| CEBOLLA                                                                                       | 15.00         | 6.62    | 0.21   | 0.03   | 1.70    | 0.84                      | 0.27   | 6.78   | 7.89    |
| ROCOTO                                                                                        | 10.00         | 3.60    | 0.12   | 0.50   | 0.82    | 0.48                      | 4.50   | 3.28   | 8.28    |
| SAL                                                                                           | 5.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SILLAO                                                                                        | 15.00         | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| PIMIENTOS                                                                                     | 20.00         | 1.91    | 0.10   | 0.02   | 0.52    | 0.40                      | 0.18   | 2.08   | 2.66    |
| SAZONADOR BLANCO                                                                              | 1.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| ACEITE VEGETAL                                                                                | 5.00          | 44.20   | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00   | 45.00   |
| LIMA                                                                                          | 40.00         | 9.72    | 0.24   | 0.16   | 2.36    | 0.96                      | 1.44   | 9.44   | 11.84   |
| LIMA                                                                                          | 150.00        | 36.45   | 0.90   | 0.60   | 8.85    | 3.60                      | 5.40   | 35.40  | 44.40   |
| AJOS                                                                                          | 2.00          | 1.55    | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| AZUCAR RUBIA                                                                                  | 20.00         | 76.80   | 0.00   | 0.00   | 19.66   | 0.00                      | 0.00   | 78.64  | 78.64   |
| SUB TOTAL                                                                                     |               | 1261.29 | 79.09  | 24.98  | 187.17  | 316.37                    | 224.78 | 748.65 | 1289.80 |
|                                                                                               |               |         |        |        |         | V. C. ALMUERZO            |        |        | 1290    |
|                                                                                               |               |         |        |        |         | % DIST. ALMUERZO          |        |        | 47%     |
| CENA: Sopa de arroz + res con hueso + 02 panes + infusion                                     |               |         |        |        |         |                           |        |        |         |
| ARROZ                                                                                         | 90.00         | 323.10  | 7.38   | 0.45   | 70.02   | 29.52                     | 4.05   | 280.08 | 313.65  |
| RES SIN HUESO                                                                                 | 80.00         | 75.60   | 17.04  | 1.28   | 0.00    | 68.16                     | 11.52  | 0.00   | 79.68   |
| PAPA BLANCA                                                                                   | 100.00        | 92.15   | 2.10   | 0.10   | 22.30   | 8.40                      | 0.90   | 89.20  | 98.50   |
| AZUCAR RUBIA                                                                                  | 20.00         | 76.80   | 0.00   | 0.00   | 19.66   | 0.00                      | 0.00   | 78.64  | 78.64   |
| PAN                                                                                           | 60.00         | 174.60  | 6.04   | 0.12   | 38.28   | 20.16                     | 1.03   | 153.12 | 174.31  |
| AJOS                                                                                          | 2.00          | 1.55    | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| SAL                                                                                           | 2.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| TORONJIL                                                                                      | 5.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| ACEITE VEGETAL                                                                                | 5.00          | 44.20   | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00   | 45.00   |
| ZANAHORIA                                                                                     | 10.00         | 3.90    | 0.06   | 0.05   | 0.92    | 0.24                      | 0.45   | 3.63   | 4.32    |
| APIO                                                                                          | 5.00          | 1.00    | 0.04   | 0.01   | 0.24    | 0.14                      | 0.09   | 0.96   | 1.19    |
| SUB TOTAL                                                                                     |               | 792.90  | 32.77  | 7.03   | 152.03  | 127.07                    | 63.18  | 608.06 | 798.31  |
|                                                                                               |               |         |        |        |         | V. C. CENA                |        |        | 798     |
|                                                                                               |               |         |        |        |         | % DIST. CENA              |        |        | 29%     |
| VCT (Gr.)                                                                                     |               |         | 135.75 | 48.90  | 443.05  |                           |        |        |         |
| VCT (Kcal.)                                                                                   |               |         | 538.98 | 439.97 | 1772.11 |                           |        |        |         |
| VCT (%)                                                                                       |               |         | 20%    | 16%    | 64%     |                           |        |        |         |
|                                                                                               |               |         |        |        |         | V. C. T. MENU             |        | 100%   | 2751    |

CONTRATISTA

NUTRICIONISTA

  
 Luciano García Idrogo  
 REPRESENTANTE DEL CONSORCIO

  
 Lic. Elsa E. Escudero Saldarriaga  
 Nutricionista  
 C.R.P. 0478

34

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

05/03/2019 19/03/2019

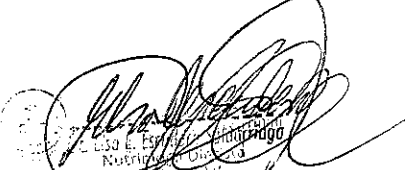
MENÚ N° 13 27

| ALIMENTO                                                                                    | PESO BRUTO<br>(g) | KCAL.          | PROT<br>(g)  | GRASAS<br>(g) | CARB.<br>(g)  | K.CALORIAS PON NUTRIENTES |               |                         | TOTAL          |
|---------------------------------------------------------------------------------------------|-------------------|----------------|--------------|---------------|---------------|---------------------------|---------------|-------------------------|----------------|
|                                                                                             |                   |                |              |               |               | PROT                      | GRASAS        | CARB.                   |                |
| <b>DESAYUNO:</b>                                                                            |                   |                |              |               |               |                           |               |                         |                |
| <b>LECHE CON COCOA + 03 PANES CON QUESO</b>                                                 |                   |                |              |               |               |                           |               |                         |                |
| LECHE EVAPORADA                                                                             | 120.00            | 171.60         | 8.40         | 9.72          | 13.08         | 33.60                     | 87.48         | 52.32                   | 173.40         |
| COCOA                                                                                       | 10.00             | 40.40          | 1.90         | 1.71          | 4.78          | 7.60                      | 15.39         | 19.12                   | 42.11          |
| QUESO                                                                                       | 60.00             | 103.80         | 9.78         | 6.18          | 2.04          | 39.12                     | 55.62         | 8.16                    | 102.90         |
| PAN                                                                                         | 90.00             | 261.90         | 7.56         | 0.18          | 57.42         | 30.24                     | 1.62          | 229.68                  | 261.54         |
| AZUCAR RUBIA                                                                                | 36.00             | 138.24         | 0.00         | 0.00          | 35.39         | 0.00                      | 0.00          | 141.55                  | 141.55         |
| <b>SUB TOTAL</b>                                                                            |                   | <b>715.94</b>  | <b>27.64</b> | <b>17.79</b>  | <b>22.61</b>  | <b>110.56</b>             | <b>160.11</b> | <b>450.83</b>           | <b>721.50</b>  |
|                                                                                             |                   |                |              |               |               |                           |               | <b>V.C. DESAYUNO</b>    | <b>722</b>     |
|                                                                                             |                   |                |              |               |               |                           |               | <b>% DIST. DESAYUNO</b> | <b>26%</b>     |
| <b>ALMUERZO:</b>                                                                            |                   |                |              |               |               |                           |               |                         |                |
| <b>ENTRADA: ENSALADA</b>                                                                    |                   |                |              |               |               |                           |               |                         |                |
| <b>ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMONADA)</b> |                   |                |              |               |               |                           |               |                         |                |
| ARROZ                                                                                       | 150.00            | 538.50         | 12.30        | 0.75          | 116.70        | 49.20                     | 6.75          | 466.80                  | 522.75         |
| RES CON HUESO                                                                               | 160.00            | 142.80         | 34.08        | 2.56          | 0.00          | 136.32                    | 23.04         | 0.00                    | 159.36         |
| FREJOL PANAMITO                                                                             | 60.00             | 201.60         | 12.90        | 1.02          | 36.42         | 51.60                     | 9.18          | 145.68                  | 206.46         |
| ACEITE VEGETAL                                                                              | 10.00             | 88.40          | 0.00         | 10.00         | 0.00          | 0.00                      | 90.00         | 0.00                    | 90.00          |
| CEBOLLA                                                                                     | 35.00             | 15.44          | 0.49         | 0.07          | 3.96          | 1.96                      | 0.63          | 15.82                   | 18.41          |
| LECHUGA                                                                                     | 50.00             | 9.03           | 0.75         | 0.10          | 1.95          | 3.00                      | 0.90          | 7.80                    | 11.70          |
| TOMATE                                                                                      | 30.00             | 5.64           | 0.24         | 0.06          | 1.29          | 0.96                      | 0.54          | 5.16                    | 6.66           |
| PEPINILLOS                                                                                  | 40.00             | 3.83           | 0.20         | 0.04          | 1.04          | 0.80                      | 0.36          | 4.16                    | 5.32           |
| AJOS                                                                                        | 2.00              | 1.55           | 0.11         | 0.02          | 0.61          | 0.45                      | 0.14          | 2.43                    | 3.02           |
| AJI AMARILLO                                                                                | 5.00              | 1.50           | 0.05         | 0.04          | 0.44          | 0.18                      | 0.32          | 1.76                    | 2.26           |
| PALILLO MOLIDO                                                                              | 2.00              | 1.08           | 0.01         | 0.07          | 0.11          | 0.03                      | 0.65          | 0.46                    | 1.14           |
| NARANJA DE MESA                                                                             | 150.00            | 124.88         | 1.80         | 0.30          | 16.35         | 7.20                      | 2.70          | 65.40                   | 75.30          |
| SAZONADOR BLANCO                                                                            | 2.00              | 0.00           | 0.00         | 0.00          | 0.00          | 0.00                      | 0.00          | 0.00                    | 0.00           |
| LIMON                                                                                       | 12.00             | 1.84           | 0.06         | 0.02          | 1.16          | 0.24                      | 0.22          | 4.68                    | 5.14           |
| AZUCAR RUBIA                                                                                | 26.00             | 9.84           | 0.00         | 0.00          | 25.56         | 0.00                      | 0.00          | 102.23                  | 102.23         |
| SAL                                                                                         | 5.00              | 0.00           | 0.00         | 0.00          | 0.00          | 0.00                      | 0.00          | 0.00                    | 0.00           |
| <b>SUB TOTAL</b>                                                                            |                   | <b>1145.93</b> | <b>62.99</b> | <b>15.05</b>  | <b>205.59</b> | <b>251.94</b>             | <b>135.43</b> | <b>822.38</b>           | <b>1209.75</b> |
|                                                                                             |                   |                |              |               |               |                           |               | <b>V. C. ALMUERZO</b>   | <b>1210</b>    |
|                                                                                             |                   |                |              |               |               |                           |               | <b>% DIST. ALMUERZO</b> | <b>44%</b>     |
| <b>CENA:</b>                                                                                |                   |                |              |               |               |                           |               |                         |                |
| <b>ARROZ GRANEADO + POLLO FRITO + PAPAS FRITA + ENSALADA + INFUSIÓN</b>                     |                   |                |              |               |               |                           |               |                         |                |
| ARROZ                                                                                       | 90.00             | 323.10         | 7.38         | 0.45          | 70.02         | 29.52                     | 4.05          | 280.08                  | 313.65         |
| POLLO CON HUESO                                                                             | 100.00            | 153.00         | 18.20        | 10.20         | 0.00          | 72.80                     | 91.80         | 0.00                    | 164.60         |
| PEPINILLOS                                                                                  | 50.00             | 4.79           | 0.25         | 0.05          | 1.30          | 1.00                      | 0.45          | 5.20                    | 6.65           |
| TOMATE                                                                                      | 35.00             | 6.58           | 0.28         | 0.07          | 1.51          | 1.12                      | 0.63          | 6.02                    | 7.77           |
| CEBOLLA                                                                                     | 38.00             | 16.76          | 0.53         | 0.08          | 4.29          | 2.13                      | 0.68          | 17.18                   | 19.99          |
| LIMON                                                                                       | 2.00              | 0.31           | 0.01         | 0.00          | 0.19          | 0.04                      | 0.04          | 0.78                    | 0.86           |
| PAPA BLANCA                                                                                 | 130.00            | 119.80         | 2.73         | 0.13          | 28.99         | 10.92                     | 1.17          | 115.96                  | 128.05         |
| ACEITE VEGETAL                                                                              | 9.00              | 79.56          | 0.00         | 9.00          | 0.00          | 0.00                      | 81.00         | 0.00                    | 81.00          |
| HIERBA LUISA                                                                                | 10.00             | 0.00           | 0.00         | 0.00          | 0.00          | 0.00                      | 0.00          | 0.00                    | 0.00           |
| AZUCAR RUBIA                                                                                | 25.00             | 96.00          | 0.00         | 0.00          | 24.58         | 0.00                      | 0.00          | 96.30                   | 98.30          |
| SAL                                                                                         | 2.00              | 0.00           | 0.00         | 0.00          | 0.00          | 0.00                      | 0.00          | 0.00                    | 0.00           |
| <b>SUB TOTAL</b>                                                                            |                   | <b>799.90</b>  | <b>29.38</b> | <b>19.98</b>  | <b>130.88</b> | <b>117.53</b>             | <b>179.82</b> | <b>523.52</b>           | <b>820.87</b>  |
|                                                                                             |                   |                |              |               |               |                           |               | <b>V. C. CENA</b>       | <b>821</b>     |
|                                                                                             |                   |                |              |               |               |                           |               | <b>% DIST. CENA</b>     | <b>30%</b>     |
| VCT (Gr.)                                                                                   |                   | 120.01         | 52.82        | 359.08        |               |                           |               |                         |                |
| VCT (Kcal.)                                                                                 |                   | 480.03         | 475.36       | 1796.73       |               |                           |               |                         |                |
| VCT (%)                                                                                     |                   | 17%            | 17%          | 65%           |               |                           |               |                         |                |
|                                                                                             |                   |                |              |               |               |                           |               | <b>V. C. T. MENU</b>    | <b>100%</b>    |
|                                                                                             |                   |                |              |               |               |                           |               |                         | <b>2752</b>    |

CONTRATISTA

NUTRICIONISTA

  
Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

  
Nutricionista



FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL INPE DEL EP. DE PIURA Y SULLANA

06/03/2019 20/03/2019

MENÚ N° 14 28

| ALIMENTO                                                                                          | PESO<br>BRUTO | KCAL.   | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|---------------------------------------------------------------------------------------------------|---------------|---------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                                   | (g)           |         | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: QUINUA CON AVENA + 03 PANES CON ENCEBOLLADO DE CONSERVA DE PESCADO                      |               |         |        |        |         |                           |        |        |         |
| QUINUA                                                                                            | 25.00         | 93.50   | 3.40   | 1.45   | 16.58   | 13.60                     | 13.05  | 66.30  | 92.95   |
| AVENA                                                                                             | 20.00         | 69.40   | 2.66   | 0.80   | 14.40   | 10.64                     | 7.20   | 57.60  | 75.44   |
| PAN                                                                                               | 90.00         | 261.90  | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| ATUN                                                                                              | 50.00         | 140.50  | 12.10  | 10.25  | 0.00    | 48.40                     | 92.25  | 0.00   | 140.65  |
| CEBOLLA                                                                                           | 30.00         | 13.23   | 0.42   | 0.06   | 3.39    | 1.68                      | 0.54   | 13.56  | 15.78   |
| LIMON                                                                                             | 1.00          | 0.15    | 0.01   | 0.00   | 0.10    | 0.02                      | 0.02   | 0.39   | 0.43    |
| AZUCAR RUBIA                                                                                      | 25.00         | 96.00   | 0.00   | 0.00   | 24.58   | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                                                         |               | 674.68  | 26.15  | 12.74  | 116.47  | 104.58                    | 114.68 | 465.83 | 685.09  |
|                                                                                                   |               |         |        |        |         | V.C. DESAYUNO             |        |        | 685.09  |
|                                                                                                   |               |         |        |        |         | % DIST. DESAYUNO          |        |        | 25%     |
| ENTRADA: ENSALADA MIXTA                                                                           |               |         |        |        |         |                           |        |        |         |
| ALMUERZO: ARROZ GRANEADO + LOCRO DE ZAPALLO + POLLO + ENSALADA + FRUTA + REFRESCO DE FRUTA (PIÑA) |               |         |        |        |         |                           |        |        |         |
| ARROZ                                                                                             | 150.00        | 538.50  | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80 | 522.75  |
| POLLO CON HUESO                                                                                   | 160.00        | 244.80  | 29.12  | 16.32  | 0.00    | 116.48                    | 146.88 | 0.00   | 263.36  |
| ZANAHORIA                                                                                         | 30.00         | 11.69   | 0.18   | 0.15   | 2.76    | 0.72                      | 1.35   | 11.04  | 13.11   |
| CHOCLO DESGRANADO                                                                                 | 15.00         | 22.50   | 0.57   | 0.15   | 4.40    | 2.28                      | 1.35   | 17.58  | 21.21   |
| AJI AMARILLO                                                                                      | 1.00          | 0.30    | 0.01   | 0.01   | 0.09    | 0.04                      | 0.06   | 0.35   | 0.45    |
| ZAPALLO                                                                                           | 30.00         | 7.80    | 0.21   | 0.06   | 1.92    | 0.84                      | 0.54   | 7.68   | 9.06    |
| AJOS                                                                                              | 2.00          | 1.55    | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| SAL                                                                                               | 2.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| ACEITE VEGETAL                                                                                    | 5.00          | 44.20   | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00   | 45.00   |
| PAPA BLANCA                                                                                       | 120.00        | 110.58  | 2.52   | 0.12   | 26.76   | 10.08                     | 1.08   | 107.04 | 118.20  |
| ARVEJAS FRESCAS                                                                                   | 20.00         | 16.96   | 1.42   | 0.12   | 3.76    | 5.68                      | 1.08   | 15.04  | 21.80   |
| TOMATE                                                                                            | 40.00         | 7.52    | 0.32   | 0.08   | 1.72    | 1.28                      | 0.72   | 6.88   | 8.88    |
| PIÑA                                                                                              | 40.00         | 9.73    | 0.16   | 0.08   | 3.92    | 0.64                      | 0.72   | 15.68  | 17.04   |
| SAZONADOR BLANCO                                                                                  | 2.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| NARANJA DE MESA                                                                                   | 150.00        | 51.30   | 1.80   | 0.30   | 16.35   | 7.20                      | 2.70   | 65.40  | 75.30   |
| AZUCAR RUBIA                                                                                      | 20.00         | 76.80   | 0.00   | 0.00   | 19.66   | 0.00                      | 0.00   | 78.64  | 78.64   |
| SUB TOTAL                                                                                         |               | 1144.23 | 48.72  | 23.16  | 198.65  | 194.89                    | 208.37 | 794.56 | 1197.82 |
|                                                                                                   |               |         |        |        |         | V. C. ALMUERZO            |        |        | 1197.82 |
|                                                                                                   |               |         |        |        |         | % DIST. ALMUERZO          |        |        | 43%     |
| CENA: ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + INFUSIÓN                             |               |         |        |        |         |                           |        |        |         |
| ARROZ                                                                                             | 90.00         | 323.10  | 7.38   | 0.45   | 70.02   | 29.52                     | 4.05   | 280.08 | 313.65  |
| PESCADO                                                                                           | 130.00        | 150.93  | 28.08  | 5.07   | 0.39    | 112.32                    | 45.63  | 1.56   | 159.51  |
| TOMATE                                                                                            | 35.00         | 6.58    | 0.28   | 0.07   | 1.51    | 1.12                      | 0.63   | 6.02   | 7.77    |
| LENTEJAS SECAS                                                                                    | 60.00         | 203.40  | 13.56  | 0.60   | 36.60   | 54.24                     | 5.40   | 146.40 | 206.04  |
| CEBOLLA                                                                                           | 80.00         | 35.28   | 1.12   | 0.16   | 9.04    | 4.48                      | 1.44   | 36.16  | 42.08   |
| SAL                                                                                               | 2.00          | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| ACEITE VEGETAL                                                                                    | 7.00          | 61.88   | 0.00   | 7.00   | 0.00    | 0.00                      | 63.00  | 0.00   | 63.00   |
| AZUCAR RUBIA                                                                                      | 21.00         | 80.64   | 0.00   | 0.00   | 20.64   | 0.00                      | 0.00   | 82.57  | 82.57   |
| TORONJIL                                                                                          | 10.00         | 0.00    | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                                         |               | 861.81  | 50.42  | 13.35  | 138.20  | 201.68                    | 120.15 | 552.79 | 874.62  |
|                                                                                                   |               |         |        |        |         | V. C. CENA                |        |        | 874.62  |
|                                                                                                   |               |         |        |        |         | % DIST. CENA              |        |        | 32%     |
| VCT (Gr.)                                                                                         |               |         | 125.29 | 49.25  | 453.32  |                           |        |        |         |
| VCT (Kcal.)                                                                                       |               |         | 501.15 | 443.20 | 1813.18 |                           |        |        |         |
| VCT (%)                                                                                           |               |         | 18%    | 16%    | 66%     |                           |        |        |         |
|                                                                                                   |               |         |        |        |         | V. C. T. MENU             |        | 100%   | 2758    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Surogo  
REPRESENTANTE DEL CONSORCIO

Dr. Elsa Escudé Saldarriaga  
Nutricionista Dietista  
CNP 0028

32

MENÚS CON APOORTE CALÓRICO MAYOR A 2.500 KILOCALORIAS POR DÍA

| N° DE MENÚ | FECHA      | DETALLE DEL MENÚ |                                                                                                                                   |
|------------|------------|------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| 1          | JUEVES     | DESAYUNO         | AVENA CON LECHE + 03 PANES CON MORTADELA                                                                                          |
|            | 21/02/2019 | ALMUERZO         | ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                          |
| 2          | VIERNES    | DESAYUNO         | ARROZ GRANEADO + ESTOFADO DE CORAZON DE POLLO + PAPAS + INFUSION                                                                  |
|            | 22/02/2019 | ALMUERZO         | LECHE + 03 PANES CON ACEITUNA                                                                                                     |
| 3          | SABADO     | DESAYUNO         | ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE   |
|            | 23/02/2019 | ALMUERZO         | ARROZ GRANEADO + CHANFAINITA + INFUSION                                                                                           |
| 4          | DOMINGO    | DESAYUNO         | QUINUA + 03 PANES CON QUESO                                                                                                       |
|            | 24/02/2019 | ALMUERZO         | ARROZ GRANEADO + AJIACO CON POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                  |
| 5          | LUNES      | DESAYUNO         | MAIZENA CON LECHE + 02 PANES                                                                                                      |
|            | 25/02/2019 | ALMUERZO         | AVENA + 03 PANES CON MANJAR BLANCO                                                                                                |
| 6          | MARTES     | DESAYUNO         | TALLARINES ROJOS + GUIZO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE           |
|            | 26/02/2019 | ALMUERZO         | ARROZ GRANEADO + GUIZO DE POLLO CON HUESO + INFUSION                                                                              |
| 7          | MIERCOLES  | DESAYUNO         | LECHE DE SOYA + 03 PANES CON MARGARINA                                                                                            |
|            | 27/02/2019 | ALMUERZO         | ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE        |
| 8          | JUEVES     | DESAYUNO         | SOPA DE TRIGO + RES CON HUESO                                                                                                     |
|            | 28/02/2019 | ALMUERZO         | CHUFLA + 03 PANES CON MERMELADA                                                                                                   |
| 9          | VIERNES    | DESAYUNO         | ARROZ GRANEADO + CORAZON DE POLLO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE |
|            | 01/03/2019 | ALMUERZO         | ARROZ GRANEADO + CHANFAINITA + INFUSION                                                                                           |
| 10         | SABADO     | DESAYUNO         | QUINUA + 03 PANES CON QUESO                                                                                                       |
|            | 02/03/2019 | ALMUERZO         | ARROZ GRANEADO + AJIACO CON POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                  |
| 11         | DOMINGO    | DESAYUNO         | MAIZENA CON LECHE + 02 PANES                                                                                                      |
|            | 03/03/2019 | ALMUERZO         | AVENA + 03 PANES CON MANJAR BLANCO                                                                                                |
| 12         | LUNES      | DESAYUNO         | TALLARINES ROJOS + GUIZO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE           |
|            | 04/03/2019 | ALMUERZO         | ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                                   |
| 13         | MARTES     | DESAYUNO         | AGUADITO DE POLLO                                                                                                                 |
|            | 05/03/2019 | ALMUERZO         | LECHE DE SOYA + 03 PANES CON MARGARINA                                                                                            |
| 14         | MIERCOLES  | DESAYUNO         | ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE        |
|            | 06/03/2019 | ALMUERZO         | SOPA DE TRIGO + RES CON HUESO                                                                                                     |

NUTRICIONISTA

REPRESENTANTE DEL CONSUMITORE

NUTRICIONISTA

  
Sandra Lago  
13

# RELACIÓN DE MENÚS PROPUESTOS PARA INTERNOS (AS) DEL E.P. DE PIURA Y SULLANA

DEL 21 DE FEBRERO AL 20 DE MARZO DE 2019

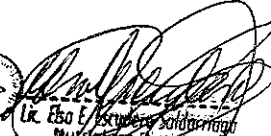
MENÚS CON APOORTE CALÓRICO MAYOR A 2.500 KILOCALORIAS POR DÍA

| N° DE MENÚ | FECHA      | DETALLE DEL MENÚ |                                                                                                                                   |
|------------|------------|------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| 15         | JUEVES     | DESAYUNO         | AVENA CON LECHE + 03 PANES CON MORTADELA                                                                                          |
|            | 07/03/2019 | ALMUERZO         | ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                          |
| 16         | VIERNES    | CENA             | ARROZ GRANEADO + ESTOFADO DE CORAZON DE POLLO + PAPAS + INFUSION                                                                  |
|            | 08/03/2019 | DESAYUNO         | LECHE + 03 PANES CON ACEITUNA                                                                                                     |
| 17         | SABADO     | ALMUERZO         | ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE   |
|            | 09/03/2019 | CENA             | ARROZ GRANEADO + CHANFAINITA + INFUSION                                                                                           |
| 18         | DOMINGO    | DESAYUNO         | QUINUA + 03 PANES CON QUESO                                                                                                       |
|            | 10/03/2019 | ALMUERZO         | ARROZ GRANEADO + AJIACO CON POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                  |
| 19         | LUNES      | CENA             | MAIZENA CON LECHE + 02 PANES                                                                                                      |
|            | 11/03/2019 | DESAYUNO         | AVENA + 03 PANES CON MANJAR BLANCO                                                                                                |
| 20         | MARTES     | ALMUERZO         | TALLARINES ROJOS + GUISO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE           |
|            | 12/03/2019 | CENA             | ARROZ GRANEADO + GUISO DE POLLO CON HUESO + INFUSION                                                                              |
| 21         | MIÉRCOLES  | DESAYUNO         | KIWICHA CON LECHE + 03 PANES CON JAMONADA                                                                                         |
|            | 13/03/2019 | ALMUERZO         | ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                                   |
| 22         | JUEVES     | CENA             | AGUADITO DE POLLO                                                                                                                 |
|            | 14/03/2019 | DESAYUNO         | LECHE DE SOYA + 03 PANES CON MARGARINA                                                                                            |
| 23         | VIERNES    | ALMUERZO         | ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE        |
|            | 15/03/2019 | CENA             | SOPA DE TRIGO + RES CON HUESO                                                                                                     |
| 24         | SABADO     | DESAYUNO         | CHUFLA + 03 PANES CON MERMELADA                                                                                                   |
|            | 16/03/2019 | ALMUERZO         | ARROZ GRANEADO + CORAZON DE POLLO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE |
| 25         | DOMINGO    | CENA             | ARROZ CON LECHE + 02 PANES                                                                                                        |
|            | 17/03/2019 | DESAYUNO         | AVENA + 03 PANES CON MANJAR BLANCO                                                                                                |
| 26         | LUNES      | ALMUERZO         | TALLARINES ROJOS + GUISO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE           |
|            | 18/03/2019 | CENA             | ARROZ GRANEADO + GUISO DE POLLO CON HUESO + INFUSION                                                                              |
| 27         | MARTES     | DESAYUNO         | KIWICHA CON LECHE + 03 PANES CON JAMONADA                                                                                         |
|            | 19/03/2019 | ALMUERZO         | ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE                                   |
| 28         | MIÉRCOLES  | CENA             | AGUADITO DE POLLO                                                                                                                 |
|            | 20/03/2019 | DESAYUNO         | LECHE DE SOYA + 03 PANES CON MARGARINA                                                                                            |
|            |            | ALMUERZO         | ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE        |
|            |            | CENA             | SOPA DE TRIGO + RES CON HUESO                                                                                                     |
|            |            | DESAYUNO         | CHUFLA + 03 PANES CON MERMELADA                                                                                                   |
|            |            | ALMUERZO         | ARROZ GRANEADO + CORAZON DE POLLO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE |
|            |            | CENA             | ARROZ CON LECHE + 02 PANES                                                                                                        |

CONTRATISTA

NUTRICIONISTA

  
 \_\_\_\_\_  
 REPRESENTANTE DEL CONTRATISTA

  
 \_\_\_\_\_  
 NUTRICIONISTA  
 CND 0628

FORMATO N° 01 - A

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

21/02/2019 07/03/2019

MENÚ N° 1 15

| ALIMENTO                                                                                                           | PESO<br>BRUTO | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|--------------------------------------------------------------------------------------------------------------------|---------------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                                                    | (g)           | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: AVENA CON LECHE + 03 PANES CON MORTADELA                                                                 |               |        |        |         |                           |        |        |         |
| AVENA                                                                                                              | 25.00         | 3.33   | 1.00   | 18.00   | 13.30                     | 9.00   | 72.00  | 94.30   |
| LECHE EVAPORADA                                                                                                    | 70.00         | 4.90   | 5.67   | 7.63    | 19.60                     | 51.03  | 30.52  | 101.15  |
| PAN                                                                                                                | 90.00         | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| MORTADELA                                                                                                          | 30.00         | 4.71   | 8.85   | 0.00    | 18.84                     | 79.65  | 0.00   | 98.49   |
| AZUCAR RUBIA                                                                                                       | 35.00         | 0.00   | 0.00   | 34.41   | 0.00                      | 0.00   | 137.62 | 137.62  |
| SUB TOTAL                                                                                                          |               | 20.50  | 15.70  | 117.46  | 81.98                     | 141.30 | 469.82 | 693.10  |
|                                                                                                                    |               |        |        |         | V.C. DESAYUNO             |        |        | 693.10  |
|                                                                                                                    |               |        |        |         | % DIST. DESAYUNO          |        |        | 28%     |
| ALMUERZO: ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE |               |        |        |         |                           |        |        |         |
| ARROZ                                                                                                              | 150.00        | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80 | 522.75  |
| MONDONGO DE RES                                                                                                    | 100.00        | 16.90  | 3.50   | 0.00    | 67.60                     | 31.50  | 0.00   | 99.10   |
| AJOS                                                                                                               | 2.00          | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| ARVEJA                                                                                                             | 20.00         | 1.42   | 0.12   | 3.76    | 5.68                      | 1.08   | 15.04  | 21.80   |
| ZANAHORIA                                                                                                          | 20.00         | 0.12   | 0.10   | 1.84    | 0.48                      | 0.90   | 7.36   | 8.74    |
| AJI AMARILLO                                                                                                       | 5.00          | 0.05   | 0.04   | 0.44    | 0.18                      | 0.32   | 1.76   | 2.26    |
| CEBOLLA                                                                                                            | 12.00         | 0.17   | 0.02   | 1.36    | 0.67                      | 0.22   | 5.42   | 6.31    |
| CHOCLO DESGRANADO                                                                                                  | 10.00         | 0.38   | 0.10   | 2.93    | 1.52                      | 0.90   | 11.72  | 14.14   |
| COL SILVESTRE                                                                                                      | 30.00         | 0.75   | 0.18   | 3.63    | 3.00                      | 1.62   | 14.52  | 19.14   |
| LIMON                                                                                                              | 2.00          | 0.01   | 0.00   | 0.19    | 0.04                      | 0.04   | 0.78   | 0.86    |
| PAPA BLANCA                                                                                                        | 100.00        | 2.10   | 0.10   | 22.3    | 8.40                      | 0.90   | 89.2   | 98.5    |
| AZUCAR RUBIA                                                                                                       | 10.00         | 0.00   | 0.00   | 9.83    | 0.00                      | 0.00   | 39.32  | 39.32   |
| ACEITE VEGETAL                                                                                                     | 10.00         | 0.00   | 10.00  | 0.00    | 0.00                      | 90.00  | 0.00   | 90.00   |
| REFRESCO DE SOBRE                                                                                                  | 10.00         | 9.91   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 39.64   |
| PLATANO DE SEDA                                                                                                    | 160.00        | 2.40   | 0.48   | 33.60   | 9.60                      | 4.32   | 134.40 | 148.32  |
| SAL                                                                                                                | 2.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                                                          |               | 46.62  | 15.41  | 197.19  | 146.82                    | 138.69 | 788.75 | 1113.90 |
|                                                                                                                    |               |        |        |         | V. C. ALMUERZO            |        |        | 1113.90 |
|                                                                                                                    |               |        |        |         | % DIST. ALMUERZO          |        |        | 44%     |
| CENA: ARROZ GRANEADO + ESTOFADO DE CORAZON DE POLLO CON PAPAS + INFUSION                                           |               |        |        |         |                           |        |        |         |
| ARROZ                                                                                                              | 90.00         | 7.38   | 0.45   | 70.02   | 29.52                     | 4.05   | 280.08 | 313.65  |
| PAPA BLANCA                                                                                                        | 50.00         | 1.05   | 0.05   | 11.15   | 4.20                      | 0.45   | 44.60  | 49.25   |
| CORAZON DE POLLO                                                                                                   | 80.00         | 16.40  | 5.60   | 1.28    | 65.60                     | 50.40  | 5.12   | 121.12  |
| TOMATE                                                                                                             | 7.00          | 0.06   | 0.01   | 0.30    | 0.22                      | 0.13   | 1.20   | 1.55    |
| CEBOLLA                                                                                                            | 9.00          | 0.13   | 0.02   | 1.02    | 0.50                      | 0.16   | 4.07   | 4.73    |
| ACHIOTE MOLIDO                                                                                                     | 0.50          | 0.03   | 0.02   | 0.39    | 0.13                      | 0.21   | 1.56   | 1.90    |
| AJI AMARILLO                                                                                                       | 5.00          | 0.05   | 0.04   | 0.44    | 0.18                      | 0.32   | 1.76   | 2.26    |
| ANIS                                                                                                               | 10.00         | 0.00   | 0.00   | 0.00    | G                         | 0.00   | 0.00   | 0.00    |
| AZUCAR RUBIA                                                                                                       | 35.00         | 0.00   | 0.00   | 34.41   | 0.00                      | 0.00   | 137.62 | 137.62  |
| ACEITE VEGETAL                                                                                                     | 8.00          | 0.00   | 8.00   | 0.00    | 0.00                      | 72.00  | 0.00   | 72.00   |
| SAL                                                                                                                | 1.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                                                          |               | 25.10  | 14.19  | 119.01  | 100.35                    | 127.72 | 476.01 | 704.08  |
|                                                                                                                    |               |        |        |         | V. C. CENA                |        |        | 704.08  |
|                                                                                                                    |               |        |        |         | % DIST. CENA              |        |        | 28%     |
|                                                                                                                    | VCT (Gr.)     | 92.22  | 45.3   | 433.66  |                           |        |        |         |
|                                                                                                                    | VCT (Kcal.)   | 329.15 | 407.71 | 1734.58 |                           |        |        |         |
|                                                                                                                    | VCT (%)       | 13%    | 16%    | 69%     |                           |        |        |         |
|                                                                                                                    |               |        |        |         | V. C. T. MENU             |        |        | 2511    |
|                                                                                                                    |               |        |        |         |                           | 100%   |        |         |

CONTRATISTA

NUTRICIONISTA

ELABORADO POR: NUTRICIONISTA  
AL REPRESENTANTE DEL COMITÉ DE

ELABORADO POR: NUTRICIONISTA  
AL REPRESENTANTE DEL COMITÉ DE

FORMATO N° 01 - A

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

22/02/2019 08/03/2019

MENÚ N° 2 16

| ALIMENTO                                                                                                                                  | PESO<br>BRUTO | PROT   | GRASAS    | CARB.    | K.CALORIAS PON NUTRIENTES |        |          | TOTAL    |
|-------------------------------------------------------------------------------------------------------------------------------------------|---------------|--------|-----------|----------|---------------------------|--------|----------|----------|
|                                                                                                                                           | (g)           | (g)    | (g)       | (g)      | PROT                      | GRASAS | CARB.    |          |
| DESAYUNO: LECHE + 03 PANES CON ACEITUNA                                                                                                   |               |        |           |          |                           |        |          |          |
| ACEITUNA                                                                                                                                  | 40.00         | 0.32   | 12.84     | 2.92     | 1.28                      | 115.56 | 11.680   | 128.52   |
| LECHE EVAPORADA                                                                                                                           | 120.00        | 8.40   | 9.72      | 13.08    | 33.60                     | 87.48  | 52.320   | 173.4    |
| PAN                                                                                                                                       | 90.00         | 7.56   | 0.18      | 57.42    | 30.24                     | 1.62   | 229.680  | 261.54   |
| AZUCAR RUBIA                                                                                                                              | 30.00         | 0.00   | 0.00      | 29.49    | 0.00                      | 0.00   | 117.96   | 117.96   |
| SUB TOTAL                                                                                                                                 |               | 16.28  | 22.74     | 102.91   | 65.12                     | 204.66 | 411.64   | 681.42   |
|                                                                                                                                           |               |        |           |          | V.C. DESAYUNO             |        |          | 681.42   |
|                                                                                                                                           |               |        |           |          | % DIST. DESAYUNO          |        |          | 27%      |
| ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE |               |        |           |          |                           |        |          |          |
| ARROZ                                                                                                                                     | 150.00        | 12.30  | 0.75      | 116.70   | 49.20                     | 6.75   | 466.80   | 522.75   |
| PESCADO                                                                                                                                   | 160.00        | 34.56  | 6.24      | 0.48     | 138.24                    | 56.16  | 1.92     | 196.32   |
| ARVEJA PARTIDA                                                                                                                            | 60.00         | 13.02  | 1.92      | 36.66    | 52.08                     | 17.28  | 146.64   | 216.00   |
| LIMON                                                                                                                                     | 2.00          | 0.01   | 0.00      | 0.19     | 0.04                      | 0.04   | 0.78     | 0.86     |
| PEPINILLOS                                                                                                                                | 30.00         | 0.15   | 0.03      | 0.78     | 0.6                       | 0.27   | 3.12     | 3.99     |
| AJOS                                                                                                                                      | 2.00          | 0.11   | 0.02      | 0.61     | 0.45                      | 0.14   | 2.43     | 3.02     |
| SAL                                                                                                                                       | 3.00          | 0.00   | 0.00      | 0.00     | 0.00                      | 0.00   | 0.00     | 0.00     |
| ACEITE VEGETAL                                                                                                                            | 10.00         | 0.00   | 10.00     | 0.00     | 0.00                      | 90.00  | 0.00     | 90.00    |
| AZUCAR RUBIA                                                                                                                              | 10.00         | 0.00   | 0.00      | 9.83     | 0.00                      | 0.00   | 39.32    | 39.32    |
| REFRESCO DE SOBRE                                                                                                                         | 10.00         | 9.91   | 0.00      | 0.00     | 0.00                      | 0.00   | 0.00     | 39.64    |
| PLATANO DE SEDA                                                                                                                           | 160.00        | 2.40   | 0.48      | 33.60    | 9.60                      | 4.32   | 134.40   | 148.32   |
| SUB TOTAL                                                                                                                                 |               | 72.46  | 19.44     | 198.85   | 250.21                    | 174.96 | 795.41   | 1260.22  |
|                                                                                                                                           |               |        |           |          | V. C. ALMUERZO            |        |          | 1260.22  |
|                                                                                                                                           |               |        |           |          | % DIST. ALMUERZO          |        |          | 50%      |
| CENA: ARROZ GRANEADO + CHANFAINITA + INFUSION                                                                                             |               |        |           |          |                           |        |          |          |
| ARROZ                                                                                                                                     | 90.00         | 7.38   | 0.45      | 70.02    | 29.52                     | 4.05   | 280.08   | 313.65   |
| BOFE DE RES                                                                                                                               | 60.00         | 8.04   | 1.32      | 0.00     | 32.16                     | 11.88  | 0.00     | 44.04    |
| PAPA BLANCA                                                                                                                               | 50.00         | 1.05   | 0.05      | 11.15    | 4.20                      | 0.45   | 44.60    | 49.25    |
| HIERBA LUISA                                                                                                                              | 5.00          | 0.16   | 0.05      | 0.35     | 0.62                      | 0.45   | 1.40     | 2.47     |
| ACHIOTE MOLIDO                                                                                                                            | 0.50          | 0.03   | 0.02      | 0.39     | 0.13                      | 0.21   | 1.56     | 1.90     |
| ACEITE VEGETAL                                                                                                                            | 5.00          | 0.00   | 5.00      | 0.00     | 0.00                      | 45.00  | 0.00     | 45.00    |
| CEBOLLA                                                                                                                                   | 8.00          | 0.11   | 0.02      | 0.90     | 0.45                      | 0.14   | 3.62     | 4.21     |
| TOMATE                                                                                                                                    | 8.00          | 0.06   | 0.02      | 0.34     | 0.26                      | 0.14   | 1.38     | 1.78     |
| AZUCAR RUBIA                                                                                                                              | 25.00         | 0.00   | 0.00      | 24.57    | 0.00                      | 0.00   | 98.30    | 98.30    |
| SAL                                                                                                                                       | 2.00          | 0.00   | 0.00      | 0.00     | 0.00                      | 0.00   | 0.00     | 0.00     |
| SUB TOTAL                                                                                                                                 |               | 16.83  | 6.93      | 107.7214 | 67.34                     | 62.32  | 430.9376 | 560.5976 |
|                                                                                                                                           |               |        |           |          | V. C. CENA                |        |          | 560.60   |
|                                                                                                                                           |               |        |           |          | % DIST. CENA              |        |          | 22%      |
| VCT (Gr.)                                                                                                                                 | 105.57        | 49.11  | 409.48    |          |                           |        |          |          |
| VCT (Kcal.)                                                                                                                               | 382.67        | 441.94 | 1637.9876 |          |                           |        |          |          |
| VCT (%)                                                                                                                                   | 15%           | 18%    | 65%       |          |                           |        |          |          |
|                                                                                                                                           |               |        |           |          | V. C. T. MENU             |        |          | 100%     |
|                                                                                                                                           |               |        |           |          |                           |        |          | 2502     |

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FORMATO N° 01 - A

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

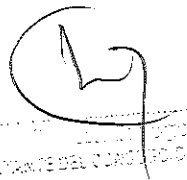
23/02/2019 09/03/2019

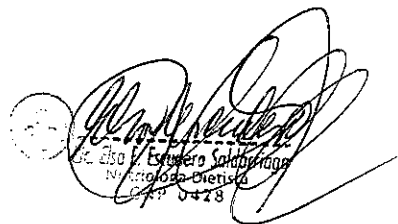
MENÚ N° 3 17

| ALIMENTO                                                                                                                   | PESO<br>BRUTO | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|----------------------------------------------------------------------------------------------------------------------------|---------------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                                                            | (g)           | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: QUINUA + 03 PANES CON QUESO                                                                                      |               |        |        |         |                           |        |        |         |
| QUINUA                                                                                                                     | 28.00         | 3.81   | 1.62   | 18.56   | 15.23                     | 14.62  | 74.26  | 104.11  |
| QUESO                                                                                                                      | 30.00         | 4.89   | 3.09   | 1.02    | 19.56                     | 27.81  | 4.08   | 51.45   |
| PAN                                                                                                                        | 90.00         | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| AZUCAR RUBIA                                                                                                               | 35.00         | 0.00   | 0.00   | 34.41   | 0.00                      | 0.00   | 137.62 | 137.62  |
| SUB TOTAL                                                                                                                  |               | 16.26  | 4.89   | 111.41  | 65.03                     | 44.05  | 445.64 | 554.72  |
|                                                                                                                            |               |        |        |         | V.C. DESAYUNO             |        |        | 554.72  |
|                                                                                                                            |               |        |        |         | % DIST. DESAYUNO          |        |        | 22%     |
| ALMUERZO: ARROZ GRANEADO + AJIACO CON POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE |               |        |        |         |                           |        |        |         |
| ARROZ                                                                                                                      | 150.00        | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80 | 522.75  |
| POLLO CON HUESO                                                                                                            | 160.00        | 29.12  | 16.32  | 0.00    | 116.48                    | 146.88 | 0.00   | 263.36  |
| PAPA BLANCA                                                                                                                | 100.00        | 2.10   | 0.10   | 22.3    | 8.40                      | 0.90   | 89.2   | 98.5    |
| ACHIOTE MOLIDO                                                                                                             | 0.50          | 0.03   | 0.02   | 0.39    | 0.13                      | 0.21   | 1.56   | 1.90    |
| AZUCAR RUBIA                                                                                                               | 35.00         | 0.00   | 0.00   | 34.41   | 0.00                      | 0.00   | 137.62 | 137.62  |
| COL SILVESTRE                                                                                                              | 30.00         | 0.75   | 0.18   | 3.63    | 3.00                      | 1.62   | 14.52  | 19.14   |
| PIMIENTA MOLIDA                                                                                                            | 1.00          | 0.08   | 0.08   | 0.64    | 0.34                      | 0.72   | 2.54   | 3.60    |
| CEBOLLA                                                                                                                    | 28.00         | 0.39   | 0.06   | 3.16    | 1.57                      | 0.50   | 12.66  | 14.73   |
| TOMATE                                                                                                                     | 30.00         | 0.24   | 0.06   | 1.29    | 0.96                      | 0.54   | 5.16   | 6.66    |
| LIMON                                                                                                                      | 2.00          | 0.01   | 0.00   | 0.19    | 0.04                      | 0.04   | 0.78   | 0.86    |
| SAL                                                                                                                        | 2.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| ACEITE VEGETAL                                                                                                             | 15.00         | 0.00   | 15.00  | 0.00    | 0.00                      | 135.00 | 0.00   | 135.00  |
| REFRESCO DE SOBRE                                                                                                          | 10.00         | 9.91   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 39.64   |
| PLATANO DE SEDA                                                                                                            | 160.00        | 2.40   | 0.48   | 33.60   | 9.60                      | 4.32   | 134.40 | 148.32  |
| SUB TOTAL                                                                                                                  |               | 57.33  | 33.05  | 216.31  | 189.72                    | 297.48 | 865.24 | 1392.08 |
|                                                                                                                            |               |        |        |         | V. C. ALMUERZO            |        |        | 1392.08 |
|                                                                                                                            |               |        |        |         | % DIST. ALMUERZO          |        |        | 56%     |
| CENA: MAIZENA CON LECHE + 02 PANES                                                                                         |               |        |        |         |                           |        |        |         |
| MAIZENA                                                                                                                    | 50.00         | 0.30   | 0.10   | 43.35   | 1.20                      | 0.90   | 173.40 | 175.50  |
| LECHE EVAPORADA                                                                                                            | 50.00         | 3.50   | 4.05   | 5.45    | 14.00                     | 36.45  | 21.80  | 72.25   |
| PAN                                                                                                                        | 60.00         | 5.04   | 0.12   | 38.28   | 20.16                     | 1.08   | 153.12 | 174.36  |
| CANELA ENTERA                                                                                                              | 1.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| AZUCAR RUBIA                                                                                                               | 35.00         | 0.00   | 0.00   | 34.41   | 0.00                      | 0.00   | 137.62 | 137.62  |
| SUB TOTAL                                                                                                                  |               | 8.84   | 4.27   | 121.49  | 35.36                     | 38.43  | 485.94 | 559.73  |
|                                                                                                                            |               |        |        |         | V. C. CENA                |        |        | 559.73  |
|                                                                                                                            |               |        |        |         | % DIST. CENA              |        |        | 22%     |
| VCT (Gr.)                                                                                                                  |               | 82.43  | 42.21  | 449.21  |                           |        |        |         |
| VCT (Kcal.)                                                                                                                |               | 290.11 | 379.96 | 1796.82 |                           |        |        |         |
| VCT (%)                                                                                                                    |               | 12%    | 15%    | 72%     |                           |        |        |         |
|                                                                                                                            |               |        |        |         | V. C. T. MENU             |        | 100%   | 2507    |

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Dra. Elsa V. Estrella Salazar  
Nutricionista Dietista  
C.R.P. 0478

FORMATO N° 01 - A

27

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

24/02/2019 10/03/2019

MENÚ N° 4 18

| ALIMENTO                                                                                                                         | PESO<br>BRUTO | PROT   | GRASAS | CARB.     | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|----------------------------------------------------------------------------------------------------------------------------------|---------------|--------|--------|-----------|---------------------------|--------|--------|---------|
|                                                                                                                                  | (g)           | (g)    | (g)    | (g)       | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: AVENA + 03 PANES CON MANJAR BLANCO                                                                                     |               |        |        |           |                           |        |        |         |
| AVENA                                                                                                                            | 30.00         | 2.70   | 1.35   | 22.14     | 10.80                     | 12.15  | 88.56  | 111.51  |
| AZUCAR RUBIA                                                                                                                     | 25.00         | 0.00   | 0.00   | 24.57     | 0.00                      | 0.00   | 98.30  | 98.30   |
| PAN                                                                                                                              | 90.00         | 7.56   | 0.18   | 57.42     | 30.24                     | 1.62   | 229.68 | 261.54  |
| MANJAR BLANCO                                                                                                                    | 30.00         | 13.26  | 2.76   | 16.11     | 9.48                      | 24.84  | 64.44  | 98.76   |
| SUB TOTAL                                                                                                                        |               | 23.52  | 4.29   | 120.24    | 50.52                     | 38.61  | 480.98 | 570.11  |
|                                                                                                                                  |               |        |        |           | V.C. DESAYUNO             |        |        | 570.11  |
|                                                                                                                                  |               |        |        |           | % DIST. DESAYUNO          |        |        | 23%     |
| ALMUERZO: TALLARINES ROJOS + GUISO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA)+ REFRESCO DE SOBRE |               |        |        |           |                           |        |        |         |
| FIDEO TALLARIN                                                                                                                   | 170.00        | 16.15  | 0.17   | 118.32    | 64.60                     | 1.53   | 473.28 | 539.41  |
| RES CON HUESO                                                                                                                    | 150.00        | 31.95  | 2.40   | 0.00      | 127.80                    | 21.60  | 0.00   | 149.40  |
| PAPA BLANCA                                                                                                                      | 100.00        | 2.10   | 0.10   | 22.3      | 8.40                      | 0.90   | 89.2   | 98.5    |
| ACEITE VEGETAL                                                                                                                   | 25.00         | 0.00   | 25.00  | 0.00      | 0.00                      | 225.00 | 0.00   | 225.00  |
| PEPINILLOS                                                                                                                       | 30.00         | 0.15   | 0.03   | 0.78      | 0.6                       | 0.27   | 3.12   | 3.99    |
| LIMON                                                                                                                            | 2.00          | 0.01   | 0.00   | 0.19      | 0.04                      | 0.04   | 0.78   | 0.86    |
| AJOS                                                                                                                             | 2.00          | 0.11   | 0.02   | 0.61      | 0.45                      | 0.14   | 2.43   | 3.02    |
| CEBOLLA                                                                                                                          | 40.00         | 0.56   | 0.08   | 4.52      | 2.24                      | 0.72   | 18.08  | 21.04   |
| ACHIOTE MOLIDO                                                                                                                   | 1.00          | 0.07   | 0.05   | 0.78      | 0.26                      | 0.10   | 3.13   | 3.49    |
| TOMATE                                                                                                                           | 30.00         | 0.24   | 0.06   | 1.29      | 0.96                      | 0.54   | 5.16   | 6.66    |
| AJI AMARILLO                                                                                                                     | 3.00          | 0.03   | 0.02   | 0.26      | 0.11                      | 0.19   | 1.06   | 1.36    |
| PIMIENTA MOLIDA                                                                                                                  | 1.00          | 0.08   | 0.08   | 0.64      | 0.34                      | 0.72   | 2.54   | 3.60    |
| SAZONADOR BLANCO                                                                                                                 | 2.00          | 0.00   | 0.00   | 0.00      | 0.00                      | 0.00   | 0.00   | 0.00    |
| SAL                                                                                                                              | 1.00          | 0.00   | 0.00   | 0.00      | 0.00                      | 0.00   | 0.00   | 0.00    |
| VINAGRE                                                                                                                          | 1.00          | 0.00   | 0.00   | 0.05      | 0.00                      | 0.00   | 0.20   | 0.20    |
| REFRESCO DE SOBRE                                                                                                                | 10.00         | 9.91   | 0.00   | 0.00      | 0.00                      | 0.00   | 0.00   | 39.64   |
| AZUCAR RUBIA                                                                                                                     | 25.00         | 0.00   | 0.00   | 24.57     | 0.00                      | 0.00   | 98.30  | 98.30   |
| PLATANO DE SEDA                                                                                                                  | 160.00        | 2.40   | 0.48   | 33.60     | 9.60                      | 4.32   | 134.40 | 148.32  |
| SUB TOTAL                                                                                                                        |               | 63.76  | 28.49  | 207.91    | 215.40                    | 256.07 | 831.68 | 1303.15 |
|                                                                                                                                  |               |        |        |           | V. C. ALMUERZO            |        |        | 1303.15 |
|                                                                                                                                  |               |        |        |           | % DIST. ALMUERZO          |        |        | 52%     |
| CENA: ARROZ GRANEADO + GUISO DE POLLO CON HUESO + INFUSION                                                                       |               |        |        |           |                           |        |        |         |
| ARROZ                                                                                                                            | 90.00         | 7.38   | 0.45   | 70.02     | 29.52                     | 4.05   | 280.08 | 313.65  |
| POLLO CON HUESO                                                                                                                  | 100.00        | 18.20  | 10.20  | 0.00      | 72.80                     | 91.80  | 0.00   | 164.60  |
| TOMATE                                                                                                                           | 8.00          | 0.06   | 0.02   | 0.34      | 0.26                      | 0.14   | 1.38   | 1.78    |
| CEBOLLA                                                                                                                          | 8.00          | 0.11   | 0.02   | 0.90      | 0.45                      | 0.14   | 3.62   | 4.21    |
| ACEITE VEGETAL                                                                                                                   | 5.00          | 0.00   | 5.00   | 0.00      | 0.00                      | 45.00  | 0.00   | 45.00   |
| MANZANILLA                                                                                                                       | 10.00         | 0.00   | 0.00   | 0.00      | 0.00                      | 0.00   | 0.00   | 0.00    |
| AZUCAR RUBIA                                                                                                                     | 25.00         | 0.00   | 0.00   | 24.57     | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                                                                                        |               | 25.75  | 15.69  | 95.83     | 103.03                    | 141.13 | 383.38 | 627.54  |
|                                                                                                                                  |               |        |        |           | V. C. CENA                |        |        | 627.54  |
|                                                                                                                                  |               |        |        |           | % DIST. CENA              |        |        | 25%     |
|                                                                                                                                  | VCT (Gr.)     | 113.03 | 48.47  | 423.9842  |                           |        |        |         |
|                                                                                                                                  | VCT (Kcal.)   | 368.95 | 435.81 | 1696.0328 |                           |        |        |         |
|                                                                                                                                  | VCT (%)       | 15%    | 17%    | 68%       |                           |        |        |         |
|                                                                                                                                  |               |        |        |           | V. C. T. MENU             |        |        | 2501    |
|                                                                                                                                  |               |        |        |           |                           | 100%   |        |         |

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26

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

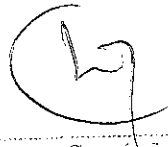
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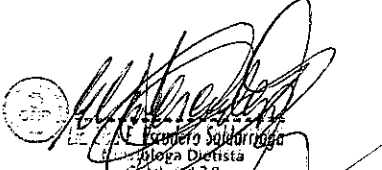
MENÚ N° 5 19

| ALIMENTO                                                                                                  | PESO<br>BRUTO | PROT  | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|-----------------------------------------------------------------------------------------------------------|---------------|-------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                                           | (g)           | (g)   | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: KIWICHA CON LECHE + 03 PANES CON JAMONADA                                                       |               |       |        |         |                           |        |        |         |
| KIWICHA                                                                                                   | 25.00         | 3.38  | 1.78   | 16.13   | 13.50                     | 15.98  | 64.50  | 93.98   |
| LECHE EVAPORADA                                                                                           | 70.00         | 4.90  | 5.67   | 7.63    | 19.60                     | 51.03  | 30.52  | 101.15  |
| PAN                                                                                                       | 90.00         | 7.56  | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| JAMONADA                                                                                                  | 30.00         | 4.71  | 8.85   | 0.00    | 18.84                     | 79.65  | 0.00   | 98.49   |
| AZUCAR RUBIA                                                                                              | 38.00         | 0.00  | 0.00   | 37.36   | 0.00                      | 0.00   | 149.42 | 149.42  |
| SUB TOTAL                                                                                                 |               | 20.55 | 16.48  | 118.54  | 82.18                     | 148.28 | 474.12 | 704.58  |
|                                                                                                           |               |       |        |         | V.C. DESAYUNO             |        |        | 704.58  |
|                                                                                                           |               |       |        |         | % DIST. DESAYUNO          |        |        | 28%     |
| ALMUERZO: ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE |               |       |        |         |                           |        |        |         |
| ARROZ                                                                                                     | 150.00        | 12.30 | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80 | 522.75  |
| BOFE DE RES                                                                                               | 100.00        | 13.40 | 2.20   | 0.00    | 53.60                     | 19.80  | 0.00   | 73.40   |
| AJOS                                                                                                      | 2.00          | 0.11  | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| TOMATE                                                                                                    | 15.00         | 0.12  | 0.03   | 0.65    | 0.48                      | 0.27   | 2.58   | 3.33    |
| CEBOLLA                                                                                                   | 18.00         | 0.25  | 0.04   | 2.03    | 1.01                      | 0.32   | 8.14   | 9.47    |
| ACHIOTE MOLIDO                                                                                            | 1.00          | 0.07  | 0.05   | 0.78    | 0.26                      | 0.41   | 3.13   | 3.80    |
| COL SILVESTRE                                                                                             | 30.00         | 0.75  | 0.18   | 3.63    | 3.00                      | 1.62   | 14.52  | 19.14   |
| HIERBA BUENA                                                                                              | 5.00          | 0.16  | 0.50   | 0.85    | 0.62                      | 0.45   | 1.40   | 2.47    |
| PAPA BLANCA                                                                                               | 100.00        | 2.10  | 0.10   | 22.3    | 8.40                      | 0.90   | 89.2   | 98.5    |
| COMINO MOLIDO                                                                                             | 1.00          | 0.11  | 0.12   | 0.29    | 0.46                      | 1.12   | 1.14   | 2.72    |
| AZUCAR RUBIA                                                                                              | 30.00         | 0.00  | 0.00   | 29.49   | 0.00                      | 0.00   | 117.96 | 117.96  |
| ACEITE VEGETAL                                                                                            | 25.00         | 0.00  | 25.00  | 0.00    | 0.00                      | 225.00 | 0.00   | 225.00  |
| REFRESCO DE SOBRE                                                                                         | 10.00         | 9.91  | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 39.64   |
| PLATANO DE SEDA                                                                                           | 160.00        | 2.40  | 0.48   | 33.60   | 9.60                      | 4.32   | 134.40 | 148.32  |
| SAL                                                                                                       | 2.00          | 0.00  | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                                                 |               | 41.68 | 29.47  | 210.93  | 127.08                    | 261.10 | 841.70 | 1269.52 |
|                                                                                                           |               |       |        |         | V. C. ALMUERZO            |        |        | 1269.52 |
|                                                                                                           |               |       |        |         | % DIST. ALMUERZO          |        |        | 51%     |
| CENA: AGUADITO DE POLLO                                                                                   |               |       |        |         |                           |        |        |         |
| ARROZ                                                                                                     | 50.00         | 4.10  | 0.25   | 38.90   | 16.40                     | 2.25   | 155.60 | 174.25  |
| POLLO CON HUESO                                                                                           | 100.00        | 18.20 | 10.20  | 22.30   | 72.80                     | 91.80  | 0.00   | 164.60  |
| PAPA BLANCA                                                                                               | 70.00         | 1.47  | 0.07   | 15.61   | 5.88                      | 0.63   | 62.44  | 68.95   |
| ARVEJAS FRESCAS                                                                                           | 20.00         | 1.42  | 0.12   | 3.76    | 5.68                      | 1.08   | 15.04  | 21.80   |
| ZANAHORIA                                                                                                 | 20.00         | 0.12  | 0.10   | 1.84    | 0.48                      | 0.90   | 7.36   | 8.74    |
| ACEITE VEGETAL                                                                                            | 10.00         | 0.00  | 10.00  | 0.00    | 0.00                      | 90.00  | 0.00   | 90.00   |
| SUB TOTAL                                                                                                 |               | 25.31 | 20.74  | 82.41   | 101.24                    | 186.66 | 240.44 | 528.34  |
|                                                                                                           |               |       |        |         | V. C. CENA                |        |        | 528.34  |
|                                                                                                           |               |       |        |         | % DIST. CENA              |        |        | 21%     |
|                                                                                                           | VCT (Gr.)     | 87.54 | 66.69  | 411.88  |                           |        |        |         |
|                                                                                                           | VCT (Kcal.)   | 310.5 | 596.04 | 1556.26 |                           |        |        |         |
|                                                                                                           | VCT (%)       | 12%   | 24%    | 62%     |                           |        |        |         |
|                                                                                                           |               |       |        |         | V. C. T. MENU             |        |        | 2502    |

CONTRATISTA

NUTRICIONISTA

  
Contrataste  
Representante del Comité de Vigilancia

  
Nutricionista  
Dra. Diana Salazar  
Dietista  
N° 4478



FORMATO N° 01 - A

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

26/02/2019 12/03/2019

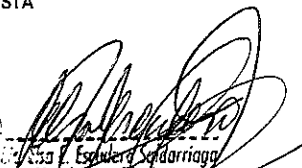
MENÚ N° 6 20

| ALIMENTO                                                                                                                             | PESO<br>BRUTO | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |         | TOTAL   |
|--------------------------------------------------------------------------------------------------------------------------------------|---------------|--------|--------|---------|---------------------------|--------|---------|---------|
|                                                                                                                                      | (g)           | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.   |         |
| DESAYUNO: LECHE DE SOYA + 03 PANES CON MARGARINA                                                                                     |               |        |        |         |                           |        |         |         |
| SOYA                                                                                                                                 | 25.00         | 7.05   | 4.73   | 8.93    | 28.20                     | 42.53  | 35.700  | 106.43  |
| MARGARINA                                                                                                                            | 20.00         | 0.12   | 16.2   | 0.06    | 0.48                      | 145.8  | 0.240   | 146.52  |
| PAN                                                                                                                                  | 90.00         | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.680 | 261.54  |
| AZUCAR RUBIA                                                                                                                         | 30.00         | 0.00   | 0.00   | 29.49   | 0.00                      | 0.00   | 117.96  | 117.96  |
| SUB TOTAL                                                                                                                            |               | 14.73  | 21.11  | 95.90   | 58.92                     | 189.95 | 383.58  | 632.45  |
|                                                                                                                                      |               |        |        |         | V.C. DESAYUNO             |        |         | 632.45  |
|                                                                                                                                      |               |        |        |         | % DIST. DESAYUNO          |        |         | 25%     |
| ALMUERZO: ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE |               |        |        |         |                           |        |         |         |
| ARROZ                                                                                                                                | 150.00        | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80  | 522.75  |
| PAVITA                                                                                                                               | 160.00        | 32.16  | 32.32  | 0.00    | 128.64                    | 290.88 | 0.00    | 419.52  |
| LENTEJAS SECAS                                                                                                                       | 60.00         | 13.92  | 0.66   | 36.6    | 55.68                     | 5.94   | 146.4   | 208.02  |
| AJOS                                                                                                                                 | 3.00          | 0.17   | 0.02   | 0.91    | 0.67                      | 0.22   | 3.65    | 4.54    |
| COL SILVESTRE                                                                                                                        | 30.00         | 0.75   | 0.18   | 3.63    | 3.00                      | 1.62   | 14.52   | 19.14   |
| AJI AMARILLO                                                                                                                         | 5.00          | 0.05   | 0.04   | 0.44    | 0.18                      | 0.32   | 1.76    | 2.26    |
| TOMATE                                                                                                                               | 8.00          | 0.06   | 0.02   | 0.34    | 0.26                      | 0.14   | 1.38    | 1.78    |
| ACHIOTE MOLIDO                                                                                                                       | 0.50          | 0.03   | 0.02   | 0.39    | 0.13                      | 0.21   | 1.56    | 1.90    |
| ACEITE VEGETAL                                                                                                                       | 5.00          | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00    | 45.00   |
| REFRESCO DE SOBRE                                                                                                                    | 10.00         | 9.91   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00    | 39.64   |
| PLATANO DE SEDA                                                                                                                      | 160.00        | 2.40   | 0.48   | 33.60   | 9.60                      | 4.32   | 134.40  | 148.32  |
| SAL                                                                                                                                  | 1.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00    | 0.00    |
| AZUCAR RUBIA                                                                                                                         | 10.00         | 0.00   | 0.00   | 9.83    | 0.00                      | 0.00   | 39.32   | 39.32   |
| LIMON                                                                                                                                | 3.00          | 0.02   | 0      | 0.29    | 0.08                      | 0.05   | 1.16    | 1.27    |
| SUB TOTAL                                                                                                                            |               | 71.77  | 39.49  | 202.73  | 247.42                    | 355.45 | 810.95  | 1453.46 |
|                                                                                                                                      |               |        |        |         | V. C. ALMUERZO            |        |         | 1453.46 |
|                                                                                                                                      |               |        |        |         | % DIST. ALMUERZO          |        |         | 58%     |
| CENA: SOPA DE TRIGO + RES CON HUESO                                                                                                  |               |        |        |         |                           |        |         |         |
| TRIGO                                                                                                                                | 50.00         | 4.3    | 0.75   | 36.85   | 17.2                      | 6.75   | 147.4   | 171.35  |
| RES CON HUESO                                                                                                                        | 100.00        | 21.3   | 1.60   | 0.00    | 85.20                     | 14.40  | 0.00    | 99.60   |
| ZAPALLO                                                                                                                              | 15.00         | 0.11   | 0.03   | 0.96    | 0.42                      | 0.24   | 3.84    | 4.5     |
| APIO                                                                                                                                 | 20.00         | 0.14   | 0.04   | 0.96    | 0.56                      | 0.36   | 3.84    | 4.76    |
| PORO                                                                                                                                 | 18.00         | 0.49   | 0.14   | 1.37    | 1.94                      | 1.30   | 5.47    | 8.71    |
| CULANTRO                                                                                                                             | 10.00         | 0.33   | 0.13   | 0.70    | 1.32                      | 1.17   | 2.80    | 5.29    |
| ZANAHORIA                                                                                                                            | 20.00         | 0.12   | 0.10   | 1.84    | 0.48                      | 0.90   | 7.36    | 8.74    |
| ACEITE VEGETAL                                                                                                                       | 5.00          | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00    | 45.00   |
| SAL                                                                                                                                  | 1.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00    | 0.00    |
| PAPA BLANCA                                                                                                                          | 70.00         | 1.47   | 0.07   | 15.61   | 5.88                      | 0.63   | 62.44   | 68.95   |
| SUB TOTAL                                                                                                                            |               | 28.26  | 7.86   | 58.29   | 113.00                    | 70.75  | 233.15  | 416.9   |
|                                                                                                                                      |               |        |        |         | V. C. CENA                |        |         | 416.90  |
|                                                                                                                                      |               |        |        |         | % DIST. CENA              |        |         | 17%     |
|                                                                                                                                      | VCT (Gr.)     | 114.76 | 68.46  | 356.92  |                           |        |         |         |
|                                                                                                                                      | VCT (Kcal.)   | 419.34 | 616.15 | 1427.68 |                           |        |         |         |
|                                                                                                                                      | VCT (%)       | 17%    | 25%    | 57%     |                           |        |         |         |
|                                                                                                                                      |               |        |        |         | V. C. T. MENU             |        | 100%    | 2503    |

CONTRATISTA

NUTRICIONISTA

  
 Contrataste  
 REPRESENTANTE DEL CONTRATISTA

  
 Nutricionista  
 NUTRICIONISTA

FORMATO N° 01 - A

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

27/02/2019 13/03/2019

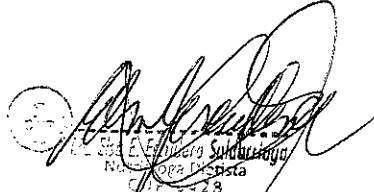
MENÚ N° 7 21

| ALIMENTO                                                                                                                                    | PESO<br>BRUTO | PROT   | GRASAS | CARB.     | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|---------------------------------------------------------------------------------------------------------------------------------------------|---------------|--------|--------|-----------|---------------------------|--------|--------|---------|
|                                                                                                                                             | (g)           | (g)    | (g)    | (g)       | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: CHUFLA + 03 PANES CON MERMELADA                                                                                                   |               |        |        |           |                           |        |        |         |
| CHUFLA                                                                                                                                      | 30.00         | 2.70   | 1.35   | 22.14     | 10.80                     | 12.15  | 88.56  | 111.51  |
| AZUCAR RUBIA                                                                                                                                | 30.00         | 0.00   | 0.00   | 29.49     | 0.00                      | 0.00   | 117.96 | 117.96  |
| PAN                                                                                                                                         | 90.00         | 7.56   | 0.18   | 57.42     | 30.24                     | 1.62   | 229.68 | 261.54  |
| MERMELADA                                                                                                                                   | 20.00         | 0.08   | 0.04   | 11.72     | 0.32                      | 0.36   | 46.88  | 47.56   |
| SUB TOTAL                                                                                                                                   |               | 10.34  | 1.57   | 120.77    | 41.36                     | 14.13  | 483.08 | 538.57  |
|                                                                                                                                             |               |        |        |           | V.C. DESAYUNO             |        |        | 538.57  |
|                                                                                                                                             |               |        |        |           | % DIST. DESAYUNO          |        |        | 22%     |
| ALMUERZO: ARROZ GRANEADO + CORAZON DE POLLO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE |               |        |        |           |                           |        |        |         |
| ARROZ                                                                                                                                       | 150.00        | 12.30  | 0.75   | 116.70    | 49.20                     | 6.75   | 466.80 | 522.75  |
| CORAZON DE POLLO                                                                                                                            | 100.00        | 20.50  | 7.00   | 1.60      | 82.00                     | 63.00  | 6.40   | 151.40  |
| ARVEJAS SECAS                                                                                                                               | 80.00         | 17.36  | 2.56   | 48.88     | 69.44                     | 23.04  | 195.52 | 288.00  |
| AJOS                                                                                                                                        | 3.00          | 0.17   | 0.02   | 0.91      | 0.67                      | 0.22   | 3.65   | 4.54    |
| CEBOLLA                                                                                                                                     | 30.00         | 0.42   | 0.06   | 3.39      | 1.68                      | 0.54   | 13.56  | 15.78   |
| AJI AMARILLO                                                                                                                                | 5.00          | 0.05   | 0.04   | 0.44      | 0.18                      | 0.32   | 1.76   | 2.26    |
| TOMATE                                                                                                                                      | 25.00         | 0.20   | 0.05   | 1.08      | 0.80                      | 0.45   | 4.30   | 5.55    |
| ACHIOTE MOLIDO                                                                                                                              | 1.50          | 0.10   | 0.07   | 1.17      | 0.40                      | 0.62   | 4.69   | 5.71    |
| COL SILVESTRE                                                                                                                               | 30.00         | 0.75   | 0.18   | 3.63      | 3.00                      | 1.62   | 14.52  | 19.14   |
| ACEITE VEGETAL                                                                                                                              | 24.00         | 0.00   | 24.00  | 0.00      | 0.00                      | 216.00 | 0.00   | 216.00  |
| PLATANO DE SEDA                                                                                                                             | 160.00        | 2.40   | 0.48   | 33.60     | 9.60                      | 4.32   | 134.40 | 148.32  |
| SAL                                                                                                                                         | 3.00          | 0.00   | 0.00   | 0.00      | 0.00                      | 0.00   | 0.00   | 0.00    |
| REFRESCO DE SOBRE                                                                                                                           | 10.00         | 9.91   | 0.00   | 0.00      | 0.00                      | 0.00   | 0.00   | 39.64   |
| AZUCAR RUBIA                                                                                                                                | 25.00         | 0.00   | 0.00   | 24.57     | 0.00                      | 0.00   | 98.30  | 98.30   |
| LIMON                                                                                                                                       | 3.00          | 0.02   | 0.01   | 0.29      | 0.06                      | 0.05   | 1.16   | 1.27    |
| SUB TOTAL                                                                                                                                   |               | 64.18  | 35.22  | 236.26    | 217.03                    | 316.93 | 945.06 | 1479.02 |
|                                                                                                                                             |               |        |        |           | V. C. ALMUERZO            |        |        | 1479.02 |
|                                                                                                                                             |               |        |        |           | % DIST. ALMUERZO          |        |        | 59%     |
| CENA: ARROZ CON LECHE + 2 PANES                                                                                                             |               |        |        |           |                           |        |        |         |
| ARROZ                                                                                                                                       | 40.00         | 3.28   | 0.20   | 31.12     | 13.12                     | 1.80   | 124.48 | 139.40  |
| PAN                                                                                                                                         | 60.00         | 5.04   | 0.12   | 38.28     | 20.16                     | 1.08   | 153.12 | 174.36  |
| AZUCAR RUBIA                                                                                                                                | 25.00         | 0.00   | 0.00   | 24.57     | 0.00                      | 0.00   | 98.30  | 98.30   |
| CANELA ENTERA                                                                                                                               | 1.00          | 0.00   | 0.00   | 0.00      | 0.00                      | 0.00   | 0.00   | 0.00    |
| LECHE EVAPORADA                                                                                                                             | 50.00         | 3.50   | 4.05   | 5.45      | 14.00                     | 36.45  | 21.80  | 72.25   |
| SUB TOTAL                                                                                                                                   |               | 11.82  | 4.37   | 99.42     | 47.28                     | 39.33  | 397.70 | 484.31  |
|                                                                                                                                             |               |        |        |           | V. C. CENA                |        |        | 484.31  |
|                                                                                                                                             |               |        |        |           | % DIST. CENA              |        |        | 19%     |
|                                                                                                                                             | VCT (Gr.)     | 86.34  | 41.16  | 456.4528  |                           |        |        |         |
|                                                                                                                                             | VCT (Kcal.)   | 305.67 | 370.39 | 1825.8352 |                           |        |        |         |
|                                                                                                                                             | VCT (%)       | 12%    | 15%    | 73%       |                           |        |        |         |
|                                                                                                                                             |               |        |        |           | V. C. T. MENU             |        | 100%   | 2502    |

CONTRATISTA

NUTRICIONISTA

  
 Contratasta  
 REPRESENTANTE DEL CONSORCIO

  
 Nutricionista  
 NUTRICIONISTA

FORMATO N° 01 - A

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

28/02/2019 14/03/2019

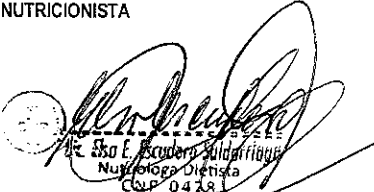
MENÚ N° 8 22

| ALIMENTO                                                                                                           | PESO<br>BRUTO | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|--------------------------------------------------------------------------------------------------------------------|---------------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                                                    | (g)           | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: AVENA CON LECHE + 03 PANES CON MORTADELA                                                                 |               |        |        |         |                           |        |        |         |
| AVENA                                                                                                              | 25.00         | 3.33   | 1.00   | 18.00   | 13.30                     | 9.00   | 72.00  | 94.30   |
| LECHE EVAPORADA                                                                                                    | 70.00         | 4.90   | 5.67   | 7.63    | 19.60                     | 51.03  | 30.52  | 101.15  |
| PAN                                                                                                                | 90.00         | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| MORTADELA                                                                                                          | 30.00         | 4.71   | 8.85   | 0.00    | 18.84                     | 79.65  | 0.00   | 98.49   |
| AZUCAR RUBIA                                                                                                       | 35.00         | 0.00   | 0.00   | 34.41   | 0.00                      | 0.00   | 137.62 | 137.62  |
| SUB TOTAL                                                                                                          |               | 20.50  | 15.70  | 117.46  | 81.98                     | 141.30 | 469.82 | 693.10  |
|                                                                                                                    |               |        |        |         | V.C. DESAYUNO             |        |        | 693.10  |
|                                                                                                                    |               |        |        |         | % DIST. DESAYUNO          |        |        | 28%     |
| ALMUERZO: ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE |               |        |        |         |                           |        |        |         |
| ARROZ                                                                                                              | 150.00        | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80 | 522.75  |
| MONDONGO DE RES                                                                                                    | 100.00        | 16.90  | 3.50   | 0.00    | 67.60                     | 31.50  | 0.00   | 99.10   |
| AJOS                                                                                                               | 2.00          | 0.11   | 0.02   | 0.61    | 0.45                      | 0.14   | 2.43   | 3.02    |
| ARVEJA                                                                                                             | 20.00         | 1.42   | 0.12   | 3.76    | 5.68                      | 1.08   | 15.04  | 21.80   |
| ZANAHORIA                                                                                                          | 20.00         | 0.12   | 0.10   | 1.84    | 0.48                      | 0.90   | 7.36   | 8.74    |
| AJI AMARILLO                                                                                                       | 5.00          | 0.05   | 0.04   | 0.44    | 0.18                      | 0.32   | 1.76   | 2.26    |
| CEBOLLA                                                                                                            | 12.00         | 0.17   | 0.02   | 1.36    | 0.67                      | 0.22   | 5.42   | 6.31    |
| CHOCLO DESGRANADO                                                                                                  | 10.00         | 0.38   | 0.10   | 2.93    | 1.52                      | 0.90   | 11.72  | 14.14   |
| COL SILVESTRE                                                                                                      | 30.00         | 0.75   | 0.18   | 3.63    | 3.00                      | 1.62   | 14.52  | 19.14   |
| LIMON                                                                                                              | 2.00          | 0.01   | 0.00   | 0.19    | 0.04                      | 0.04   | 0.78   | 0.86    |
| PAPA BLANCA                                                                                                        | 100.00        | 2.10   | 0.10   | 22.3    | 8.40                      | 0.90   | 89.2   | 98.5    |
| AZUCAR RUBIA                                                                                                       | 10.00         | 0.00   | 0.00   | 9.83    | 0.00                      | 0.00   | 39.32  | 39.32   |
| ACEITE VEGETAL                                                                                                     | 10.00         | 0.00   | 10.00  | 0.00    | 0.00                      | 90.00  | 0.00   | 90.00   |
| REFRESCO DE SOBRE                                                                                                  | 10.00         | 9.91   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 39.64   |
| PLATANO DE SEDA                                                                                                    | 160.00        | 2.40   | 0.48   | 33.60   | 9.60                      | 4.32   | 134.40 | 148.32  |
| SAL                                                                                                                | 2.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                                                          |               | 46.62  | 15.41  | 197.19  | 146.82                    | 138.69 | 788.75 | 1113.90 |
|                                                                                                                    |               |        |        |         | V. C. ALMUERZO            |        |        | 1113.90 |
|                                                                                                                    |               |        |        |         | % DIST. ALMUERZO          |        |        | 44%     |
| CENA: ARROZ GRANEADO + ESTOFADO DE CORAZON DE POLLO CON PAPAS + INFUSION                                           |               |        |        |         |                           |        |        |         |
| ARROZ                                                                                                              | 90.00         | 7.38   | 0.45   | 70.02   | 29.52                     | 4.05   | 280.08 | 313.65  |
| PAPA BLANCA                                                                                                        | 50.00         | 1.05   | 0.05   | 11.15   | 4.20                      | 0.45   | 44.60  | 49.25   |
| CORAZON DE POLLO                                                                                                   | 80.00         | 16.40  | 5.60   | 1.28    | 65.60                     | 50.40  | 5.12   | 121.12  |
| TOMATE                                                                                                             | 7.00          | 0.06   | 0.01   | 0.30    | 0.22                      | 0.13   | 1.20   | 1.55    |
| CEBOLLA                                                                                                            | 9.00          | 0.13   | 0.02   | 1.02    | 0.50                      | 0.16   | 4.07   | 4.73    |
| ACHIOTE MOLIDO                                                                                                     | 0.50          | 0.03   | 0.02   | 0.39    | 0.13                      | 0.21   | 1.56   | 1.90    |
| AJI AMARILLO                                                                                                       | 5.00          | 0.05   | 0.04   | 0.44    | 0.18                      | 0.32   | 1.76   | 2.26    |
| ANIS                                                                                                               | 10.00         | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| AZUCAR RUBIA                                                                                                       | 35.00         | 0.00   | 0.00   | 34.41   | 0.00                      | 0.00   | 137.62 | 137.62  |
| ACEITE VEGETAL                                                                                                     | 8.00          | 0.00   | 8.00   | 0.00    | 0.00                      | 72.00  | 0.00   | 72.00   |
| SAL                                                                                                                | 1.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| SUB TOTAL                                                                                                          |               | 25.10  | 14.19  | 119.01  | 100.35                    | 127.72 | 476.01 | 704.08  |
|                                                                                                                    |               |        |        |         | V. C. CENA                |        |        | 704.08  |
|                                                                                                                    |               |        |        |         | % DIST. CENA              |        |        | 28%     |
| VCT (Gr.)                                                                                                          |               | 92.22  | 45.3   | 433.66  |                           |        |        |         |
| VCT (Kcal.)                                                                                                        |               | 329.15 | 407.71 | 1734.58 |                           |        |        |         |
| VCT (%)                                                                                                            |               | 13%    | 16%    | 69%     |                           |        |        |         |
|                                                                                                                    |               |        |        |         | V. C. T. MENU             |        |        | 100%    |
|                                                                                                                    |               |        |        |         |                           |        |        | 2511    |

CONTRATISTA

NUTRICIONISTA

  
Luis Alberto García  
REPRESENTANTE DEL COMITÉ

  
Dra. Elsa E. Acuña Rodríguez  
Nutrióloga Dietista  
C.O.P. 0428

FORMATO N° 01 - A

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

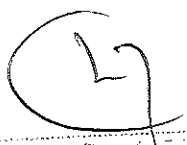
01/03/2019 15/03/2019

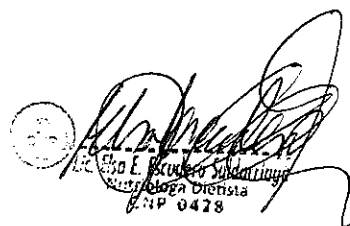
MENÚ N° 9 23

| ALIMENTO                                                                                                                                  | PESO<br>BRUTO | PROT   | GRASAS    | CARB.    | K.CALORIAS PON NUTRIENTES |        |          | TOTAL    |
|-------------------------------------------------------------------------------------------------------------------------------------------|---------------|--------|-----------|----------|---------------------------|--------|----------|----------|
|                                                                                                                                           | (g)           | (g)    | (g)       | (g)      | PROT                      | GRASAS | CARB.    |          |
| DESAYUNO: LECHE + 03 PANES CON ACEITUNA                                                                                                   |               |        |           |          |                           |        |          |          |
| ACEITUNA                                                                                                                                  | 40.00         | 0.32   | 12.84     | 2.92     | 1.28                      | 115.56 | 11.680   | 128.52   |
| LECHE EVAPORADA                                                                                                                           | 120.00        | 8.40   | 9.72      | 13.08    | 33.60                     | 87.48  | 52.320   | 173.4    |
| PAN                                                                                                                                       | 90.00         | 7.56   | 0.18      | 57.42    | 30.24                     | 1.62   | 229.680  | 261.54   |
| AZUCAR RUBIA                                                                                                                              | 30.00         | 0.00   | 0.00      | 29.49    | 0.00                      | 0.00   | 117.96   | 117.96   |
| SUB TOTAL                                                                                                                                 |               | 16.28  | 22.74     | 102.91   | 65.12                     | 204.66 | 411.64   | 681.42   |
|                                                                                                                                           |               |        |           |          | V.C. DESAYUNO             |        |          | 681.42   |
|                                                                                                                                           |               |        |           |          | % DIST. DESAYUNO          |        |          | 27%      |
| ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE |               |        |           |          |                           |        |          |          |
| ARROZ                                                                                                                                     | 150.00        | 12.30  | 0.75      | 116.70   | 49.20                     | 6.75   | 466.80   | 522.75   |
| PESCADO                                                                                                                                   | 160.00        | 34.56  | 6.24      | 0.48     | 138.24                    | 56.16  | 1.92     | 196.32   |
| ARVEJA PARTIDA                                                                                                                            | 60.00         | 13.02  | 1.92      | 36.66    | 52.08                     | 17.28  | 146.64   | 216.00   |
| LIMON                                                                                                                                     | 2.00          | 0.01   | 0.00      | 0.19     | 0.04                      | 0.04   | 0.78     | 0.86     |
| PEPINILLOS                                                                                                                                | 30.00         | 0.15   | 0.03      | 0.78     | 0.6                       | 0.27   | 3.12     | 3.99     |
| AJOS                                                                                                                                      | 2.00          | 0.11   | 0.02      | 0.61     | 0.45                      | 0.14   | 2.43     | 3.02     |
| SAL                                                                                                                                       | 3.00          | 0.00   | 0.00      | 0.00     | 0.00                      | 0.00   | 0.00     | 0.00     |
| ACEITE VEGETAL                                                                                                                            | 10.00         | 0.00   | 10.00     | 0.00     | 0.00                      | 90.00  | 0.00     | 90.00    |
| AZUCAR RUBIA                                                                                                                              | 10.00         | 0.00   | 0.00      | 9.83     | 0.00                      | 0.00   | 39.32    | 39.32    |
| REFRESCO DE SOBRE                                                                                                                         | 10.00         | 9.91   | 0.00      | 0.00     | 0.00                      | 0.00   | 0.00     | 39.64    |
| PLATANO DE SEDA                                                                                                                           | 160.00        | 2.40   | 0.48      | 33.60    | 9.60                      | 4.32   | 134.40   | 148.32   |
| SUB TOTAL                                                                                                                                 |               | 72.46  | 19.44     | 198.85   | 250.21                    | 174.96 | 795.41   | 1260.22  |
|                                                                                                                                           |               |        |           |          | V. C. ALMUERZO            |        |          | 1260.22  |
|                                                                                                                                           |               |        |           |          | % DIST. ALMUERZO          |        |          | 50%      |
| CENA: ARROZ GRANEADO + CHANFAINITA + INFUSION                                                                                             |               |        |           |          |                           |        |          |          |
| ARROZ                                                                                                                                     | 90.00         | 7.38   | 0.45      | 70.02    | 29.52                     | 4.05   | 280.08   | 313.65   |
| BOFE DE RES                                                                                                                               | 60.00         | 8.04   | 1.32      | 0.00     | 32.16                     | 11.88  | 0.00     | 44.04    |
| PAPA BLANCA                                                                                                                               | 50.00         | 1.05   | 0.05      | 11.15    | 4.20                      | 0.45   | 44.6     | 49.25    |
| HIERBA LUISA                                                                                                                              | 5.00          | 0.16   | 0.05      | 0.35     | 0.62                      | 0.45   | 1.40     | 2.47     |
| ACHIOTE MOLIDO                                                                                                                            | 0.50          | 0.03   | 0.02      | 0.39     | 0.13                      | 0.21   | 1.56     | 1.90     |
| ACEITE VEGETAL                                                                                                                            | 5.00          | 0.00   | 5.00      | 0.00     | 0.00                      | 45.00  | 0.00     | 45.00    |
| CEBOLLA                                                                                                                                   | 8.00          | 0.11   | 0.02      | 0.90     | 0.45                      | 0.14   | 3.62     | 4.21     |
| TOMATE                                                                                                                                    | 8.00          | 0.06   | 0.02      | 0.34     | 0.26                      | 0.14   | 1.38     | 1.78     |
| AZUCAR RUBIA                                                                                                                              | 25.00         | 0.00   | 0.00      | 24.57    | 0.00                      | 0.00   | 98.30    | 98.30    |
| SAL                                                                                                                                       | 2.00          | 0.00   | 0.00      | 0.00     | 0.00                      | 0.00   | 0.00     | 0.00     |
| SUB TOTAL                                                                                                                                 |               | 16.83  | 6.93      | 107.7214 | 67.34                     | 62.32  | 430.9376 | 560.5976 |
|                                                                                                                                           |               |        |           |          | V. C. CENA                |        |          | 560.60   |
|                                                                                                                                           |               |        |           |          | % DIST. CENA              |        |          | 22%      |
| VCT (Gr.)                                                                                                                                 | 105.57        | 49.11  | 409.48    |          |                           |        |          |          |
| VCT (Kcal.)                                                                                                                               | 382.67        | 441.94 | 1637.9876 |          |                           |        |          |          |
| VCT (%)                                                                                                                                   | 15%           | 18%    | 65%       |          |                           |        |          |          |
|                                                                                                                                           |               |        |           |          | V. C. T. MENU             |        |          | 2502     |

CONTRATISTA

NUTRICIONISTA

  
 Contratasta  
 Representante del Comité de  
 Vigilancia

  
 E. P. de Piura y Sullana  
 Oficina de Vigilancia  
 N.º 0478

FORMATO N° 01 - A

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

02/03/2019 16/03/2019

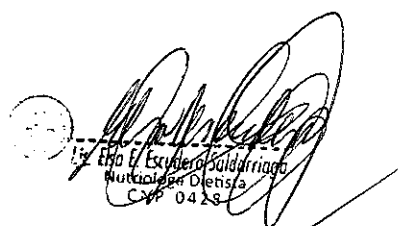
MENÚ N° 10 24

| ALIMENTO                                                                                                                   | PESO<br>BRUTO | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|----------------------------------------------------------------------------------------------------------------------------|---------------|--------|--------|---------|---------------------------|--------|--------|---------|
|                                                                                                                            | (g)           | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: QUINUA + 03 PANES CON QUESO                                                                                      |               |        |        |         |                           |        |        |         |
| QUINUA                                                                                                                     | 28.00         | 3.81   | 1.62   | 18.56   | 15.23                     | 14.62  | 74.26  | 104.11  |
| QUESO                                                                                                                      | 30.00         | 4.89   | 3.09   | 1.02    | 19.56                     | 27.81  | 4.08   | 51.45   |
| PAN                                                                                                                        | 90.00         | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.68 | 261.54  |
| AZUCAR RUBIA                                                                                                               | 35.00         | 0.00   | 0.00   | 34.41   | 0.00                      | 0.00   | 137.62 | 137.62  |
| SUB TOTAL                                                                                                                  |               | 16.26  | 4.89   | 111.41  | 65.03                     | 44.05  | 445.64 | 554.72  |
|                                                                                                                            |               |        |        |         | V.C. DESAYUNO             |        |        | 554.72  |
|                                                                                                                            |               |        |        |         | % DIST. DESAYUNO          |        |        | 22%     |
| ALMUERZO: ARROZ GRANEADO + AJIACO CON POLLO (PICADILLO) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE |               |        |        |         |                           |        |        |         |
| ARROZ                                                                                                                      | 150.00        | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80 | 522.75  |
| POLLO CON HUESO                                                                                                            | 160.00        | 29.12  | 16.32  | 0.00    | 116.48                    | 146.88 | 0.00   | 263.36  |
| PAPA BLANCA                                                                                                                | 100.00        | 2.10   | 0.10   | 22.3    | 8.40                      | 0.90   | 89.2   | 98.50   |
| ACHIOTE MOLIDO                                                                                                             | 0.50          | 0.03   | 0.02   | 0.39    | 0.13                      | 0.21   | 1.56   | 1.90    |
| AZUCAR RUBIA                                                                                                               | 35.00         | 0.00   | 0.00   | 34.41   | 0.00                      | 0.00   | 137.62 | 137.62  |
| COL SILVESTRE                                                                                                              | 30.00         | 0.75   | 0.18   | 3.63    | 3.00                      | 1.62   | 14.52  | 19.14   |
| PIMIENTA MOLIDA                                                                                                            | 1.00          | 0.08   | 0.08   | 0.64    | 0.34                      | 0.72   | 2.54   | 3.60    |
| CEBOLLA                                                                                                                    | 28.00         | 0.39   | 0.06   | 3.16    | 1.57                      | 0.50   | 12.66  | 14.73   |
| TOMATE                                                                                                                     | 30.00         | 0.24   | 0.06   | 1.29    | 0.96                      | 0.54   | 5.16   | 6.66    |
| LIMON                                                                                                                      | 2.00          | 0.01   | 0.00   | 0.19    | 0.04                      | 0.04   | 0.78   | 0.86    |
| SAL                                                                                                                        | 2.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| ACEITE VEGETAL                                                                                                             | 15.00         | 0.00   | 15.00  | 0.00    | 0.00                      | 135.00 | 0.00   | 135.00  |
| REFRESCO DE SOBRE                                                                                                          | 10.00         | 9.91   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 39.64   |
| PLATANO DE SEDA                                                                                                            | 160.00        | 2.40   | 0.48   | 33.60   | 9.60                      | 4.32   | 134.40 | 148.32  |
| SUB TOTAL                                                                                                                  |               | 57.33  | 33.05  | 216.31  | 189.72                    | 297.48 | 865.24 | 1392.08 |
|                                                                                                                            |               |        |        |         | V. C. ALMUERZO            |        |        | 1392.08 |
|                                                                                                                            |               |        |        |         | % DIST. ALMUERZO          |        |        | 56%     |
| CENA: MAIZENA CON LECHE + 02 PANES                                                                                         |               |        |        |         |                           |        |        |         |
| MAIZENA                                                                                                                    | 50.00         | 0.30   | 0.10   | 43.35   | 1.20                      | 0.90   | 173.40 | 175.50  |
| LECHE EVAPORADA                                                                                                            | 50.00         | 3.50   | 4.05   | 5.45    | 14.00                     | 36.45  | 21.80  | 72.25   |
| PAN                                                                                                                        | 60.00         | 5.04   | 0.12   | 38.28   | 20.16                     | 1.08   | 153.12 | 174.36  |
| CANELA ENTERA                                                                                                              | 1.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00   | 0.00    |
| AZUCAR RUBIA                                                                                                               | 35.00         | 0.00   | 0.00   | 34.41   | 0.00                      | 0.00   | 137.62 | 137.62  |
| SUB TOTAL                                                                                                                  |               | 8.84   | 4.27   | 121.49  | 35.36                     | 38.43  | 485.94 | 559.73  |
|                                                                                                                            |               |        |        |         | V. C. CENA                |        |        | 559.73  |
|                                                                                                                            |               |        |        |         | % DIST. CENA              |        |        | 22%     |
| VCT (Gr.)                                                                                                                  |               | 82.43  | 42.21  | 449.21  |                           |        |        |         |
| VCT (Kcal.)                                                                                                                |               | 290.11 | 379.96 | 1796.82 |                           |        |        |         |
| VCT (%)                                                                                                                    |               | 12%    | 15%    | 72%     |                           |        |        |         |
|                                                                                                                            |               |        |        |         | V. C. T. MENU             |        |        | 100%    |
|                                                                                                                            |               |        |        |         |                           |        |        | 2507    |

CONTRATISTA

NUTRICIONISTA

  
 REPRESENTANTE DEL CONTRATISTA

  
 Lic. Hda E. Escudero Saldaña  
 Nutricionista  
 C.V. 0428

FORMATO N° 01 - A

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

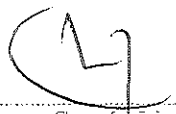
03/03/2019 17/03/2019

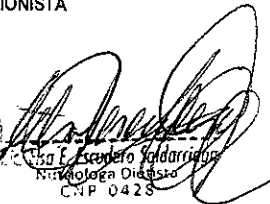
MENÚ N° 11 25

| ALIMENTO                                                                                                                         | PESO<br>BRUTO | PROT   | GRASAS    | CARB.  | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|----------------------------------------------------------------------------------------------------------------------------------|---------------|--------|-----------|--------|---------------------------|--------|--------|---------|
|                                                                                                                                  | (g)           | (g)    | (g)       | (g)    | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: Avena + 03 Panes con Manjar Blanco                                                                                     |               |        |           |        |                           |        |        |         |
| AVENA                                                                                                                            | 30.00         | 2.70   | 1.35      | 22.14  | 10.80                     | 12.15  | 88.56  | 111.51  |
| AZUCAR RUBIA                                                                                                                     | 25.00         | 0.00   | 0.00      | 24.57  | 0.00                      | 0.00   | 98.30  | 98.30   |
| PAN                                                                                                                              | 90.00         | 7.56   | 0.18      | 57.42  | 30.24                     | 1.62   | 229.68 | 261.54  |
| MANJAR BLANCO                                                                                                                    | 30.00         | 13.26  | 2.76      | 16.11  | 9.48                      | 24.84  | 64.44  | 98.76   |
| SUB TOTAL                                                                                                                        |               | 23.52  | 4.29      | 120.24 | 50.52                     | 38.61  | 480.98 | 570.11  |
|                                                                                                                                  |               |        |           |        | V.C. DESAYUNO             |        |        | 570.11  |
|                                                                                                                                  |               |        |           |        | % DIST. DESAYUNO          |        |        | 23%     |
| ALMUERZO: TALLARINES ROJOS + GUIZO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA)+ REFRESCO DE SOBRE |               |        |           |        |                           |        |        |         |
| FIDEO TALLARIN                                                                                                                   | 170.00        | 16.15  | 0.17      | 118.32 | 64.60                     | 1.53   | 473.28 | 539.41  |
| RES CON HUESO                                                                                                                    | 150.00        | 31.95  | 2.40      | 0.00   | 127.80                    | 21.60  | 0.00   | 149.40  |
| PAPA BLANCA                                                                                                                      | 100.00        | 2.10   | 0.10      | 22.3   | 8.40                      | 0.90   | 89.2   | 98.5    |
| ACEITE VEGETAL                                                                                                                   | 25.00         | 0.00   | 25.00     | 0.00   | 0.00                      | 225.00 | 0.00   | 225.00  |
| PEPINILLOS                                                                                                                       | 30.00         | 0.15   | 0.03      | 0.78   | 0.6                       | 0.27   | 3.12   | 3.99    |
| LIMON                                                                                                                            | 2.00          | 0.01   | 0.00      | 0.19   | 0.04                      | 0.04   | 0.78   | 0.86    |
| AJOS                                                                                                                             | 2.00          | 0.11   | 0.02      | 0.61   | 0.45                      | 0.14   | 2.43   | 3.02    |
| CEBOLLA                                                                                                                          | 40.00         | 0.56   | 0.08      | 4.52   | 2.24                      | 0.72   | 18.08  | 21.04   |
| ACHIOTE MOLIDO                                                                                                                   | 1.00          | 0.07   | 0.05      | 0.78   | 0.26                      | 0.10   | 3.13   | 3.49    |
| TOMATE                                                                                                                           | 30.00         | 0.24   | 0.06      | 1.29   | 0.96                      | 0.54   | 5.16   | 6.66    |
| AJI AMARILLO                                                                                                                     | 3.00          | 0.03   | 0.02      | 0.26   | 0.11                      | 0.19   | 1.06   | 1.36    |
| PIMIENTA MOLIDA                                                                                                                  | 1.00          | 0.08   | 0.08      | 0.64   | 0.34                      | 0.72   | 2.54   | 3.60    |
| SAZONADOR BLANCO                                                                                                                 | 2.00          | 0.00   | 0.00      | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| SAL                                                                                                                              | 1.00          | 0.00   | 0.00      | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| VINAGRE                                                                                                                          | 1.00          | 0.00   | 0.00      | 0.05   | 0.00                      | 0.00   | 0.20   | 0.20    |
| REFRESCO DE SOBRE                                                                                                                | 10.00         | 9.91   | 0.00      | 0.00   | 0.00                      | 0.00   | 0.00   | 39.64   |
| AZUCAR RUBIA                                                                                                                     | 25.00         | 0.00   | 0.00      | 24.57  | 0.00                      | 0.00   | 98.30  | 98.30   |
| PLATANO DE SEDA                                                                                                                  | 160.00        | 2.40   | 0.48      | 33.60  | 9.60                      | 4.32   | 134.40 | 148.32  |
| SUB TOTAL                                                                                                                        |               | 63.76  | 28.49     | 207.91 | 215.40                    | 256.07 | 831.68 | 1303.15 |
|                                                                                                                                  |               |        |           |        | V. C. ALMUERZO            |        |        | 1303.15 |
|                                                                                                                                  |               |        |           |        | % DIST. ALMUERZO          |        |        | 52%     |
| CENA: ARROZ GRANEADO + GUIZO DE POLLO CON HUESO + INFUSION                                                                       |               |        |           |        |                           |        |        |         |
| ARROZ                                                                                                                            | 90.00         | 7.38   | 0.45      | 70.02  | 29.52                     | 4.05   | 280.08 | 313.65  |
| POLLO CON HUESO                                                                                                                  | 100.00        | 18.20  | 10.20     | 0.00   | 72.80                     | 91.80  | 0.00   | 164.60  |
| TOMATE                                                                                                                           | 8.00          | 0.06   | 0.02      | 0.34   | 0.26                      | 0.14   | 1.38   | 1.78    |
| CEBOLLA                                                                                                                          | 8.00          | 0.11   | 0.02      | 0.90   | 0.45                      | 0.14   | 3.62   | 4.21    |
| ACEITE VEGETAL                                                                                                                   | 5.00          | 0.00   | 5.00      | 0.00   | 0.00                      | 45.00  | 0.00   | 45.00   |
| MANZANILLA                                                                                                                       | 10.00         | 0.00   | 0.00      | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| AZUCAR RUBIA                                                                                                                     | 25.00         | 0.00   | 0.00      | 24.57  | 0.00                      | 0.00   | 98.30  | 98.30   |
| SUB TOTAL                                                                                                                        |               | 25.75  | 15.69     | 95.83  | 103.03                    | 141.13 | 383.38 | 627.54  |
|                                                                                                                                  |               |        |           |        | V. C. CENA                |        |        | 627.54  |
|                                                                                                                                  |               |        |           |        | % DIST. CENA              |        |        | 25%     |
| VCT (Gr.)                                                                                                                        | 113.03        | 48.47  | 423.9842  |        |                           |        |        |         |
| VCT (Kcal.)                                                                                                                      | 368.95        | 435.81 | 1696.0328 |        |                           |        |        |         |
| VCT (%)                                                                                                                          | 15%           | 17%    | 68%       |        |                           |        |        |         |
|                                                                                                                                  |               |        |           |        | V. C. T. MENU             |        |        | 2501    |

CONTRATISTA

NUTRICIONISTA

  
 Luciano García López  
 REPRESENTANTE DEL CONSORCIO

  
 Rosa Escudero Valderrama  
 Nutricionista Dietista  
 CNP 0428

## 04/03/2019 18/03/2019

**MENÚ N° 12 26**

**CONTRATISTA**

**NUTRICIONISTA**

  
 Guillermo García Villego  
 REPRESENTANTE DEL CONSORCIO



  
 Sr. E. Escalero, Subdirector  
 Nutrición Dietética  
 1997-28

FORMATO N° 01 - A

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

05/03/2019 19/03/2019

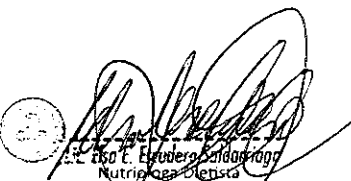
MENÚ N° 13 27

| ALIMENTO                                                                                                                             | PESO<br>BRUTO | PROT   | GRASAS | CARB.   | K.CALORIAS PON NUTRIENTES |        |         | TOTAL   |
|--------------------------------------------------------------------------------------------------------------------------------------|---------------|--------|--------|---------|---------------------------|--------|---------|---------|
|                                                                                                                                      | (g)           | (g)    | (g)    | (g)     | PROT                      | GRASAS | CARB.   |         |
| DESAYUNO: LECHE DE SOYA + 03 PANES CON MARGARINA                                                                                     |               |        |        |         |                           |        |         |         |
| SOYA                                                                                                                                 | 25.00         | 7.05   | 4.73   | 8.93    | 28.20                     | 42.53  | 35.700  | 106.43  |
| MARGARINA                                                                                                                            | 20.00         | 0.12   | 16.2   | 0.06    | 0.48                      | 145.8  | 0.240   | 146.52  |
| PAN                                                                                                                                  | 90.00         | 7.56   | 0.18   | 57.42   | 30.24                     | 1.62   | 229.680 | 261.54  |
| AZUCAR RUBIA                                                                                                                         | 30.00         | 0.00   | 0.00   | 29.49   | 0.00                      | 0.00   | 117.96  | 117.96  |
| SUB TOTAL                                                                                                                            |               | 14.73  | 21.11  | 95.90   | 58.92                     | 189.95 | 383.580 | 632.45  |
|                                                                                                                                      |               |        |        |         | V.C. DESAYUNO             |        |         | 632.45  |
|                                                                                                                                      |               |        |        |         | % DIST. DESAYUNO          |        |         | 25%     |
| ALMUERZO: ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE |               |        |        |         |                           |        |         |         |
| ARROZ                                                                                                                                | 150.00        | 12.30  | 0.75   | 116.70  | 49.20                     | 6.75   | 466.80  | 522.75  |
| PAVITA                                                                                                                               | 160.00        | 32.16  | 32.32  | 0.00    | 128.64                    | 290.88 | 0.00    | 419.52  |
| LENTEJAS SECAS                                                                                                                       | 60.00         | 13.92  | 0.66   | 36.6    | 55.68                     | 5.94   | 146.4   | 208.02  |
| AJOS                                                                                                                                 | 3.00          | 0.17   | 0.02   | 0.91    | 0.67                      | 0.22   | 3.65    | 4.54    |
| COL SILVESTRE                                                                                                                        | 30.00         | 0.75   | 0.18   | 3.63    | 3.00                      | 1.62   | 14.52   | 19.14   |
| AJI AMARILLO                                                                                                                         | 5.00          | 0.05   | 0.04   | 0.44    | 0.18                      | 0.32   | 1.76    | 2.26    |
| TOMATE                                                                                                                               | 8.00          | 0.06   | 0.02   | 0.34    | 0.26                      | 0.14   | 1.38    | 1.78    |
| ACHIOTE MOLIDO                                                                                                                       | 0.50          | 0.03   | 0.02   | 0.39    | 0.13                      | 0.21   | 1.56    | 1.90    |
| ACEITE VEGETAL                                                                                                                       | 5.00          | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00    | 45.00   |
| REFRESCO DE SOBRE                                                                                                                    | 10.00         | 9.91   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00    | 39.64   |
| PLATANO DE SEDA                                                                                                                      | 160.00        | 2.40   | 0.48   | 33.60   | 9.60                      | 4.32   | 134.40  | 148.32  |
| SAL                                                                                                                                  | 1.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00    | 0.00    |
| AZUCAR RUBIA                                                                                                                         | 10.00         | 0.00   | 0.00   | 9.83    | 0.00                      | 0.00   | 39.32   | 39.32   |
| LIMON                                                                                                                                | 3.00          | 0.02   | 0      | 0.29    | 0.06                      | 0.05   | 1.16    | 1.27    |
| SUB TOTAL                                                                                                                            |               | 71.77  | 39.49  | 202.73  | 247.42                    | 355.45 | 810.95  | 1453.46 |
|                                                                                                                                      |               |        |        |         | V. C. ALMUERZO            |        |         | 1453.46 |
|                                                                                                                                      |               |        |        |         | % DIST. ALMUERZO          |        |         | 58%     |
| CENA: SOPA DE TRIGO + RES CON HUESO                                                                                                  |               |        |        |         |                           |        |         |         |
| TRIGO                                                                                                                                | 50.00         | 4.3    | 0.75   | 36.85   | 17.2                      | 6.75   | 147.4   | 171.35  |
| RES CON HUESO                                                                                                                        | 100.00        | 21.3   | 1.60   | 0.00    | 85.20                     | 14.40  | 0.00    | 99.60   |
| ZAPALLO                                                                                                                              | 15.00         | 0.11   | 0.03   | 0.96    | 0.42                      | 0.24   | 3.84    | 4.5     |
| APIO                                                                                                                                 | 20.00         | 0.14   | 0.04   | 0.96    | 0.56                      | 0.36   | 3.84    | 4.76    |
| PORO                                                                                                                                 | 18.00         | 0.49   | 0.14   | 1.37    | 1.94                      | 1.30   | 5.47    | 8.71    |
| CULANTRO                                                                                                                             | 10.00         | 0.33   | 0.13   | 0.70    | 1.32                      | 1.17   | 2.80    | 5.29    |
| ZANAHORIA                                                                                                                            | 20.00         | 0.12   | 0.10   | 1.84    | 0.48                      | 0.90   | 7.36    | 8.74    |
| ACEITE VEGETAL                                                                                                                       | 5.00          | 0.00   | 5.00   | 0.00    | 0.00                      | 45.00  | 0.00    | 45.00   |
| SAL                                                                                                                                  | 1.00          | 0.00   | 0.00   | 0.00    | 0.00                      | 0.00   | 0.00    | 0.00    |
| PAPA BLANCA                                                                                                                          | 70.00         | 1.47   | 0.07   | 15.61   | 5.88                      | 0.63   | 62.44   | 68.95   |
| SUB TOTAL                                                                                                                            |               | 28.26  | 7.86   | 58.29   | 113.00                    | 70.75  | 233.15  | 416.9   |
|                                                                                                                                      |               |        |        |         | V. C. CENA                |        |         | 416.90  |
|                                                                                                                                      |               |        |        |         | % DIST. CENA              |        |         | 17%     |
| VCT (Gr.)                                                                                                                            |               | 114.76 | 68.46  | 356.92  |                           |        |         |         |
| VCT (Kcal.)                                                                                                                          |               | 419.34 | 616.15 | 1427.68 |                           |        |         |         |
| VCT (%)                                                                                                                              |               | 17%    | 25%    | 57%     |                           |        |         |         |
|                                                                                                                                      |               |        |        |         | V. C. T. MENU             |        | 100%    | 2503    |

CONTRATISTA

NUTRICIONISTA

  
 Contratasta  
 ALPESANTANTE DEL COMANDO

  
 Nutricionista  
 0428



17

FORMATO N° 01 - A

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

06/03/2019 20/03/2019

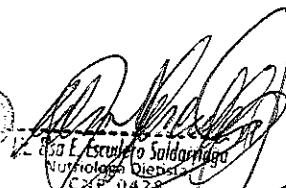
MENÚ N° 14 28

| ALIMENTO                                                                                                                                    | PESO<br>BRUTO | PROT   | GRASAS    | CARB.  | K.CALORIAS PON NUTRIENTES |        |        | TOTAL   |
|---------------------------------------------------------------------------------------------------------------------------------------------|---------------|--------|-----------|--------|---------------------------|--------|--------|---------|
|                                                                                                                                             | (g)           | (g)    | (g)       | (g)    | PROT                      | GRASAS | CARB.  |         |
| DESAYUNO: CHUFLA + 03 PANES CON MERMELADA                                                                                                   |               |        |           |        |                           |        |        |         |
| CHUFLA                                                                                                                                      | 30.00         | 2.70   | 1.35      | 22.14  | 10.80                     | 12.15  | 88.56  | 111.51  |
| AZUCAR RUBIA                                                                                                                                | 30.00         | 0.00   | 0.00      | 29.49  | 0.00                      | 0.00   | 117.96 | 117.96  |
| PAN                                                                                                                                         | 90.00         | 7.56   | 0.18      | 57.42  | 30.24                     | 1.62   | 229.68 | 261.54  |
| MERMELADA                                                                                                                                   | 20.00         | 0.08   | 0.04      | 11.72  | 0.32                      | 0.36   | 46.88  | 47.56   |
| SUB TOTAL                                                                                                                                   |               | 10.34  | 1.57      | 120.77 | 41.36                     | 14.13  | 483.08 | 538.57  |
|                                                                                                                                             |               |        |           |        | V.C. DESAYUNO             |        |        | 538.57  |
|                                                                                                                                             |               |        |           |        | % DIST. DESAYUNO          |        |        | 22%     |
| ALMUERZO: ARROZ GRANEADO + CORAZON DE POLLO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE |               |        |           |        |                           |        |        |         |
| ARROZ                                                                                                                                       | 150.00        | 12.30  | 0.75      | 116.70 | 49.20                     | 6.75   | 466.80 | 522.75  |
| CORAZON DE POLLO                                                                                                                            | 100.00        | 20.50  | 7.00      | 1.60   | 82.00                     | 63.00  | 6.40   | 151.40  |
| ARVEJAS SECAS                                                                                                                               | 80.00         | 17.36  | 2.56      | 48.88  | 69.44                     | 23.04  | 195.52 | 288.00  |
| AJOS                                                                                                                                        | 3.00          | 0.17   | 0.02      | 0.91   | 0.67                      | 0.22   | 3.65   | 4.54    |
| CEBOLLA                                                                                                                                     | 30.00         | 0.42   | 0.06      | 3.39   | 1.68                      | 0.54   | 13.56  | 15.78   |
| AJI AMARILLO                                                                                                                                | 5.00          | 0.05   | 0.04      | 0.44   | 0.18                      | 0.32   | 1.76   | 2.26    |
| TOMATE                                                                                                                                      | 25.00         | 0.20   | 0.05      | 1.08   | 0.80                      | 0.45   | 4.30   | 5.55    |
| ACHIOTE MOLIDO                                                                                                                              | 1.50          | 0.10   | 0.07      | 1.17   | 0.40                      | 0.62   | 4.69   | 5.71    |
| COL SILVESTRE                                                                                                                               | 30.00         | 0.75   | 0.18      | 3.63   | 3.00                      | 1.62   | 14.52  | 19.14   |
| ACEITE VEGETAL                                                                                                                              | 24.00         | 0.00   | 24.00     | 0.00   | 0.00                      | 216.00 | 0.00   | 216.00  |
| PLATANO DE SEDA                                                                                                                             | 160.00        | 2.40   | 0.48      | 33.60  | 9.60                      | 4.32   | 134.40 | 148.32  |
| SAL                                                                                                                                         | 3.00          | 0.00   | 0.00      | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| REFRESCO DE SOBRE                                                                                                                           | 10.00         | 9.91   | 0.00      | 0.00   | 0.00                      | 0.00   | 0.00   | 39.64   |
| AZUCAR RUBIA                                                                                                                                | 25.00         | 0.00   | 0.00      | 24.57  | 0.00                      | 0.00   | 98.30  | 98.30   |
| LIMON                                                                                                                                       | 3.00          | 0.02   | 0.01      | 0.29   | 0.06                      | 0.05   | 1.16   | 1.27    |
| SUB TOTAL                                                                                                                                   |               | 64.18  | 35.22     | 236.26 | 217.03                    | 316.93 | 945.06 | 1479.02 |
|                                                                                                                                             |               |        |           |        | V. C. ALMUERZO            |        |        | 1479.02 |
|                                                                                                                                             |               |        |           |        | % DIST. ALMUERZO          |        |        | 59%     |
| CENA: ARROZ CON LECHE + 2 PANES                                                                                                             |               |        |           |        |                           |        |        |         |
| ARROZ                                                                                                                                       | 40.00         | 3.28   | 0.20      | 31.12  | 13.12                     | 1.80   | 124.48 | 139.40  |
| PAN                                                                                                                                         | 60.00         | 5.04   | 0.12      | 38.28  | 20.16                     | 1.08   | 153.12 | 174.36  |
| AZUCAR RUBIA                                                                                                                                | 25.00         | 0.00   | 0.00      | 24.57  | 0.00                      | 0.00   | 98.30  | 98.30   |
| CANELA ENTERA                                                                                                                               | 1.00          | 0.00   | 0.00      | 0.00   | 0.00                      | 0.00   | 0.00   | 0.00    |
| LECHE EVAPORADA                                                                                                                             | 50.00         | 3.50   | 4.05      | 5.45   | 14.00                     | 36.45  | 21.80  | 72.25   |
| SUB TOTAL                                                                                                                                   |               | 11.82  | 4.37      | 99.42  | 47.28                     | 39.33  | 397.70 | 484.31  |
|                                                                                                                                             |               |        |           |        | V. C. CENA                |        |        | 484.31  |
|                                                                                                                                             |               |        |           |        | % DIST. CENA              |        |        | 19%     |
| VCT (Gr.)                                                                                                                                   | 86.34         | 41.16  | 456.4528  |        |                           |        |        |         |
| VCT (Kcal.)                                                                                                                                 | 305.67        | 370.39 | 1825.8352 |        |                           |        |        |         |
| VCT (%)                                                                                                                                     | 12%           | 15%    | 73%       |        |                           |        |        |         |
|                                                                                                                                             |               |        |           |        | V. C. T. MENU             |        |        | 2502    |

CONTRATISTA

NUTRICIONISTA

  
 REPRESENTANTE DEL CONTRATISTA

  
 Lic. Rosa E. Estrada Saldarriaga  
 Nutrióloga Dietista  
 CXP 0428

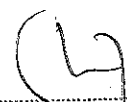
16

**RELACIÓN DE MENÚS PROPUESTOS PARA NIÑOS DEL E.P. SULLANA**  
**DEL 21 DE FEBRERO AL 20 DE MARZO DE 2019**

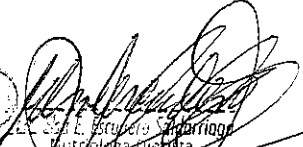
**MENÚ CON APORTE MÍNIMO DE 750 KILOCALORIAS POR DÍA**

| Nº | FECHA      | DESAYUNO                                   | MEDIA MAÑANA              | ALMUERZO                                                                       | MEDIA TARDE               | CENA                                                      |
|----|------------|--------------------------------------------|---------------------------|--------------------------------------------------------------------------------|---------------------------|-----------------------------------------------------------|
| 1  | JUEVES     | SOYA + 01 PAN CON HUEVO SANCOCHADO         | LECHE                     | ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION                | MAZAMORRA MORADA          | LECHE EVAPORADA + 01 PAN                                  |
|    | 21/02/2019 |                                            |                           |                                                                                |                           |                                                           |
| 2  | VIERNES    | LECHE + 01 PAN CON POLLO                   | PLATANO DE LA ISLA PICADO | ARROZ GRANEADO + GALLINA AL SILLAO CON PAPA + ENSALADA + INFUSION              | MAIZENA CON LECHE         | ARROZ GRANEADO + TORTILLA DE ESPINACA + INFUSION          |
|    | 22/02/2019 |                                            |                           |                                                                                |                           |                                                           |
| 3  | SABADO     | AVENA CON LECHE + 01 PAN CON ACEITUNA      | JUGO DE PAPAYA            | ARROZ GRANEADO + POLLO A LA PLANCHA + PAPA FRITA + ENSALADA + LIMONADA         | MANZANA PICADA EN ALMIBAR | LECHE EVAPORADA                                           |
|    | 23/02/2019 |                                            |                           |                                                                                |                           |                                                           |
| 4  | DOMINGO    | LECHE CON QUINUA + 01 PAN CON ATUN         | MANGO CON LECHE           | ARROZ GRANEADO + HIGADO FRITO + PURE DE ESPINACA + ENSALADA + INFUSION         | COMPOTA DE MANZANA        | SOPA DE SEMOLA + POLLO + INFUSION                         |
|    | 24/02/2019 |                                            |                           |                                                                                |                           |                                                           |
| 5  | LUNES      | LECHE + 01 PAN CON HUEVO DURO              | JUGO DE MANGO             | ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSION        | PIÑA EN ALMIBAR           | AGUADITO CON MENUDENCIA DE POLLO + INFUSION               |
|    | 25/02/2019 |                                            |                           |                                                                                |                           |                                                           |
| 6  | MARTES     | KIWICHA CON LECHE + 01 PAN CON QUESO       | FRESA CON LECHE           | ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSION                        | MANZANA EN ALMIBAR        | SOPA A LA MINUTA CON POLLO + INFUSION                     |
|    | 26/02/2019 |                                            |                           |                                                                                |                           |                                                           |
| 7  | MIERCOLES  | LECHE CON AVENA + 01 PAN CON MANJAR BLANCO | PAPAYA LICUADA            | ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + LIMONADA                        | PLATANO DE SEDA           | SOPA DE AVENA + POLLO + INFUSION                          |
|    | 27/02/2019 |                                            |                           |                                                                                |                           |                                                           |
| 8  | JUEVES     | SOYA + 01 PAN CON JAMONADA                 | LECHE                     | ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION                      | MAZAMORRA MORADA          | LECHE EVAPORADA + 01 PAN                                  |
|    | 28/02/2019 |                                            |                           |                                                                                |                           |                                                           |
| 9  | VIERNES    | LECHE + 01 PAN CON PALTA                   | PLATANO DE SEDA PICADO    | ARROZ GRANEADO + GALLINA GUISADA CON PAPA + ENSALADA + INFUSION                | MAZAMORRA DE NARANJA      | SOPA DE SEMOLA + CARNE DE RES + INFUSION                  |
|    | 01/03/2019 |                                            |                           |                                                                                |                           |                                                           |
| 10 | SABADO     | AVENA CON LECHE + 01 PAN CON ACEITUNA      | JUGO DE PAPAYA            | ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + LIMONADA              | MANZANA PICADA EN ALMIBAR | LECHE EVAPORADA                                           |
|    | 02/03/2019 |                                            |                           |                                                                                |                           |                                                           |
| 11 | DOMINGO    | LECHE + 01 PAN CON PESCADO FRITO           | COMPOTA DE MANZANA        | ARROZ GRANEADO + CERDO A LA PARRILLA + CAMOTE + ENSALADA + INFUSION            | MAZAMORRA MORADA          | SOPA DE TRIGO + POLLO + INFUSION                          |
|    | 03/03/2019 |                                            |                           |                                                                                |                           |                                                           |
| 12 | LUNES      | QUINUA CON LECHE + 01 PAN CON HOT DOG      | JUGO DE MANGO             | ARROZ GRANEADO + PESCADO FRITO + PURE DE ZAPALLO + ENSALADA + FRUTA + INFUSION | MAZAMORRA DE NARANJA      | ARROZ GRANEADO + LOCRO DE ZAPALLO + INFUSION              |
|    | 04/03/2019 |                                            |                           |                                                                                |                           |                                                           |
| 13 | MARTES     | KIWICHA CON LECHE + 01 PAN CON QUESO       | FRESA CON LECHE           | ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSION                        | MANZANA AL ALMIBAR        | ARROZ GRANEADO + PESCADO A LA PLANCHA CON YUCA + INFUSION |
|    | 05/03/2019 |                                            |                           |                                                                                |                           |                                                           |
| 14 | MIERCOLES  | AVENA CON LECHE + 01 PAN CON MERMELEDA     | JUGO DE PAPAYA            | ARROZ GRANEADO + ASADO DE RES + MENESTRA + LIMONADA                            | PLATANO DE SEDA           | SOPA DE FIDEO + POLLO + INFUSION                          |
|    | 06/03/2019 |                                            |                           |                                                                                |                           |                                                           |

CONTRATISTA

  
 Lauriano García  
 REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

  
 Nutricionista  
 0423

15

**RELACIÓN DE MENÚS PROPUESTOS PARA NIÑOS DEL E.P. SULLANA**  
**DEL 21 DE FEBRERO AL 20 DE MARZO DE 2019**

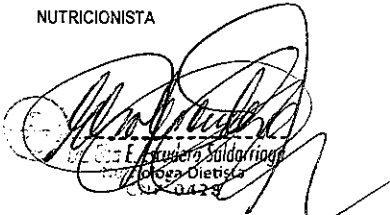
**MENÚ CON APOORTE MÍNIMO DE 750 KILOCALORIAS POR DÍA**

| N° | FECHA      | DESAYUNO                                   | MEDIA MAÑANA              | ALMUERZO                                                                       | MEDIA TARDE               | CENA                                                      |
|----|------------|--------------------------------------------|---------------------------|--------------------------------------------------------------------------------|---------------------------|-----------------------------------------------------------|
| 15 | JUEVES     | SOYA + 01 PAN CON HUEVO SANCOCHADO         | LECHE                     | ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION                | MAZAMORRA MORADA          | LECHE EVAPORADA + 01 PAN                                  |
|    | 07/03/2019 |                                            |                           |                                                                                |                           |                                                           |
| 16 | VIERNES    | LECHE + 01 PAN CON POLLO                   | PLATANO DE LA ISLA PICADO | ARROZ GRANEADO + GALLINA AL SILLAO CON PAPA + ENSALADA + INFUSION              | MAIZENA CON LECHE         | ARROZ GRANEADO + TORTILLA DE ESPINACA + INFUSION          |
|    | 08/03/2019 |                                            |                           |                                                                                |                           |                                                           |
| 17 | SABADO     | AVENA CON LECHE + 01 PAN CON ACEITUNA      | JUGO DE PAPAYA            | ARROZ GRANEADO + POLLO A LA PLANCHA + PAPA FRITA + ENSALADA + LIMONADA         | MANZANA PICADA EN ALMIBAR | LECHE EVAPORADA                                           |
|    | 09/03/2019 |                                            |                           |                                                                                |                           |                                                           |
| 18 | DOMINGO    | LECHE CON QUINUA + 01 PAN CON ATUN         | MANGO CON LECHE           | ARROZ GRANEADO + HIGADO FRITO + PURE DE ESPINACA + ENSALADA + INFUSION         | COMPOTA DE MANZANA        | SOPA DE SEMOLA + POLLO + INFUSION                         |
|    | 10/03/2019 |                                            |                           |                                                                                |                           |                                                           |
| 19 | LUNES      | LECHE + 01 PAN CON HUEVO DURO              | JUGO DE MANGO             | ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSION        | PIÑA EN ALMIBAR           | AGUADITO CON MENUDENCIA DE POLLO + INFUSION               |
|    | 11/03/2019 |                                            |                           |                                                                                |                           |                                                           |
| 20 | MARTES     | KIWICHA CON LECHE + 01 PAN CON QUESO       | FRESA CON LECHE           | ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSION                        | MANZANA EN ALMIBAR        | SOPA A LA MINUTA CON POLLO + INFUSION                     |
|    | 12/03/2019 |                                            |                           |                                                                                |                           |                                                           |
| 21 | MIERCOLES  | LECHE CON AVENA + 01 PAN CON MANJAR BLANCO | PAPAYA LICUADA            | ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + LIMONADA                        | PLATANO DE SEDA           | SOPA DE AVENA + POLLO + INFUSION                          |
|    | 13/03/2019 |                                            |                           |                                                                                |                           |                                                           |
| 22 | JUEVES     | SOYA + 01 PAN CON JAMONADA                 | LECHE                     | ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION                      | MAZAMORRA MORADA          | LECHE EVAPORADA + 01 PAN                                  |
|    | 14/03/2019 |                                            |                           |                                                                                |                           |                                                           |
| 23 | VIERNES    | LECHE + 01 PAN CON PALTA                   | PLATANO DE SEDA PICADO    | ARROZ GRANEADO + GALLINA GUISADA CON PAPA + ENSALADA + INFUSION                | MAZAMORRA DE NARANJA      | SOPA DE SEMOLA + CARNE DE RES + INFUSION                  |
|    | 15/03/2019 |                                            |                           |                                                                                |                           |                                                           |
| 24 | SABADO     | AVENA CON LECHE + 01 PAN CON ACEITUNA      | JUGO DE PAPAYA            | ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + LIMONADA              | MANZANA PICADA EN ALMIBAR | LECHE EVAPORADA                                           |
|    | 16/03/2019 |                                            |                           |                                                                                |                           |                                                           |
| 25 | DOMINGO    | LECHE + 01 PAN CON PESCADO FRITO           | COMPOTA DE MANZANA        | ARROZ GRANEADO + CERDO A LA PARRILLA + CAMOTE + ENSALADA + INFUSION            | MAZAMORRA MORADA          | SOPA DE TRIGO + POLLO + INFUSION                          |
|    | 17/03/2019 |                                            |                           |                                                                                |                           |                                                           |
| 26 | LUNES      | QUINUA CON LECHE + 01 PAN CON HOT DOG      | JUGO DE MANGO             | ARROZ GRANEADO + PESCADO FRITO + PURE DE ZAPALLO + ENSALADA + FRUTA + INFUSION | MAZAMORRA DE NARANJA      | ARROZ GRANEADO + LOCRO DE ZAPALLO + INFUSION              |
|    | 18/03/2019 |                                            |                           |                                                                                |                           |                                                           |
| 27 | MARTES     | KIWICHA CON LECHE + 01 PAN CON QUESO       | FRESA CON LECHE           | ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSION                        | MANZANA AL ALMIBAR        | ARROZ GRANEADO + PESCADO A LA PLANCHA CON YUCA + INFUSION |
|    | 19/03/2019 |                                            |                           |                                                                                |                           |                                                           |
| 28 | MIERCOLES  | AVENA CON LECHE + 01 PAN CON MERMELEDA     | JUGO DE PAPAYA            | ARROZ GRANEADO + ASADO DE RES + MENESTRA + LIMONADA                            | PLATANO DE SEDA           | SOPA DE FIDEO + POLLO + INFUSION                          |
|    | 20/03/2019 |                                            |                           |                                                                                |                           |                                                           |

CONTRATISTA

NUTRICIONISTA

  
 Lauriano García Illugco  
 REPRESENTANTE DEL CONSORCIO

  
 E. J. Saldarriaga  
 Dietista  
 C.O. 0428

14

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

MENÚ N° 1 15

| ALIMENTO                                     | PESO<br>BRUTO | KCAL.  | PROT  | GRASA | CHO   | VALOR CALORICO TOTAL (KCAL) |        |        | DIST. CAL %<br>POR MENÚ |
|----------------------------------------------|---------------|--------|-------|-------|-------|-----------------------------|--------|--------|-------------------------|
|                                              | (g)           | (g)    | (g)   | (g)   | (g)   | PROT                        | GRASAS | CHO    |                         |
| DESAYUNO: SOYA + 01 PAN CON HUEVO SANCOCHADO |               |        |       |       |       |                             |        |        |                         |
| SOYA                                         | 20.00         | 80.20  | 5.64  | 3.78  | 7.14  | 22.56                       | 34.02  | 28.56  | 85.14                   |
| PAN                                          | 30.00         | 87.30  | 2.52  | 0.06  | 19.14 | 10.08                       | 0.54   | 76.56  | 87.18                   |
| HUEVOS ROSADOS                               | 50.00         | 0.00   | 6.75  | 4.20  | 0.95  | 27.00                       | 37.80  | 3.80   | 68.60                   |
| AZUCAR REFINADA                              | 15.00         | 57.60  | 0.00  | 0.00  | 14.75 | 0.00                        | 0.00   | 58.98  | 58.98                   |
| SUB TOTAL                                    |               | 225.10 | 14.91 | 8.04  | 41.98 | 59.64                       | 72.36  | 167.90 | 299.90                  |
|                                              |               |        |       |       |       | VCT. DES.                   | 299.90 | 20%    |                         |

|                           |       |               |             |             |              |                  |               |              |               |
|---------------------------|-------|---------------|-------------|-------------|--------------|------------------|---------------|--------------|---------------|
| <b>MEDIA MAÑANA LECHE</b> |       |               |             |             |              |                  |               |              |               |
| LECHE EVAPORADA           | 80.00 | 114.40        | 5.60        | 6.48        | 8.72         | 22.40            | 58.32         | 34.88        | 115.60        |
| AZUCAR REFINADA           | 5.00  | 19.20         | 0.00        | 0.00        | 4.92         | 0.00             | 0.00          | 19.66        | 19.66         |
| <b>SUB TOTAL</b>          |       | <b>133.60</b> | <b>5.60</b> | <b>6.48</b> | <b>13.64</b> | <b>22.40</b>     | <b>58.32</b>  | <b>54.54</b> | <b>135.26</b> |
|                           |       |               |             |             |              | <b>VCT. DES.</b> | <b>135.26</b> |              | <b>9%</b>     |

|                                                                                  |        |               |              |              |              |                  |               |               |               |
|----------------------------------------------------------------------------------|--------|---------------|--------------|--------------|--------------|------------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION</b> |        |               |              |              |              |                  |               |               |               |
| ARROZ SUPERIOR                                                                   | 50.00  | 179.50        | 4.10         | 0.25         | 38.90        | 16.40            | 2.25          | 155.60        | 174.25        |
| ACEITE VEGETAL                                                                   | 8.00   | 70.72         | 0.00         | 8.00         | 0.00         | 0.00             | 72.00         | 0.00          | 72.00         |
| TOMATE                                                                           | 15.00  | 2.82          | 0.12         | 0.03         | 0.65         | 0.48             | 0.27          | 2.58          | 3.33          |
| CEBOLLA                                                                          | 15.00  | 6.62          | 0.21         | 0.03         | 1.70         | 0.84             | 0.27          | 6.78          | 7.89          |
| POLLO                                                                            | 120.00 | 183.60        | 21.84        | 12.24        | 0.00         | 87.36            | 110.16        | 0.00          | 197.52        |
| FREJOL CANARIO                                                                   | 25.00  | 84.75         | 5.48         | 0.53         | 15.05        | 21.90            | 4.73          | 60.20         | 86.83         |
| AZUCAR REFINADA                                                                  | 20.00  | 76.80         | 0.00         | 0.00         | 19.66        | 0.00             | 0.00          | 78.64         | 78.64         |
| ANIS                                                                             | 5.00   | 0.00          | 0.00         | 0.00         | 0.00         | 0.00             | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                                                                 |        | <b>604.81</b> | <b>31.75</b> | <b>21.08</b> | <b>75.96</b> | <b>126.98</b>    | <b>189.68</b> | <b>303.80</b> | <b>620.46</b> |
|                                                                                  |        |               |              |              |              | <b>VCT. ALM.</b> | <b>620.46</b> |               | <b>41%</b>    |

|                                     |       |               |             |             |              |                  |               |               |               |
|-------------------------------------|-------|---------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA TARDE MAZAMORRA MORADA</b> |       |               |             |             |              |                  |               |               |               |
| MAIZENA                             | 20.00 | 70.20         | 0.12        | 0.04        | 17.34        | 0.48             | 0.36          | 69.36         | 70.20         |
| MAIZ MORADO CANELA                  | 20.00 | 71.40         | 1.46        | 0.68        | 15.24        | 5.84             | 5.12          | 60.96         | 72.92         |
| CANELA ENTERA                       | 2.00  | 0.00          | 0.00        | 0.00        | 0.00         | 0.00             | 0.00          | 0.00          | 0.00          |
| AZUCAR REFINADA                     | 3.00  | 0.00          | 0.00        | 0.00        | 2.95         | 0.00             | 0.00          | 11.80         | 11.80         |
| <b>SUB TOTAL</b>                    |       | <b>141.60</b> | <b>1.58</b> | <b>0.72</b> | <b>35.53</b> | <b>6.32</b>      | <b>6.48</b>   | <b>142.12</b> | <b>154.92</b> |
|                                     |       |               |             |             |              | <b>VCT. DES.</b> | <b>154.92</b> |               | <b>10%</b>    |

|                                      |        |               |              |              |              |                 |               |               |               |
|--------------------------------------|--------|---------------|--------------|--------------|--------------|-----------------|---------------|---------------|---------------|
| <b>CENA LECHE EVAPORADA + 01 PAN</b> |        |               |              |              |              |                 |               |               |               |
| LECHE EVAPORADA                      | 125.00 | 178.75        | 8.75         | 10.13        | 13.63        | 35.00           | 91.13         | 54.50         | 180.63        |
| PAN                                  | 3.00   | 87.30         | 2.52         | 0.06         | 19.14        | 10.08           | 0.54          | 76.56         | 87.18         |
| AZUCAR REFINADA                      | 8.00   | 30.72         | 0.00         | 0.00         | 7.86         | 0.00            | 0.00          | 31.46         | 31.46         |
| <b>SUB TOTAL</b>                     |        | <b>296.77</b> | <b>11.27</b> | <b>10.19</b> | <b>40.63</b> | <b>45.08</b>    | <b>91.67</b>  | <b>162.52</b> | <b>299.27</b> |
|                                      |        |               |              |              |              | <b>VCT. CEN</b> | <b>299.27</b> |               | <b>20%</b>    |

|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Gr.)   | 65.11  | 46.51  | 207.74 |
| VCT (Kcal.) | 260.42 | 418.51 | 830.88 |
| VCT (%)     | 17%    | 28%    | 55%    |

|                  |             |             |
|------------------|-------------|-------------|
| <b>VCT. MENU</b> | <b>1510</b> | <b>100%</b> |
|------------------|-------------|-------------|

CONTRATISTA

NUTRICIONISTA

Lauriano García Arango  
REPRESENTANTE DEL CONSORCIO

*[Firma]*  
Nutricionista  
CIP 0488

13

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

MENÚ N° 2 16

| ALIMENTO                           | PESO BRUTO | KCAL   | PROT  | GRASA | CHO   | VALOR CALORICO TOTAL (KCAL) |        |        | DIST. CAL % POR MENÚ |
|------------------------------------|------------|--------|-------|-------|-------|-----------------------------|--------|--------|----------------------|
|                                    | (g)        | (g)    | (g)   | (g)   | (g)   | PROT                        | GRASAS | CHO    |                      |
| DESAYUNO: LECHE + 01 PAN CON POLLO |            |        |       |       |       |                             |        |        |                      |
| LECHE EVAPORADA                    | 100.00     | 143.00 | 7.00  | 8.10  | 10.90 | 28.00                       | 72.90  | 43.60  | 144.50               |
| PAN                                | 30.00      | 87.30  | 2.52  | 0.06  | 19.14 | 10.08                       | 0.54   | 76.56  | 87.18                |
| POLLO                              | 30.00      | 0.00   | 5.46  | 3.06  | 0.00  | 21.84                       | 27.54  | 0.00   | 49.38                |
| AZUCAR REFINADA                    | 5.00       | 0.00   | 0.00  | 0.00  | 4.92  | 0.00                        | 0.00   | 19.66  | 19.66                |
| SUB TOTAL                          |            | 230.30 | 14.98 | 11.22 | 34.96 | 59.92                       | 100.98 | 139.82 | 300.72               |
|                                    |            |        |       |       |       | VCT. DES.                   | 300.72 |        | 20%                  |

|                                               |        |              |             |             |              |                  |               |               |               |
|-----------------------------------------------|--------|--------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA MAÑANA PLATANO DE LA ISLA PICADO</b> |        |              |             |             |              |                  |               |               |               |
| PLATANO DE LA ISLA                            | 150.00 | 84.66        | 2.25        | 0.45        | 31.50        | 9.00             | 4.05          | 126.00        | 139.05        |
| <b>SUB TOTAL</b>                              |        | <b>84.66</b> | <b>2.25</b> | <b>0.45</b> | <b>31.50</b> | <b>9.00</b>      | <b>4.05</b>   | <b>126.00</b> | <b>139.05</b> |
|                                               |        |              |             |             |              | <b>VCT. DES.</b> | <b>139.05</b> |               | <b>9%</b>     |

|                                                                                    |        |               |              |              |              |                 |               |               |               |
|------------------------------------------------------------------------------------|--------|---------------|--------------|--------------|--------------|-----------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + GALLINA AL SILLAO CON PAPA + ENSALADA + INFUSIÓN</b> |        |               |              |              |              |                 |               |               |               |
| ARROZ SUPERIOR                                                                     | 60.00  | 215.40        | 4.92         | 0.30         | 46.68        | 19.68           | 2.70          | 186.72        | 209.10        |
| ACEITE VEGETAL                                                                     | 10.00  | 88.40         | 0.00         | 10.00        | 0.00         | 0.00            | 90.00         | 0.00          | 90.00         |
| CARNE DE GALLINA                                                                   | 120.00 | 129.60        | 24.72        | 4.32         | 0.00         | 98.88           | 38.88         | 0.00          | 137.76        |
| CEBOLLA                                                                            | 20.00  | 8.82          | 0.28         | 0.04         | 2.26         | 1.12            | 0.36          | 9.04          | 10.52         |
| LIMON                                                                              | 1.00   | 0.15          | 0.01         | 0.00         | 0.10         | 0.02            | 0.02          | 0.39          | 0.43          |
| SILLAO                                                                             | 2.00   | 0.00          | 0.00         | 0.00         | 0.00         | 0.00            | 0.00          | 0.00          | 0.00          |
| TOMATE                                                                             | 10.00  | 1.88          | 0.08         | 0.02         | 0.43         | 0.32            | 0.18          | 1.72          | 2.22          |
| PAPA AMARILLA                                                                      | 40.00  | 39.14         | 0.80         | 0.16         | 9.32         | 3.20            | 1.44          | 37.28         | 41.92         |
| AZUCAR REFINADA                                                                    | 25.00  | 96.00         | 0.00         | 0.00         | 24.58        | 0.00            | 0.00          | 98.30         | 98.30         |
| ANIS                                                                               | 5.00   | 0.00          | 0.00         | 0.00         | 0.00         | 0.00            | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                                                                   |        | <b>579.39</b> | <b>30.81</b> | <b>14.84</b> | <b>83.37</b> | <b>123.22</b>   | <b>133.58</b> | <b>333.45</b> | <b>590.25</b> |
|                                                                                    |        |               |              |              |              | <b>VCT.ALM.</b> | <b>590.25</b> |               | <b>39%</b>    |

|                                      |       |               |             |             |              |                  |               |               |               |
|--------------------------------------|-------|---------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA TARDE MAIZENA CON LECHE</b> |       |               |             |             |              |                  |               |               |               |
| LECHE EVAPORADA                      | 70.00 | 100.10        | 4.90        | 5.67        | 7.63         | 19.60            | 51.03         | 30.52         | 101.15        |
| MAIZENA                              | 20.00 | 70.20         | 0.12        | 0.04        | 17.34        | 0.48             | 0.36          | 69.36         | 70.20         |
| AZUCAR REFINADA                      | 3.00  | 11.52         | 0.00        | 0.00        | 2.95         | 0.00             | 0.00          | 11.80         | 11.80         |
| <b>SUB TOTAL</b>                     |       | <b>181.82</b> | <b>5.02</b> | <b>5.71</b> | <b>27.92</b> | <b>20.08</b>     | <b>51.39</b>  | <b>111.68</b> | <b>183.15</b> |
|                                      |       |               |             |             |              | <b>VCT. DES.</b> | <b>183.15</b> |               | <b>12%</b>    |

|                                                              |       |               |              |             |              |                |               |               |               |
|--------------------------------------------------------------|-------|---------------|--------------|-------------|--------------|----------------|---------------|---------------|---------------|
| <b>CENA ARROZ GRANEADO + TORTILLA DE ESPINACA + INFUSIÓN</b> |       |               |              |             |              |                |               |               |               |
| ARROZ SUPERIOR                                               | 50.00 | 179.50        | 4.10         | 0.25        | 39.90        | 16.40          | 2.25          | 155.60        | 174.25        |
| HUEVOS ROSADOS                                               | 50.00 | 59.93         | 6.75         | 4.20        | 0.95         | 27.00          | 37.80         | 3.80          | 68.60         |
| ESPINACA                                                     | 10.00 | 2.24          | 0.19         | 0.06        | 0.63         | 0.76           | 0.54          | 2.52          | 3.82          |
| TOMATE                                                       | 10.00 | 1.88          | 0.08         | 0.02        | 0.43         | 0.32           | 0.18          | 1.72          | 2.22          |
| ACEITE VEGETAL                                               | 3.00  | 26.52         | 0.00         | 3.00        | 0.00         | 0.00           | 27.00         | 0.00          | 27.00         |
| MANZANILLA                                                   | 5.00  | 0.00          | 0.00         | 0.00        | 0.00         | 0.00           | 0.00          | 0.00          | 0.00          |
| AZUCAR REFINADA                                              | 5.00  | 19.20         | 0.00         | 0.00        | 4.92         | 0.00           | 0.00          | 19.66         | 19.66         |
| <b>SUB TOTAL</b>                                             |       | <b>289.27</b> | <b>11.12</b> | <b>7.53</b> | <b>45.83</b> | <b>44.48</b>   | <b>67.77</b>  | <b>183.30</b> | <b>295.55</b> |
|                                                              |       |               |              |             |              | <b>VCT.CEN</b> | <b>295.55</b> |               | <b>20%</b>    |

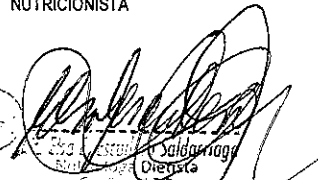
|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Gr.)   | 64.18  | 39.75  | 223.58 |
| VCT (Kcal.) | 256.70 | 357.77 | 894.25 |
| VCT (%)     | 17%    | 24%    | 59%    |

|                  |             |             |
|------------------|-------------|-------------|
| <b>VCT. MENU</b> | <b>1509</b> | <b>100%</b> |
|------------------|-------------|-------------|

CONTRATISTA

  
Mauricio García  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

  
Nutricionista

12

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

MENÚ N° 3 17

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

|                                    |        |               |             |             |              |             |             |               |               |
|------------------------------------|--------|---------------|-------------|-------------|--------------|-------------|-------------|---------------|---------------|
| <b>MEDIA MAÑANA JUGO DE PAPAYA</b> |        |               |             |             |              |             |             |               |               |
| PAPAYA                             | 140.00 | 40.32         | 0.56        | 0.14        | 11.46        | 2.24        | 1.26        | 45.92         | 49.42         |
| AZUCAR REFINADA                    | 20.00  | 76.80         | 0.00        | 0.00        | 19.66        | 0.00        | 0.00        | 78.64         | 78.64         |
| <b>SUB TOTAL</b>                   |        | <b>117.12</b> | <b>0.56</b> | <b>0.14</b> | <b>31.12</b> | <b>2.24</b> | <b>1.26</b> | <b>124.56</b> | <b>128.06</b> |
| VCT. DES.                          |        |               |             |             |              |             | 128.06      |               | 7%            |

|                                                                                         |        |               |              |              |              |               |               |               |               |
|-----------------------------------------------------------------------------------------|--------|---------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|
| <b>ALMUERZO: Arroz graneado + pollo a la plancha + papa frita + ensalada + limonada</b> |        |               |              |              |              |               |               |               |               |
| ARROZ SUPERIOR                                                                          | 60.00  | 215.40        | 4.92         | 0.30         | 46.68        | 19.68         | 2.70          | 186.72        | 209.10        |
| ACEITE VEGETAL                                                                          | 20.00  | 176.80        | 0.00         | 20.00        | 0.00         | 0.00          | 180.00        | 0.00          | 180.00        |
| POLLO                                                                                   | 120.00 | 183.60        | 21.84        | 12.24        | 0.00         | 87.36         | 110.16        | 0.00          | 197.52        |
| PAPA BLANCA                                                                             | 35.00  | 32.25         | 0.74         | 0.04         | 7.81         | 2.94          | 0.32          | 31.22         | 34.48         |
| TOMATE                                                                                  | 15.00  | 2.82          | 0.12         | 0.03         | 0.65         | 0.48          | 0.27          | 2.58          | 3.33          |
| CEBOLLA                                                                                 | 15.00  | 6.62          | 0.21         | 0.03         | 1.70         | 0.84          | 0.27          | 6.78          | 7.89          |
| AZUCAR REFINADA                                                                         | 28.00  | 107.52        | 0.00         | 0.00         | 27.52        | 0.00          | 0.00          | 110.10        | 110.10        |
| LIMON                                                                                   | 5.00   | 0.77          | 0.03         | 0.01         | 0.49         | 0.10          | 0.09          | 1.94          | 2.13          |
| <b>SUB TOTAL</b>                                                                        |        | <b>725.78</b> | <b>27.86</b> | <b>32.65</b> | <b>84.85</b> | <b>111.40</b> | <b>293.81</b> | <b>339.34</b> | <b>744.55</b> |
| VCT. ALM.                                                                               |        |               |              |              |              |               | 744.55        |               | 43%           |

|                                              |        |               |             |             |              |             |             |               |               |
|----------------------------------------------|--------|---------------|-------------|-------------|--------------|-------------|-------------|---------------|---------------|
| <b>MEDIA TARDE MANZANA PICADA EN ALMIBAR</b> |        |               |             |             |              |             |             |               |               |
| MANZANA                                      | 150.00 | 72.90         | 0.45        | 0.15        | 21.90        | 1.80        | 1.35        | 87.60         | 90.75         |
| AZUCAR REFINADA                              | 20.00  | 76.80         | 0.00        | 0.00        | 19.66        | 0.00        | 0.00        | 78.64         | 78.64         |
| <b>SUB TOTAL</b>                             |        | <b>149.70</b> | <b>0.45</b> | <b>0.15</b> | <b>41.56</b> | <b>1.80</b> | <b>1.35</b> | <b>166.24</b> | <b>169.39</b> |
| VCT. DES.                                    |        |               |             |             |              |             | 169.39      |               | 10%           |

|                             |        |               |              |              |              |              |              |               |               |
|-----------------------------|--------|---------------|--------------|--------------|--------------|--------------|--------------|---------------|---------------|
| <b>CENA LECHE EVAPORADA</b> |        |               |              |              |              |              |              |               |               |
| LECHE EVAPORADA             | 125.00 | 178.75        | 8.75         | 10.13        | 13.63        | 35.00        | 91.13        | 54.50         | 180.63        |
| PAN                         | 30.00  | 87.30         | 2.52         | 0.06         | 19.14        | 10.08        | 0.54         | 76.56         | 87.18         |
| AZUCAR REFINADA             | 20.00  | 76.80         | 0.00         | 0.00         | 19.66        | 0.00         | 0.00         | 78.64         | 78.64         |
| <b>SUB TOTAL</b>            |        | <b>342.85</b> | <b>11.27</b> | <b>10.19</b> | <b>52.43</b> | <b>45.08</b> | <b>91.67</b> | <b>209.70</b> | <b>346.45</b> |
| VCT. CEN.                   |        |               |              |              |              |              | 346.45       |               | 20%           |

|             |        |        |         |
|-------------|--------|--------|---------|
| VCT (Gr.)   | 50.42  | 57.69  | 255.91  |
| VCT (Kcal.) | 201.64 | 519.09 | 1023.62 |
| VCT (%)     | 12%    | 30%    | 59%     |

|           |      |      |
|-----------|------|------|
| VCT. MENU | 1744 | 100% |
|-----------|------|------|

CONTRATISTA

NUTRICIONISTA

Lauriano Garcia Arango  
REPRESENTANTE DEL CONSORCIO

Lic. Edo E. Estudero Saldarriaga  
Nutricionista  
CNR 0428

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

MENÚ N° 4 18

| ALIMENTO                                     | PESO BRUTO | KCAL.  | PROT  | GRASA | CHO   | VALOR CALORICO TOTAL (KCAL) |        |        | DIST. CAL %<br>POR MENÚ |
|----------------------------------------------|------------|--------|-------|-------|-------|-----------------------------|--------|--------|-------------------------|
|                                              | (g)        | (g)    | (g)   | (g)   | (g)   | PROT                        | GRASAS | CHO    |                         |
| DESAYUNO: LECHE CON QUINUA + 01 PAN CON ATUN |            |        |       |       |       |                             |        |        |                         |
| LECHE EVAPORADA                              | 70.00      | 100.10 | 4.90  | 5.67  | 7.63  | 19.60                       | 51.03  | 30.52  | 101.15                  |
| QUINUA                                       | 20.00      | 74.80  | 2.72  | 1.16  | 13.26 | 10.88                       | 10.44  | 53.04  | 74.36                   |
| PAN                                          | 30.00      | 87.30  | 2.52  | 0.06  | 19.14 | 10.08                       | 0.54   | 76.56  | 87.18                   |
| ATUN                                         | 20.00      | 0.00   | 4.84  | 4.10  | 0.00  | 19.36                       | 36.90  | 0.00   | 56.26                   |
| AZUCAR REFINADA                              | 5.00       | 19.20  | 0.00  | 0.00  | 4.92  | 0.00                        | 0.00   | 19.66  | 19.66                   |
| SUB TOTAL                                    |            | 281.40 | 14.98 | 10.99 | 44.95 | 59.92                       | 98.91  | 179.78 | 338.61                  |
| VCT. DES.                                    |            |        |       |       |       | 338.61                      |        | 20%    |                         |

|                                     |        |               |             |             |              |              |              |               |               |
|-------------------------------------|--------|---------------|-------------|-------------|--------------|--------------|--------------|---------------|---------------|
| <b>MEDIA MAÑANA MANGO CON LECHE</b> |        |               |             |             |              |              |              |               |               |
| MANGO                               | 140.00 | 69.72         | 0.56        | 0.28        | 22.26        | 2.24         | 2.52         | 89.04         | 93.80         |
| LECHE EVAPORADA                     | 70.00  | 100.10        | 4.90        | 5.67        | 7.63         | 19.60        | 51.03        | 30.52         | 101.15        |
| AZUCAR REFINADA                     | 4.00   | 15.36         | 0.00        | 0.00        | 3.93         | 0.00         | 0.00         | 15.73         | 15.73         |
| <b>SUB TOTAL</b>                    |        | <b>185.18</b> | <b>5.46</b> | <b>5.95</b> | <b>33.82</b> | <b>21.84</b> | <b>53.55</b> | <b>135.29</b> | <b>210.68</b> |
| VCT. DES.                           |        |               |             |             |              |              | 210.68       |               | 12%           |

|                                                                                             |       |               |              |              |              |              |               |               |               |
|---------------------------------------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + HIGADO FRITO + CON PURE DE ESPINACA + ENSALADA + INFUSIÓN</b> |       |               |              |              |              |              |               |               |               |
| ARROZ SUPERIOR                                                                              | 60.00 | 215.40        | 4.92         | 0.30         | 46.68        | 19.68        | 2.70          | 186.72        | 209.10        |
| ACEITE VEGETAL                                                                              | 20.00 | 176.80        | 0.00         | 20.00        | 0.00         | 0.00         | 180.00        | 0.00          | 180.00        |
| HIGADO DE RES                                                                               | 80.00 | 101.60        | 16.00        | 3.68         | 0.00         | 64.00        | 33.12         | 0.00          | 97.12         |
| CEBOLLA                                                                                     | 20.00 | 8.82          | 0.28         | 0.04         | 2.26         | 1.12         | 0.36          | 9.04          | 10.52         |
| PAPA BLANCA                                                                                 | 25.00 | 23.04         | 0.53         | 0.03         | 5.58         | 2.10         | 0.23          | 22.30         | 24.63         |
| TOMATE                                                                                      | 20.00 | 3.76          | 0.16         | 0.04         | 0.86         | 0.64         | 0.36          | 3.44          | 4.44          |
| ESPINACA                                                                                    | 20.00 | 4.48          | 0.38         | 0.12         | 1.26         | 1.52         | 1.08          | 5.04          | 7.64          |
| AZUCAR REFINADA                                                                             | 20.00 | 76.80         | 0.00         | 0.00         | 19.66        | 0.00         | 0.00          | 78.64         | 78.64         |
| ANIS                                                                                        | 5.00  | 0.00          | 0.00         | 0.00         | 0.00         | 0.00         | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                                                                            |       | <b>610.70</b> | <b>22.27</b> | <b>24.21</b> | <b>76.30</b> | <b>89.06</b> | <b>217.85</b> | <b>305.18</b> | <b>612.09</b> |
| VCT. ALM.                                                                                   |       |               |              |              |              |              | 612.09        |               | 36%           |

|                                       |        |               |             |             |              |             |             |               |               |
|---------------------------------------|--------|---------------|-------------|-------------|--------------|-------------|-------------|---------------|---------------|
| <b>MEDIA TARDE COMPOTA DE MANZANA</b> |        |               |             |             |              |             |             |               |               |
| MANZANA                               | 140.00 | 68.04         | 0.42        | 0.14        | 20.44        | 1.68        | 1.26        | 81.76         | 84.70         |
| MAIZENA                               | 22.00  | 77.22         | 0.13        | 0.04        | 19.07        | 0.53        | 0.40        | 76.30         | 77.23         |
| AZUCAR REFINADA                       | 12.00  | 0.00          | 0.00        | 0.00        | 11.80        | 0.00        | 0.00        | 47.18         | 47.18         |
| <b>SUB TOTAL</b>                      |        | <b>145.26</b> | <b>0.55</b> | <b>0.18</b> | <b>51.31</b> | <b>2.21</b> | <b>1.66</b> | <b>205.24</b> | <b>209.11</b> |
| VCT. DES.                             |        |               |             |             |              |             | 209.11      |               | 12%           |

|                                               |       |               |              |             |              |              |              |               |               |
|-----------------------------------------------|-------|---------------|--------------|-------------|--------------|--------------|--------------|---------------|---------------|
| <b>CENA SOPA DE SEMOLA + POLLO + INFUSION</b> |       |               |              |             |              |              |              |               |               |
| SEMOLA                                        | 26.00 | 94.12         | 2.03         | 0.29        | 20.38        | 8.11         | 2.57         | 81.54         | 92.22         |
| PORO                                          | 10.00 | 4.00          | 0.27         | 0.08        | 0.76         | 1.08         | 0.72         | 3.04          | 4.84          |
| PAPA AMARILLA                                 | 25.00 | 24.46         | 0.50         | 0.10        | 5.83         | 2.00         | 0.90         | 23.30         | 26.20         |
| POLLO                                         | 80.00 | 122.40        | 14.56        | 8.16        | 0.00         | 58.24        | 73.44        | 0.00          | 131.68        |
| AZUCAR REFINADA                               | 2.00  | 76.80         | 0.00         | 0.00        | 19.66        | 0.00         | 0.00         | 78.64         | 78.64         |
| ANIS                                          | 5.00  | 0.00          | 0.00         | 0.00        | 0.00         | 0.00         | 0.00         | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                              |       | <b>321.78</b> | <b>17.36</b> | <b>8.63</b> | <b>46.63</b> | <b>69.43</b> | <b>77.63</b> | <b>186.52</b> | <b>333.58</b> |
| VCT. CEN                                      |       |               |              |             |              |              | 333.58       |               | 20%           |

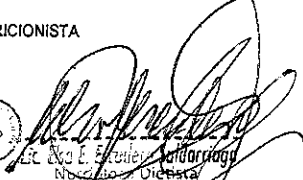
|             |        |        |         |
|-------------|--------|--------|---------|
| VCT (Gr.)   | 60.62  | 49.96  | 253.01  |
| VCT (Kcal.) | 242.46 | 449.60 | 1012.01 |
| VCT (%)     | 14%    | 26%    | 59%     |

VCT. MENU 1704 100%

CONTRATISTA

Manuano García Ibarra  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

  
Lic. Ana E. Sullana  
Nutricionista  
3-4-28

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

MENÚ N°

5

19

| ALIMENTO                                | PESO<br>BRUTO | KCAL.  | PROT  | GRASA | CHO   | VALOR CALORICO TOTAL (KCAL) |        |        | DIST. CAL %<br>POR MENÚ |
|-----------------------------------------|---------------|--------|-------|-------|-------|-----------------------------|--------|--------|-------------------------|
|                                         | (g)           | (g)    | (g)   | (g)   | (g)   | PROT                        | GRASAS | CHO    |                         |
| DESAYUNO: LECHE + 01 PAN CON HUEVO DURO |               |        |       |       |       |                             |        |        |                         |
| PAN                                     | 30.00         | 87.30  | 2.52  | 0.06  | 19.14 | 10.08                       | 0.54   | 76.56  | 87.18                   |
| LECHE EVAPORADA                         | 100.00        | 143.00 | 7.00  | 8.10  | 10.90 | 28.00                       | 72.90  | 43.60  | 144.50                  |
| HUEVOS ROSADOS                          | 50.00         | 0.00   | 6.75  | 4.20  | 0.95  | 27.00                       | 37.80  | 3.80   | 68.60                   |
| AZUCAR REFINADA                         | 5.00          | 19.20  | 0.00  | 0.00  | 4.92  | 0.00                        | 0.00   | 19.66  | 19.66                   |
| SUB TOTAL                               |               | 249.50 | 16.27 | 12.36 | 35.91 | 65.08                       | 111.24 | 143.62 | 319.94                  |
|                                         |               |        |       |       |       | VCT. DES.                   | 319.94 | 20%    |                         |

|                                   |        |              |             |             |              |                  |             |               |               |
|-----------------------------------|--------|--------------|-------------|-------------|--------------|------------------|-------------|---------------|---------------|
| <b>MEDIA MAÑANA JUGO DE MANGO</b> |        |              |             |             |              |                  |             |               |               |
| MANGO                             | 150.00 | 74.70        | 0.60        | 0.30        | 23.85        | 2.40             | 2.70        | 95.40         | 100.50        |
| AZUCAR REFINADA                   | 5.00   | 19.20        | 0.00        | 0.00        | 4.92         | 0.00             | 0.00        | 19.66         | 19.66         |
| <b>SUB TOTAL</b>                  |        | <b>93.90</b> | <b>0.60</b> | <b>0.30</b> | <b>28.77</b> | <b>2.40</b>      | <b>2.70</b> | <b>115.06</b> | <b>120.16</b> |
|                                   |        |              |             |             |              | <b>VCT. DES.</b> | <b>120</b>  |               | <b>8%</b>     |

|                                                                                          |       |               |              |              |               |                  |               |               |               |
|------------------------------------------------------------------------------------------|-------|---------------|--------------|--------------|---------------|------------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSIÓN</b> |       |               |              |              |               |                  |               |               |               |
| ARROZ SUPERIOR                                                                           | 60.00 | 215.40        | 4.92         | 0.30         | 46.68         | 19.68            | 2.70          | 186.72        | 209.10        |
| ACEITE VEGETAL                                                                           | 7.00  | 61.88         | 0.00         | 7.00         | 0.00          | 0.00             | 63.00         | 0.00          | 63.00         |
| PESCADO                                                                                  | 80.00 | 92.88         | 17.28        | 3.12         | 0.24          | 69.12            | 28.08         | 0.96          | 98.16         |
| CEBOLLA                                                                                  | 20.00 | 8.82          | 0.28         | 0.04         | 2.26          | 1.12             | 0.36          | 9.04          | 10.52         |
| TOMATE                                                                                   | 20.00 | 3.76          | 0.16         | 0.04         | 0.66          | 0.64             | 0.36          | 3.44          | 4.44          |
| NARANJA DE MESA                                                                          | 50.00 | 17.10         | 0.60         | 0.10         | 5.45          | 2.40             | 0.90          | 21.80         | 25.10         |
| AZUCAR REFINADA                                                                          | 20.00 | 76.80         | 0.00         | 0.00         | 19.66         | 0.00             | 0.00          | 78.64         | 78.64         |
| ARVEJITA PARTIDA                                                                         | 60.00 | 210.60        | 13.02        | 1.92         | 36.66         | 52.08            | 17.28         | 146.64        | 216.00        |
| ANIS                                                                                     | 5.00  | 0.00          | 0.00         | 0.00         | 0.00          | 0.00             | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                                                                         |       | <b>687.24</b> | <b>36.26</b> | <b>12.52</b> | <b>111.81</b> | <b>145.04</b>    | <b>112.68</b> | <b>447.24</b> | <b>704.96</b> |
|                                                                                          |       |               |              |              |               | <b>VCT. ALM.</b> | <b>704.96</b> |               | <b>44%</b>    |

|                                    |        |               |             |             |              |                  |               |               |               |
|------------------------------------|--------|---------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA TARDE PIÑA EN ALMIBAR</b> |        |               |             |             |              |                  |               |               |               |
| PIÑA                               | 140.00 | 34.05         | 0.56        | 0.28        | 13.72        | 2.24             | 2.52          | 54.88         | 59.64         |
| AZUCAR REFINADA                    | 20.00  | 76.80         | 0.00        | 0.00        | 19.66        | 0.00             | 0.00          | 78.64         | 78.64         |
| <b>SUB TOTAL</b>                   |        | <b>110.85</b> | <b>0.56</b> | <b>0.28</b> | <b>33.38</b> | <b>2.24</b>      | <b>2.52</b>   | <b>133.52</b> | <b>138.28</b> |
|                                    |        |               |             |             |              | <b>VCT. DES.</b> | <b>138.28</b> |               | <b>9%</b>     |

|                                                         |       |               |              |             |              |                 |               |               |               |
|---------------------------------------------------------|-------|---------------|--------------|-------------|--------------|-----------------|---------------|---------------|---------------|
| <b>CENA AGUADITO CON MENUDENCIA DE POLLO + INFUSION</b> |       |               |              |             |              |                 |               |               |               |
| ARROZ SUPERIOR                                          | 20.00 | 71.80         | 1.64         | 0.10        | 15.56        | 6.56            | 0.90          | 62.24         | 69.70         |
| PAPA AMARILLA                                           | 25.00 | 24.46         | 0.50         | 0.10        | 5.83         | 2.00            | 0.90          | 23.30         | 26.20         |
| HIGADO DE POLLO                                         | 80.00 | 125.60        | 16.40        | 5.60        | 1.28         | 65.60           | 50.40         | 5.12          | 121.12        |
| ZANAHORIA                                               | 15.00 | 5.84          | 0.09         | 0.08        | 1.38         | 0.36            | 0.68          | 5.52          | 6.56          |
| PORO                                                    | 15.00 | 6.00          | 0.41         | 0.12        | 1.14         | 1.62            | 1.08          | 4.56          | 7.26          |
| APIO                                                    | 15.00 | 2.99          | 0.11         | 0.03        | 0.72         | 0.42            | 0.27          | 2.88          | 3.57          |
| ZAPALLO                                                 | 15.00 | 3.90          | 0.11         | 0.03        | 0.96         | 0.42            | 0.27          | 3.84          | 4.53          |
| MANZANILLA                                              | 10.00 | 0.00          | 0.00         | 0.00        | 0.00         | 0.00            | 0.00          | 0.00          | 0.00          |
| AZUCAR REFINADA                                         | 20.00 | 76.80         | 0.00         | 0.00        | 19.66        | 0.00            | 0.00          | 78.64         | 78.64         |
| <b>SUB TOTAL</b>                                        |       | <b>317.39</b> | <b>19.26</b> | <b>6.06</b> | <b>46.53</b> | <b>76.98</b>    | <b>54.50</b>  | <b>186.10</b> | <b>317.58</b> |
|                                                         |       |               |              |             |              | <b>VCT. CEN</b> | <b>317.58</b> |               | <b>20%</b>    |

|            |        |        |         |
|------------|--------|--------|---------|
| VCT (Gr.)  | 72.95  | 31.52  | 256.40  |
| VCT (Kcal) | 291.74 | 283.64 | 1025.54 |
| VCT (%)    | 18%    | 19%    | 64%     |

VCT. MENU 1600.92 100%

CONTRATISTA

Lauriano García Iñigo  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

*[Firma]*  
NUTRICIONISTA



09

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

MENÚ N°

6

20

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

|                                     |        |               |             |             |              |                  |              |               |               |
|-------------------------------------|--------|---------------|-------------|-------------|--------------|------------------|--------------|---------------|---------------|
| <b>MEDIA MAÑANA FRESA CON LECHE</b> |        |               |             |             |              |                  |              |               |               |
| LECHE EVAPORADA                     | 70.00  | 100.10        | 4.90        | 5.67        | 7.63         | 19.60            | 51.03        | 30.52         | 101.15        |
| FRESAS                              | 140.00 | 57.40         | 0.98        | 1.12        | 12.46        | 3.92             | 10.08        | 49.84         | 63.84         |
| AZUCAR REFINADA                     | 8.00   | 30.72         | 0.00        | 0.00        | 7.86         | 0.00             | 0.00         | 31.46         | 31.46         |
| <b>SUB TOTAL</b>                    |        | <b>188.22</b> | <b>5.88</b> | <b>6.79</b> | <b>27.95</b> | <b>23.52</b>     | <b>61.11</b> | <b>111.82</b> | <b>196.45</b> |
|                                     |        |               |             |             |              | <b>VCT. DES.</b> | <b>196</b>   |               | <b>12%</b>    |

|                                                                          |       |               |              |              |               |                 |               |               |               |
|--------------------------------------------------------------------------|-------|---------------|--------------|--------------|---------------|-----------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSIÓN</b> |       |               |              |              |               |                 |               |               |               |
| ARROZ SUPERIOR                                                           | 60.00 | 215.40        | 4.92         | 0.30         | 46.68         | 19.68           | 2.70          | 186.72        | 209.10        |
| ACEITE VEGETAL                                                           | 12.00 | 106.08        | 0.00         | 12.00        | 0.00          | 0.00            | 108.00        | 0.00          | 108.00        |
| CARNE DE RES                                                             | 70.00 | 66.15         | 14.91        | 1.12         | 0.00          | 59.64           | 10.08         | 0.00          | 69.72         |
| CEBOLLA                                                                  | 15.00 | 6.62          | 0.21         | 0.03         | 1.70          | 0.84            | 0.27          | 6.78          | 7.89          |
| TOMATE                                                                   | 15.00 | 2.82          | 0.12         | 0.03         | 0.65          | 0.48            | 0.27          | 2.58          | 3.33          |
| LENTEJAS SECAS                                                           | 60.00 | 203.40        | 13.56        | 0.60         | 36.60         | 54.24           | 5.40          | 146.40        | 206.04        |
| AZUCAR REFINADA                                                          | 15.00 | 57.60         | 0.00         | 0.00         | 14.75         | 0.00            | 0.00          | 58.98         | 58.98         |
| MANZANILLA                                                               | 5.00  | 0.00          | 0.00         | 0.00         | 0.00          | 0.00            | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                                                         |       | <b>658.07</b> | <b>33.72</b> | <b>14.08</b> | <b>100.38</b> | <b>134.88</b>   | <b>126.72</b> | <b>401.46</b> | <b>663.06</b> |
|                                                                          |       |               |              |              |               | <b>VCT.ALM.</b> | <b>663.06</b> |               | <b>41%</b>    |

|                                       |        |              |             |             |              |                  |               |               |               |
|---------------------------------------|--------|--------------|-------------|-------------|--------------|------------------|---------------|---------------|---------------|
| <b>MEDIA TARDE MANZANA EN ALMIBAR</b> |        |              |             |             |              |                  |               |               |               |
| MANZANA                               | 150.00 | 72.90        | 0.45        | 0.15        | 21.90        | 1.80             | 1.35          | 87.60         | 90.75         |
| AZUCAR REFINADA                       | 5.00   | 0.00         | 0.00        | 0.00        | 0.00         | 0.00             | 0.00          | 19.66         | 19.66         |
| <b>SUB TOTAL</b>                      |        | <b>72.90</b> | <b>0.45</b> | <b>0.15</b> | <b>21.90</b> | <b>1.80</b>      | <b>1.35</b>   | <b>107.26</b> | <b>110.41</b> |
|                                       |        |              |             |             |              | <b>VCT. DES.</b> | <b>110.41</b> |               | <b>7%</b>     |

|                                                   |       |               |              |             |              |                |               |               |               |
|---------------------------------------------------|-------|---------------|--------------|-------------|--------------|----------------|---------------|---------------|---------------|
| <b>CENA SOPA A LA MINUTA CON POLLO + INFUSION</b> |       |               |              |             |              |                |               |               |               |
| FIDEO                                             | 25.00 | 90.00         | 2.35         | 0.05        | 19.55        | 9.40           | 0.45          | 78.20         | 88.05         |
| PAPA BLANCA                                       | 40.00 | 36.86         | 0.84         | 0.04        | 8.92         | 3.36           | 0.36          | 35.68         | 39.40         |
| POLLO                                             | 60.00 | 91.80         | 10.92        | 6.12        | 0.00         | 43.68          | 55.08         | 0.00          | 98.76         |
| PORO                                              | 10.00 | 4.00          | 0.27         | 0.08        | 0.76         | 1.08           | 0.72          | 3.04          | 4.84          |
| APIO                                              | 10.00 | 2.00          | 0.07         | 0.02        | 0.48         | 0.28           | 0.18          | 1.92          | 2.38          |
| ZANAHORIA                                         | 10.00 | 3.90          | 0.06         | 0.05        | 0.92         | 0.24           | 0.45          | 3.68          | 4.37          |
| AZUCAR REFINADA                                   | 20.00 | 76.80         | 0.00         | 0.00        | 19.66        | 0.00           | 0.00          | 78.64         | 78.64         |
| ANIS                                              | 5.00  | 0.00          | 0.00         | 0.00        | 0.00         | 0.00           | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                                  |       | <b>305.36</b> | <b>14.51</b> | <b>6.36</b> | <b>50.29</b> | <b>58.04</b>   | <b>57.24</b>  | <b>201.16</b> | <b>316.44</b> |
|                                                   |       |               |              |             |              | <b>VCT.CEN</b> | <b>316.44</b> |               | <b>20%</b>    |

|             |        |        |         |
|-------------|--------|--------|---------|
| VCT (Gr.)   | 67.94  | 36.59  | 245.79  |
| VCT (Kcal.) | 271.76 | 329.31 | 1002.76 |
| VCT (%)     | 17%    | 21%    | 63%     |

|                  |             |             |
|------------------|-------------|-------------|
| <b>VCT. MENU</b> | <b>1604</b> | <b>100%</b> |
|------------------|-------------|-------------|

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

*[Firma]*  
NUTRICIONISTA

08

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

MENÚ N° 7 21

| ALIMENTO                                                          | PESO<br>BRUTO | KCAL.  | PROT  | GRASA | CHO   | VALOR CALORICO TOTAL (KCAL) |        |        | DIST. CAL %<br>POR MENÚ |
|-------------------------------------------------------------------|---------------|--------|-------|-------|-------|-----------------------------|--------|--------|-------------------------|
|                                                                   | (g)           | (g)    | (g)   | (g)   | (g)   | PROT                        | GRASAS | CHO    |                         |
| DESAYUNO: LECHE CON AVENA + 01 PAN CON MANJAR BLANCO              |               |        |       |       |       |                             |        |        |                         |
| AVENA                                                             | 20.00         | 69.40  | 2.66  | 0.80  | 14.40 | 10.64                       | 7.20   | 57.60  | 75.44                   |
| LECHE EVAPORADA                                                   | 70.00         | 100.10 | 4.90  | 5.67  | 7.63  | 19.60                       | 51.03  | 30.52  | 101.15                  |
| PAN                                                               | 30.00         | 87.30  | 2.52  | 0.06  | 19.14 | 10.08                       | 0.54   | 76.56  | 87.18                   |
| MANJAR BLANCO                                                     | 7.00          | 22.54  | 0.55  | 0.64  | 3.76  | 2.21                        | 5.80   | 15.04  | 23.05                   |
| AZUCAR REFINADA                                                   | 10.00         | 38.40  | 0.00  | 0.00  | 9.83  | 0.00                        | 0.00   | 39.32  | 39.32                   |
| SUB TOTAL                                                         |               | 317.74 | 10.63 | 7.17  | 54.76 | 42.53                       | 64.57  | 219.04 | 326.14                  |
|                                                                   |               |        |       |       |       | VCT. DES.                   | 326.14 |        | 20%                     |
| MEDIA MAÑANA PAPAYA PICADA                                        |               |        |       |       |       |                             |        |        |                         |
| PAPAYA                                                            | 140.00        | 40.32  | 0.56  | 0.14  | 11.48 | 2.24                        | 1.26   | 45.92  | 49.42                   |
| AZUCAR REFINADA                                                   | 15.00         | 57.60  | 0.00  | 0.00  | 14.75 | 0.00                        | 0.00   | 58.98  | 58.98                   |
| SUB TOTAL                                                         |               | 97.92  | 0.56  | 0.14  | 26.23 | 2.24                        | 1.26   | 104.90 | 108.40                  |
|                                                                   |               |        |       |       |       | VCT. DES.                   | 108.40 |        | 7%                      |
| ALMUERZO: ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + LIMONADA |               |        |       |       |       |                             |        |        |                         |
| ARROZ SUPERIOR                                                    | 50.00         | 179.50 | 4.10  | 0.25  | 38.90 | 16.40                       | 2.25   | 155.60 | 174.25                  |
| ACEITE VEGETAL                                                    | 2.00          | 17.68  | 0.00  | 2.00  | 0.00  | 0.00                        | 18.00  | 0.00   | 18.00                   |
| PAVITA                                                            | 120.00        | 289.44 | 24.12 | 24.24 | 0.00  | 96.48                       | 218.16 | 0.00   | 314.64                  |
| LENTEJAS SECAS                                                    | 60.00         | 203.40 | 13.56 | 0.60  | 36.60 | 54.24                       | 5.40   | 146.40 | 206.04                  |
| TOMATE                                                            | 5.00          | 0.94   | 0.04  | 0.01  | 0.22  | 0.16                        | 0.09   | 0.86   | 1.11                    |
| AZUCAR REFINADA                                                   | 3.00          | 11.52  | 0.00  | 0.00  | 2.95  | 0.00                        | 0.00   | 11.80  | 11.80                   |
| LIMON                                                             | 2.00          | 0.31   | 0.01  | 0.00  | 0.19  | 0.04                        | 0.04   | 0.78   | 0.86                    |
| CEBOLLA                                                           | 5.00          | 2.21   | 0.07  | 0.01  | 0.57  | 0.28                        | 0.09   | 2.26   | 2.63                    |
| SUB TOTAL                                                         |               | 705.00 | 41.90 | 27.11 | 79.43 | 167.60                      | 244.03 | 317.70 | 729.33                  |
|                                                                   |               |        |       |       |       | VCT.ALM.                    | 729.33 |        | 45%                     |
| MEDIA TARDE PLATANO DE SEDA                                       |               |        |       |       |       |                             |        |        |                         |
| PLATANO DE SEDA                                                   | 140.00        | 79.02  | 2.10  | 0.42  | 29.40 | 8.40                        | 3.78   | 117.60 | 129.78                  |
| SUB TOTAL                                                         |               | 79.02  | 2.10  | 0.42  | 29.40 | 8.40                        | 3.78   | 117.60 | 129.78                  |
|                                                                   |               |        |       |       |       | VCT. DES.                   | 129.78 |        | 8%                      |
| CENA SOPA DE AVENA + POLLO + INFUSION                             |               |        |       |       |       |                             |        |        |                         |
| AVENA                                                             | 20.00         | 69.40  | 2.66  | 0.80  | 14.40 | 10.64                       | 7.20   | 57.60  | 75.44                   |
| ACEITE VEGETAL                                                    | 5.00          | 44.20  | 0.00  | 5.00  | 0.00  | 0.00                        | 45.00  | 0.00   | 45.00                   |
| POLLO                                                             | 80.00         | 122.40 | 14.56 | 8.16  | 0.00  | 58.24                       | 73.44  | 0.00   | 131.68                  |
| AZUCAR REFINADA                                                   | 20.00         | 76.80  | 0.00  | 0.00  | 19.66 | 0.00                        | 0.00   | 78.64  | 78.64                   |
| HIERBA LUISA                                                      | 5.00          | 0.00   | 0.00  | 0.00  | 0.00  | 0.00                        | 0.00   | 0.00   | 0.00                    |
| SUB TOTAL                                                         |               | 312.80 | 17.22 | 13.96 | 34.06 | 68.88                       | 125.64 | 136.24 | 330.76                  |
|                                                                   |               |        |       |       |       | VCT.CEN                     | 330.76 |        | 20%                     |
| VCT (Gr.) 72.41 48.80 223.88                                      |               |        |       |       |       |                             |        |        |                         |
| VCT (Kcal.) 220.77 313.64 759.24                                  |               |        |       |       |       |                             |        |        |                         |
| VCT (%) 14% 19% 47%                                               |               |        |       |       |       |                             |        |        |                         |
|                                                                   |               |        |       |       |       | VCT. MENU                   | 1624   |        | 100%                    |

CONTRATISTA

  
Lauriano García Jirongo  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA



07

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

MENÚ N°

8

22

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

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

|                                                                            |       |               |              |              |              |               |               |               |               |
|----------------------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION</b> |       |               |              |              |              |               |               |               |               |
| ARROZ SUPERIOR                                                             | 60.00 | 215.40        | 4.92         | 0.30         | 46.68        | 19.68         | 2.70          | 186.72        | 209.10        |
| ACEITE VEGETAL                                                             | 5.00  | 44.20         | 0.00         | 5.00         | 0.00         | 0.00          | 45.00         | 0.00          | 45.00         |
| TOMATE                                                                     | 10.00 | 1.88          | 0.08         | 0.02         | 0.43         | 0.32          | 0.18          | 1.72          | 2.22          |
| CEBOLLA                                                                    | 10.00 | 4.41          | 0.14         | 0.02         | 1.13         | 0.56          | 0.18          | 4.52          | 5.26          |
| POLLO                                                                      | 80.00 | 122.40        | 14.56        | 8.16         | 0.00         | 58.24         | 73.44         | 0.00          | 131.68        |
| FREJOL CANARIO                                                             | 25.00 | 84.75         | 5.48         | 0.53         | 15.05        | 21.90         | 4.73          | 60.20         | 86.83         |
| AZUCAR REFINADA                                                            | 12.00 | 46.80         | 0.00         | 0.00         | 11.80        | 0.00          | 0.00          | 47.18         | 47.18         |
| ANIS                                                                       | 5.00  | 0.00          | 0.00         | 0.00         | 0.00         | 0.00          | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                                                           |       | <b>519.84</b> | <b>25.18</b> | <b>14.03</b> | <b>75.09</b> | <b>100.70</b> | <b>126.23</b> | <b>300.34</b> | <b>527.27</b> |
| <b>VCT. ALM.</b>                                                           |       |               |              |              |              |               | <b>527.27</b> |               | <b>36%</b>    |

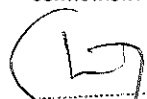
|                                     |       |               |             |             |              |             |               |               |               |
|-------------------------------------|-------|---------------|-------------|-------------|--------------|-------------|---------------|---------------|---------------|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

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

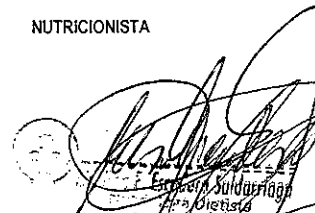
|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Gr.)   | 56.33  | 42.78  | 210.06 |
| VCT (Kcal.) | 225.30 | 384.94 | 840.20 |
| VCT (%)     | 16%    | 27%    | 58%    |

|                  |             |             |
|------------------|-------------|-------------|
| <b>VCT. MENU</b> | <b>1450</b> | <b>100%</b> |
|------------------|-------------|-------------|

CONTRATISTA

  
 Luciano García Izquierdo  
 REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

  
 Patricia Saldarriaga  
 Dietista  
 423

06

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

MENÚ N°

9

23

| ALIMENTO                           | PESO<br>BRUTO | KCAL.  | PROT | GRASA | CHO   | VALOR CALORICO TOTAL (KCAL) |        |        | DIST. CAL %<br>POR MENÚ |
|------------------------------------|---------------|--------|------|-------|-------|-----------------------------|--------|--------|-------------------------|
|                                    | (g)           | (g)    | (g)  | (g)   | (g)   | PROT                        | GRASAS | CHO    |                         |
| DESAYUNO: LECHE + 01 PAN CON PALTA |               |        |      |       |       |                             |        |        |                         |
| LECHE EVAPORADA                    | 100.00        | 143.00 | 7.00 | 8.10  | 10.90 | 28.00                       | 72.90  | 43.60  | 144.50                  |
| PAN                                | 30.00         | 87.30  | 2.52 | 0.60  | 19.14 | 10.08                       | 0.54   | 76.56  | 87.18                   |
| PALTA                              | 25.00         | 0.00   | 0.43 | 3.13  | 1.40  | 1.70                        | 28.13  | 5.60   | 35.43                   |
| AZUCAR REFINADA                    | 5.00          | 0.00   | 0.00 | 0.00  | 4.92  | 0.00                        | 0.00   | 19.66  | 19.66                   |
| SUB TOTAL                          |               | 230.30 | 9.95 | 11.83 | 36.36 | 39.78                       | 101.57 | 145.42 | 286.77                  |
| VCT. DES.                          |               |        |      |       |       | 286.77                      |        | 20%    |                         |

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

|                                                                           |        |        |       |       |       |        |        |        |        |
|---------------------------------------------------------------------------|--------|--------|-------|-------|-------|--------|--------|--------|--------|
| ALMUERZO: ARROZ GRANEADO + GALLINA GUISADA CON PAPA + ENSALADA + INFUSION |        |        |       |       |       |        |        |        |        |
| ARROZ SUPERIOR                                                            | 60.00  | 215.40 | 4.92  | 0.30  | 46.68 | 19.68  | 2.70   | 186.72 | 209.10 |
| ACEITE VEGETAL                                                            | 10.00  | 88.40  | 0.00  | 10.00 | 0.00  | 0.00   | 90.00  | 0.00   | 90.00  |
| CARNE DE GALLINA                                                          | 120.00 | 129.60 | 24.72 | 4.32  | 0.00  | 98.88  | 38.88  | 0.00   | 137.76 |
| CEBOLLA                                                                   | 20.00  | 8.82   | 0.28  | 0.04  | 2.26  | 1.12   | 0.36   | 9.04   | 10.52  |
| LIMON                                                                     | 1.00   | 0.15   | 0.01  | 0.00  | 0.10  | 0.02   | 0.02   | 0.39   | 0.43   |
| TOMATE                                                                    | 10.00  | 1.88   | 0.08  | 0.02  | 0.43  | 0.32   | 0.18   | 1.72   | 2.22   |
| PAPA AMARILLA                                                             | 40.00  | 39.14  | 0.80  | 0.16  | 9.32  | 3.20   | 1.44   | 37.28  | 41.92  |
| AZÚCAR REFINADA                                                           | 10.00  | 38.40  | 0.00  | 0.00  | 9.83  | 0.00   | 0.00   | 39.32  | 39.32  |
| ANIS                                                                      | 5.00   | 0.00   | 0.00  | 0.00  | 0.00  | 0.00   | 0.00   | 0.00   | 0.00   |
| SUB TOTAL                                                                 |        | 521.79 | 30.81 | 14.84 | 68.62 | 123.22 | 133.58 | 274.47 | 531.27 |
| VCT. ALM.                                                                 |        |        |       |       |       | 531.27 |        | 38%    |        |

|                                  |        |        |      |      |       |        |      |        |        |
|----------------------------------|--------|--------|------|------|-------|--------|------|--------|--------|
| MEDIA TARDE MAZAMORRA DE NARANJA |        |        |      |      |       |        |      |        |        |
| MAIZENA                          | 25.00  | 87.75  | 0.15 | 0.05 | 21.68 | 0.60   | 0.45 | 86.70  | 87.75  |
| NARANJA                          | 100.00 | 34.20  | 1.20 | 0.20 | 10.90 | 4.80   | 1.80 | 43.60  | 50.20  |
| AZÚCAR REFINADA                  | 6.00   | 23.04  | 0.00 | 0.00 | 5.90  | 0.00   | 0.00 | 23.59  | 23.59  |
| SUB TOTAL                        |        | 144.99 | 1.35 | 0.25 | 38.48 | 5.40   | 2.25 | 153.89 | 161.54 |
| VCT. DES.                        |        |        |      |      |       | 161.54 |      | 12%    |        |

|                                               |       |        |       |      |       |        |       |        |        |
|-----------------------------------------------|-------|--------|-------|------|-------|--------|-------|--------|--------|
| CENA SOPA DE SEMOLA + CARNE DE RES + INFUSION |       |        |       |      |       |        |       |        |        |
| SEMOLA                                        | 20.00 | 72.40  | 1.56  | 0.22 | 15.68 | 6.24   | 1.98  | 62.72  | 70.94  |
| CARNE DE RES                                  | 50.00 | 47.25  | 10.65 | 0.80 | 0.00  | 42.60  | 7.20  | 0.00   | 49.80  |
| PAPA AMARILLA                                 | 25.00 | 24.46  | 0.50  | 0.10 | 5.83  | 2.00   | 0.90  | 23.30  | 26.20  |
| ZAPALLO                                       | 10.00 | 2.60   | 0.07  | 0.02 | 0.64  | 0.28   | 0.18  | 2.56   | 3.02   |
| ZANAHORIA                                     | 10.00 | 3.90   | 0.06  | 0.05 | 0.92  | 0.24   | 0.45  | 3.68   | 4.37   |
| ACEITE VEGETAL                                | 8.00  | 70.72  | 0.00  | 8.00 | 0.00  | 0.00   | 72.00 | 0.00   | 72.00  |
| MANZANILLA                                    | 10.00 | 0.00   | 0.00  | 0.00 | 0.00  | 0.00   | 0.00  | 0.00   | 0.00   |
| AZÚCAR REFINADA                               | 15.00 | 57.60  | 0.00  | 0.00 | 14.75 | 0.00   | 0.00  | 58.98  | 58.98  |
| SUB TOTAL                                     |       | 278.93 | 12.84 | 9.19 | 37.82 | 51.36  | 82.71 | 151.24 | 285.31 |
| VCT. CEN                                      |       |        |       |      |       | 285.31 |       | 20%    |        |

|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Gr.)   | 57.20  | 36.56  | 212.78 |
| VCT (Kcal.) | 228.76 | 324.16 | 851.02 |
| VCT (%)     | 16%    | 23%    | 61%    |

|           |      |      |
|-----------|------|------|
| VCT. MENU | 1404 | 100% |
|-----------|------|------|

CONTRATISTA

Lauriano García Torero  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

*[Firma]*  
NUTRICIONISTA

05

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

MENÚ N°

10

24

| ALIMENTO                                                                    | PESO<br>BRUTO | KCAL.  | PROT  | GRASA | CHO    | VALOR CALORICO TOTAL (KCAL) |        |        | DIST. CAL %<br>POR MENÚ |
|-----------------------------------------------------------------------------|---------------|--------|-------|-------|--------|-----------------------------|--------|--------|-------------------------|
|                                                                             | (g)           | (g)    | (g)   | (g)   | (g)    | PROT                        | GRASAS | CHO    |                         |
| DESAYUNO: Avena con leche + 01 pan con aceituna                             |               |        |       |       |        |                             |        |        |                         |
| AVENA                                                                       | 20.00         | 69.40  | 2.66  | 0.80  | 14.40  | 10.64                       | 7.20   | 57.60  | 75.44                   |
| LECHE EVAPORADA                                                             | 70.00         | 100.10 | 4.90  | 5.67  | 7.63   | 19.60                       | 51.03  | 30.52  | 101.15                  |
| PAN                                                                         | 30.00         | 0.00   | 2.52  | 0.06  | 19.14  | 10.08                       | 0.54   | 76.56  | 87.18                   |
| ACEITUNA                                                                    | 25.00         | 0.00   | 0.20  | 8.03  | 1.83   | 0.80                        | 72.23  | 7.30   | 80.33                   |
| AZUCAR REFINADA                                                             | 3.00          | 11.52  | 0.00  | 0.00  | 2.95   | 0.00                        | 0.00   | 11.80  | 11.80                   |
| SUB TOTAL                                                                   |               | 181.02 | 10.28 | 14.56 | 45.95  | 41.12                       | 131.00 | 183.78 | 355.90                  |
|                                                                             |               |        |       |       |        | VCT. DES.                   | 355.90 |        | 20%                     |
| MEDIA MAÑANA Jugo de papaya                                                 |               |        |       |       |        |                             |        |        |                         |
| PAPAYA                                                                      | 140.00        | 40.32  | 0.56  | 0.14  | 11.48  | 2.24                        | 1.26   | 45.92  | 49.42                   |
| AZUCAR REFINADA                                                             | 20.00         | 76.80  | 0.00  | 0.00  | 19.66  | 0.00                        | 0.00   | 78.64  | 78.64                   |
| SUB TOTAL                                                                   |               | 117.12 | 0.56  | 0.14  | 31.14  | 2.24                        | 1.26   | 124.56 | 128.06                  |
|                                                                             |               |        |       |       |        | VCT. DES.                   | 128.06 |        | 7%                      |
| ALMUERZO: Arroz graneado + pollo al sillao + menestra + ensalada + limonada |               |        |       |       |        |                             |        |        |                         |
| ARROZ SUPERIOR                                                              | 60.00         | 215.40 | 4.92  | 0.30  | 46.68  | 19.68                       | 2.70   | 186.72 | 209.10                  |
| ACEITE VEGETAL                                                              | 10.00         | 88.40  | 0.00  | 10.00 | 0.00   | 0.00                        | 90.00  | 0.00   | 90.00                   |
| POLLO                                                                       | 120.00        | 183.60 | 21.84 | 12.24 | 0.00   | 87.36                       | 110.16 | 0.00   | 197.52                  |
| LENTEJAS SECAS                                                              | 60.00         | 203.40 | 13.56 | 0.60  | 36.60  | 54.24                       | 5.40   | 146.40 | 206.04                  |
| TOMATE                                                                      | 20.00         | 3.76   | 0.16  | 0.04  | 0.86   | 0.54                        | 0.36   | 3.44   | 4.44                    |
| CEBOLLA                                                                     | 20.00         | 8.82   | 0.28  | 0.04  | 2.26   | 1.12                        | 0.36   | 9.04   | 10.52                   |
| SILLAO                                                                      | 2.00          | 0.00   | 0.00  | 0.00  | 0.00   | 0.00                        | 0.00   | 0.00   | 0.00                    |
| AZUCAR REFINADA                                                             | 25.00         | 96.00  | 0.00  | 0.00  | 24.58  | 0.00                        | 0.00   | 98.30  | 98.30                   |
| LIMON                                                                       | 5.00          | 0.77   | 0.03  | 0.01  | 0.49   | 0.10                        | 0.09   | 1.94   | 2.13                    |
| SUB TOTAL                                                                   |               | 800.15 | 40.79 | 23.23 | 111.47 | 163.14                      | 209.07 | 445.84 | 818.05                  |
|                                                                             |               |        |       |       |        | VCT.ALM.                    | 818.05 |        | 46%                     |
| MEDIA TARDE Manzana picada en almibar                                       |               |        |       |       |        |                             |        |        |                         |
| MANZANA                                                                     | 150.00        | 72.90  | 0.45  | 0.15  | 21.90  | 1.80                        | 1.35   | 87.60  | 90.75                   |
| AZUCAR REFINADA                                                             | 10.00         | 38.40  | 0.00  | 0.00  | 9.83   | 0.00                        | 0.00   | 39.32  | 39.32                   |
| SUB TOTAL                                                                   |               | 111.30 | 0.45  | 0.15  | 31.73  | 1.80                        | 1.35   | 126.92 | 130.07                  |
|                                                                             |               |        |       |       |        | VCT. DES.                   | 130.07 |        | 7%                      |
| CENA Leche evaporada                                                        |               |        |       |       |        |                             |        |        |                         |
| LECHE EVAPORADA                                                             | 125.00        | 178.75 | 8.75  | 10.13 | 13.63  | 35.00                       | 91.13  | 54.50  | 180.63                  |
| PAN                                                                         | 30.00         | 87.30  | 2.52  | 0.06  | 19.14  | 10.08                       | 0.54   | 76.56  | 87.18                   |
| AZUCAR REFINADA                                                             | 22.00         | 84.48  | 0.00  | 0.00  | 21.63  | 0.00                        | 0.00   | 86.50  | 86.50                   |
| SUB TOTAL                                                                   |               | 350.53 | 11.27 | 10.19 | 54.40  | 45.08                       | 91.67  | 217.56 | 354.31                  |
|                                                                             |               |        |       |       |        | VCT.CEN                     | 354.31 |        | 20%                     |
| VCT (Gr.) 63.35 48.27 274.69                                                |               |        |       |       |        |                             |        |        |                         |
| VCT (Kcal.) 253.38 434.35 1098.66                                           |               |        |       |       |        |                             |        |        |                         |
| VCT (%) 14% 24% 62%                                                         |               |        |       |       |        |                             |        |        |                         |
|                                                                             |               |        |       |       |        | VCT. MENU                   | 1786   |        | 100%                    |

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

Dr. Edo E. Escudé Sotomayor  
Nutrióloga Dietista  
C.R. 0128

04

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

MENÚ N°

11

25

| ALIMENTO                                   | PESO BRUTO | KCAL.  | PROT  | GRASA | CHO   | VALOR CALORICO TOTAL (KCAL) |        |        | DIST. CAL %<br>POR MENÚ |
|--------------------------------------------|------------|--------|-------|-------|-------|-----------------------------|--------|--------|-------------------------|
|                                            | (g)        | (g)    | (g)   | (g)   | (g)   | PROT                        | GRASAS | CHO    |                         |
| DESAYUNO: LECHE + 01 PAN CON PESCADO FRITO |            |        |       |       |       |                             |        |        |                         |
| LECHE EVAPORADA                            | 100.00     | 143.00 | 7.00  | 8.10  | 10.90 | 28.00                       | 72.90  | 43.60  | 144.50                  |
| PAN                                        | 30.00      | 87.30  | 2.52  | 0.06  | 19.14 | 10.08                       | 0.54   | 76.56  | 87.18                   |
| PESCADO                                    | 50.00      | 0.00   | 10.80 | 1.95  | 0.15  | 43.20                       | 17.55  | 0.60   | 61.35                   |
| AZÚCAR REFINADA                            | 8.00       | 30.72  | 0.00  | 0.00  | 7.86  | 0.00                        | 0.00   | 31.46  | 31.46                   |
| SUB TOTAL                                  |            | 261.02 | 20.32 | 10.11 | 38.05 | 81.28                       | 90.99  | 152.22 | 324.49                  |
| VCT. DES.                                  |            |        |       |       |       | 324.49                      |        | 20%    |                         |

|                                        |        |               |             |             |              |             |               |               |               |
|----------------------------------------|--------|---------------|-------------|-------------|--------------|-------------|---------------|---------------|---------------|
| <b>MEDIA MAÑANA COMPOTA DE MANZANA</b> |        |               |             |             |              |             |               |               |               |
| MANZANA                                | 140.00 | 68.04         | 0.42        | 0.14        | 20.44        | 1.68        | 1.26          | 81.76         | 84.70         |
| MAIZENA                                | 20.00  | 70.20         | 0.12        | 0.04        | 17.34        | 0.48        | 0.36          | 69.36         | 70.20         |
| AZÚCAR REFINADA                        | 5.00   | 19.20         | 0.00        | 0.00        | 4.92         | 0.00        | 0.00          | 19.66         | 19.66         |
| <b>SUB TOTAL</b>                       |        | <b>157.44</b> | <b>0.54</b> | <b>0.18</b> | <b>42.70</b> | <b>2.16</b> | <b>1.62</b>   | <b>170.78</b> | <b>174.56</b> |
| <b>VCT. DES.</b>                       |        |               |             |             |              |             | <b>174.56</b> |               | <b>11%</b>    |

|                                                                                        |       |               |              |              |              |              |               |               |               |
|----------------------------------------------------------------------------------------|-------|---------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|
| <b>ALMUERZO: ARROZ GRANEADO + CERDO A LA PARRILLA + CON CAMOTE + ENSALADA INFUSIÓN</b> |       |               |              |              |              |              |               |               |               |
| ARROZ SUPERIOR                                                                         | 60.00 | 215.40        | 4.92         | 0.30         | 46.68        | 19.68        | 2.70          | 186.72        | 209.10        |
| ACEITE VEGETAL                                                                         | 10.00 | 88.40         | 0.00         | 10.00        | 0.00         | 0.00         | 90.00         | 0.00          | 90.00         |
| CARNE DE CERDO                                                                         | 80.00 | 142.56        | 11.52        | 12.08        | 0.00         | 46.08        | 108.72        | 0.00          | 154.80        |
| CEBOLLA                                                                                | 10.00 | 4.41          | 0.14         | 0.02         | 1.13         | 0.56         | 0.18          | 4.52          | 5.26          |
| TOMATE                                                                                 | 10.00 | 1.88          | 0.08         | 0.02         | 0.43         | 0.32         | 0.18          | 1.72          | 2.22          |
| CAMOTE                                                                                 | 60.00 | 69.60         | 0.72         | 0.12         | 16.56        | 2.88         | 1.08          | 66.24         | 70.20         |
| AZÚCAR REFINADA                                                                        | 20.00 | 76.80         | 0.00         | 0.00         | 19.66        | 0.00         | 0.00          | 78.64         | 78.64         |
| ANIS                                                                                   | 5.00  | 0.00          | 0.00         | 0.00         | 0.00         | 0.00         | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                                                                       |       | <b>599.05</b> | <b>17.38</b> | <b>22.54</b> | <b>84.46</b> | <b>69.52</b> | <b>202.86</b> | <b>337.84</b> | <b>610.22</b> |
| <b>VCT. ALM.</b>                                                                       |       |               |              |              |              |              | <b>610.22</b> |               | <b>38%</b>    |

|                                     |       |               |             |             |              |             |               |               |               |
|-------------------------------------|-------|---------------|-------------|-------------|--------------|-------------|---------------|---------------|---------------|
| <b>MEDIA TARDE MAZAMORRA MORADA</b> |       |               |             |             |              |             |               |               |               |
| MAIZ MORADO                         | 25.00 | 89.25         | 1.83        | 0.85        | 19.05        | 7.30        | 7.65          | 76.20         | 91.15         |
| MAIZENA                             | 20.00 | 70.20         | 0.12        | 0.04        | 17.34        | 0.48        | 0.36          | 69.36         | 70.20         |
| AZÚCAR REFINADA                     | 5.00  | 0.00          | 0.00        | 0.00        | 4.92         | 0.00        | 0.00          | 19.66         | 19.66         |
| <b>SUB TOTAL</b>                    |       | <b>159.45</b> | <b>1.95</b> | <b>0.89</b> | <b>41.31</b> | <b>7.78</b> | <b>8.01</b>   | <b>165.22</b> | <b>181.01</b> |
| <b>VCT. DES.</b>                    |       |               |             |             |              |             | <b>181.01</b> |               | <b>11%</b>    |

|                                              |       |               |              |             |              |              |               |               |               |
|----------------------------------------------|-------|---------------|--------------|-------------|--------------|--------------|---------------|---------------|---------------|
| <b>CENA SOPA DE TRIGO + POLLO + INFUSION</b> |       |               |              |             |              |              |               |               |               |
| TRIGO                                        | 25.00 | 89.50         | 2.10         | 0.35        | 19.03        | 8.40         | 3.15          | 76.10         | 87.65         |
| PORO                                         | 10.00 | 4.00          | 0.27         | 0.08        | 0.76         | 1.08         | 0.72          | 3.04          | 4.84          |
| POLLO                                        | 80.00 | 122.41        | 14.56        | 8.16        | 0.00         | 58.24        | 73.44         | 0.00          | 131.68        |
| PAPA AMARILLA                                | 25.00 | 24.46         | 0.50         | 0.10        | 5.83         | 2.00         | 0.90          | 23.30         | 26.20         |
| AZÚCAR REFINADA                              | 18.00 | 69.12         | 0.00         | 0.00        | 17.69        | 0.00         | 0.00          | 70.78         | 70.78         |
| ANIS                                         | 5.00  | 0.00          | 0.00         | 0.00        | 0.00         | 0.00         | 0.00          | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                             |       | <b>309.49</b> | <b>17.43</b> | <b>8.69</b> | <b>43.31</b> | <b>69.72</b> | <b>78.21</b>  | <b>173.22</b> | <b>321.15</b> |
| <b>VCT. CEN</b>                              |       |               |              |             |              |              | <b>321.15</b> |               | <b>20%</b>    |

|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Gr.)   | 57.62  | 42.41  | 249.83 |
| VCT (Kcal.) | 230.46 | 381.69 | 999.28 |
| VCT (%)     | 14%    | 24%    | 62%    |

|                  |             |             |
|------------------|-------------|-------------|
| <b>VCT. MENU</b> | <b>1611</b> | <b>100%</b> |
|------------------|-------------|-------------|

CONTRATISTA

Lauriano García Adrego  
REPRESENTANTE DEL CONSEJO

NUTRICIONISTA

Dr. Elsa E. Escamero Saldarriaga  
Nutricionista Dietista  
C.C.P. 15428

03

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

MENÚ N° 12 26

| ALIMENTO                                        | PESO<br>BRUTO | KCAL.  | PROT  | GRASA | CHO   | VALOR CALORICO TOTAL (KCAL) |        |        | DIST. CAL %<br>POR MENÚ |
|-------------------------------------------------|---------------|--------|-------|-------|-------|-----------------------------|--------|--------|-------------------------|
|                                                 | (g)           | (g)    | (g)   | (g)   | (g)   | PROT                        | GRASAS | CHO    |                         |
| DESAYUNO: QUINUA CON LECHE + 01 PAN CON HOT DOG |               |        |       |       |       |                             |        |        |                         |
| QUINUA                                          | 20.00         | 74.80  | 2.72  | 1.16  | 13.26 | 10.88                       | 10.44  | 53.04  | 74.36                   |
| LECHE EVAPORADA                                 | 70.00         | 100.10 | 4.90  | 5.67  | 7.63  | 19.60                       | 51.03  | 30.52  | 101.15                  |
| PAN                                             | 30.00         | 87.30  | 2.52  | 0.06  | 19.14 | 10.08                       | 0.54   | 76.56  | 87.18                   |
| HOT DOG DE POLLO                                | 20.00         | 0.00   | 2.20  | 6.86  | 0.00  | 8.80                        | 61.74  | 0.00   | 70.54                   |
| AZUCAR REFINADA                                 | 3.00          | 11.52  | 0.00  | 0.00  | 2.95  | 0.00                        | 0.00   | 11.80  | 11.80                   |
| SUB TOTAL                                       |               | 273.72 | 12.34 | 13.75 | 42.98 | 49.36                       | 123.75 | 171.92 | 345.03                  |
|                                                 |               |        |       |       |       | VCT. DES.                   | 345.03 | 20%    |                         |

|                            |        |        |      |      |       |      |      |        |        |
|----------------------------|--------|--------|------|------|-------|------|------|--------|--------|
| MEDIA MAÑANA JUGO DE MANGO |        |        |      |      |       |      |      |        |        |
| MANGO                      | 140.00 | 69.72  | 0.56 | 0.28 | 22.26 | 2.24 | 2.52 | 89.04  | 93.80  |
| AZUCAR REFINADA            | 20.00  | 76.80  | 0.00 | 0.00 | 19.66 | 0.00 | 0.00 | 78.64  | 78.64  |
| SUB TOTAL                  |        | 146.52 | 0.56 | 0.28 | 41.92 | 2.24 | 2.52 | 167.68 | 172.44 |
| VCT. DES.                  |        |        |      |      |       |      | 172  |        | 10%    |

|                                                                                          |       |        |       |       |       |       |        |        |        |
|------------------------------------------------------------------------------------------|-------|--------|-------|-------|-------|-------|--------|--------|--------|
| ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + PURE DE ZAPALLO + ENSALADA + FRUTA + INFUSIÓN |       |        |       |       |       |       |        |        |        |
| ARROZ SUPERIOR                                                                           | 60.00 | 215.40 | 4.92  | 0.30  | 46.68 | 19.68 | 2.70   | 186.72 | 209.10 |
| ACEITE VEGETAL                                                                           | 20.00 | 176.80 | 0.00  | 20.00 | 0.00  | 0.00  | 180.00 | 0.00   | 180.00 |
| PESCADO                                                                                  | 80.00 | 92.88  | 17.28 | 3.12  | 0.24  | 69.12 | 28.08  | 0.96   | 98.16  |
| CEBOLLA                                                                                  | 20.00 | 8.82   | 0.28  | 0.04  | 2.26  | 1.12  | 0.36   | 9.04   | 10.52  |
| TOMATE                                                                                   | 20.00 | 3.76   | 0.16  | 0.04  | 0.86  | 0.64  | 0.36   | 3.44   | 4.44   |
| NARANJA DE MESA                                                                          | 50.00 | 17.10  | 0.60  | 0.10  | 5.45  | 2.40  | 0.90   | 21.80  | 25.10  |
| AZUCAR REFINADA                                                                          | 5.00  | 19.20  | 0.00  | 0.00  | 4.92  | 0.00  | 0.00   | 19.66  | 19.66  |
| PAPA AMARILLA                                                                            | 35.00 | 34.25  | 0.70  | 0.14  | 8.16  | 2.80  | 1.26   | 32.62  | 36.68  |
| MARGARINA                                                                                | 7.00  | 50.40  | 0.04  | 5.67  | 0.02  | 0.17  | 51.03  | 0.08   | 51.28  |
| ZAPALLO                                                                                  | 20.00 | 5.20   | 0.14  | 0.04  | 1.28  | 0.56  | 0.36   | 5.12   | 6.04   |
| ANIS                                                                                     | 5.00  | 0.00   | 0.00  | 0.00  | 0.00  | 0.00  | 0.00   | 0.00   | 0.00   |
| SUB TOTAL                                                                                |       | 623.81 | 24.12 | 29.45 | 69.87 | 96.49 | 265.05 | 279.44 | 640.98 |
| VCT. ALM.                                                                                |       |        |       |       |       |       | 640.98 |        | 38%    |

|                                  |        |        |      |      |       |      |        |        |        |
|----------------------------------|--------|--------|------|------|-------|------|--------|--------|--------|
| MEDIA TARDE MAZAMORRA DE NARANJA |        |        |      |      |       |      |        |        |        |
| NARANJA DE MESA                  | 140.00 | 47.88  | 1.68 | 0.28 | 15.26 | 6.72 | 2.52   | 61.04  | 70.28  |
| MAIZENA                          | 20.00  | 70.20  | 0.12 | 0.04 | 17.34 | 0.48 | 0.36   | 69.36  | 70.20  |
| AZUCAR REFIANDA                  | 15.00  | 57.60  | 0.00 | 0.00 | 14.75 | 0.00 | 0.00   | 58.98  | 58.98  |
| SUB TOTAL                        |        | 175.68 | 1.80 | 0.32 | 47.35 | 7.20 | 2.88   | 189.38 | 199.46 |
| VCT. DES.                        |        |        |      |      |       |      | 199.46 |        | 12%    |

|                                                   |       |        |       |      |       |       |        |        |        |
|---------------------------------------------------|-------|--------|-------|------|-------|-------|--------|--------|--------|
| CENA ARROZ GRANEADO + LOCRO DE ZAPALLO + INFUSIÓN |       |        |       |      |       |       |        |        |        |
| ARROZ SUPERIOR                                    | 50.00 | 179.50 | 4.10  | 0.25 | 38.90 | 16.40 | 2.25   | 155.60 | 174.25 |
| POLLO                                             | 80.00 | 122.40 | 14.56 | 8.16 | 0.00  | 58.24 | 73.44  | 0.00   | 131.68 |
| ZAPALLO                                           | 30.00 | 7.80   | 0.21  | 0.06 | 1.92  | 0.84  | 0.54   | 7.68   | 9.06   |
| MANZANILLA                                        | 5.00  | 0.00   | 0.00  | 0.00 | 0.00  | 0.00  | 0.00   | 0.00   | 0.00   |
| AZUCAR REFINADA                                   | 5.00  | 19.20  | 0.00  | 0.00 | 4.92  | 0.00  | 0.00   | 19.66  | 19.66  |
| SUB TOTAL                                         |       | 328.90 | 18.87 | 8.47 | 45.74 | 75.48 | 76.23  | 182.94 | 334.65 |
| VCT. CEN                                          |       |        |       |      |       |       | 334.65 |        | 20%    |

|            |        |        |        |
|------------|--------|--------|--------|
| VCT (Gr.)  | 57.69  | 52.27  | 247.86 |
| VCT (Kcal) | 230.77 | 470.43 | 991.36 |
| VCT (%)    | 14%    | 28%    | 59%    |

|           |         |      |
|-----------|---------|------|
| VCT. MENU | 1692.56 | 100% |
|-----------|---------|------|

CONTRATISTA

Lauriano García Idrogo  
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

L. Edo E. Estrella Salazar  
Nutricionista Dietista  
C.N.D. 0428

02

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

MENÚ N° 13 27

| ALIMENTO                                       | PESO<br>BRUTO | KCAL.  | PROT  | GRASA | CHO   | VALOR CALORICO TOTAL (KCAL) |        |        | DIST. CAL %<br>POR MENÚ |
|------------------------------------------------|---------------|--------|-------|-------|-------|-----------------------------|--------|--------|-------------------------|
|                                                | (g)           | (g)    | (g)   | (g)   | (g)   | PROT                        | GRASAS | CHO    |                         |
| DESAYUNO: KIWICHA CON LECHE + 01 PAN CON QUESO |               |        |       |       |       |                             |        |        |                         |
| KIWICHA                                        | 20.00         | 75.40  | 2.70  | 1.42  | 12.90 | 10.80                       | 12.78  | 51.60  | 75.18                   |
| PAN                                            | 30.00         | 87.30  | 2.52  | 0.06  | 19.14 | 10.08                       | 0.54   | 76.56  | 87.18                   |
| LECHE EVAPORADA                                | 70.00         | 100.10 | 4.90  | 5.67  | 7.63  | 19.60                       | 51.03  | 30.52  | 101.15                  |
| QUESO                                          | 20.00         | 0.00   | 3.26  | 2.06  | 0.66  | 13.04                       | 18.54  | 2.72   | 34.30                   |
| AZUCAR REFINADA                                | 5.00          | 19.20  | 0.00  | 0.00  | 4.92  | 0.00                        | 0.00   | 19.66  | 19.66                   |
| SUB TOTAL                                      |               | 282.00 | 13.38 | 9.21  | 45.27 | 53.52                       | 82.89  | 181.06 | 317.47                  |
| VCT. DES.                                      |               |        |       |       |       | 317.47                      |        | 20%    |                         |

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

|                                                                |       |               |              |             |               |               |              |               |               |
|----------------------------------------------------------------|-------|---------------|--------------|-------------|---------------|---------------|--------------|---------------|---------------|
| <b>ALMUERZO:</b>                                               |       |               |              |             |               |               |              |               |               |
| <b>ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSIÓN</b> |       |               |              |             |               |               |              |               |               |
| ARROZ SUPERIOR                                                 | 60.00 | 215.40        | 4.92         | 0.30        | 46.68         | 19.68         | 2.70         | 186.72        | 209.10        |
| ACEITE VEGETAL                                                 | 4.00  | 35.36         | 0.00         | 4.00        | 0.00          | 0.00          | 36.00        | 0.00          | 36.00         |
| CARNE DE RES                                                   | 70.00 | 66.15         | 14.91        | 1.12        | 0.00          | 59.64         | 10.08        | 0.00          | 69.72         |
| CEBOLLA                                                        | 5.00  | 2.21          | 0.07         | 0.01        | 0.57          | 0.28          | 0.09         | 2.26          | 2.63          |
| TOMATE                                                         | 5.00  | 0.94          | 0.04         | 0.01        | 0.22          | 0.16          | 0.09         | 0.86          | 1.11          |
| LENTEJAS SECAS                                                 | 60.00 | 203.40        | 13.56        | 0.60        | 36.60         | 54.24         | 5.40         | 146.40        | 206.04        |
| AZUCAR REFINADA                                                | 20.00 | 76.80         | 0.00         | 0.00        | 19.66         | 0.00          | 0.00         | 78.64         | 78.64         |
| ANIS                                                           | 5.00  | 0.00          | 0.00         | 0.00        | 0.00          | 0.00          | 0.00         | 0.00          | 0.00          |
| <b>SUB TOTAL</b>                                               |       | <b>600.26</b> | <b>33.50</b> | <b>6.04</b> | <b>103.73</b> | <b>134.00</b> | <b>54.36</b> | <b>414.88</b> | <b>603.24</b> |
| VCT. ALM.                                                      |       |               |              |             |               |               | 603.24       |               | 38%           |

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

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

|             |        |        |         |
|-------------|--------|--------|---------|
| VCT (Gr.)   | 70.58  | 26.85  | 308.53  |
| VCT (Kcal.) | 282.32 | 241.65 | 1064.88 |
| VCT (%)     | 18%    | 15%    | 67%     |

VCT. MENU 1589 100%

CONTRATISTA

NUTRICIONISTA

Lauriano Cereza Adrego  
REPRESENTANTE DEL CONSORCIO

ROS E. Espinoza Sotomayor  
Nutricionista Dietista  
C.P. 0428



91

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

MENÚ N° 14 28

| ALIMENTO                                         | PESO BRUTO | KCAL.  | PROT  | GRASA | CHO   | VALOR CALORICO TOTAL (KCAL) |        |        | DIST. CAL %<br>POR MENÚ |
|--------------------------------------------------|------------|--------|-------|-------|-------|-----------------------------|--------|--------|-------------------------|
|                                                  | (g)        | (g)    | (g)   | (g)   | (g)   | PROT                        | GRASAS | CHO    |                         |
| DESAYUNO: AVENA CON LECHE + 01 PAN CON MERMELEDA |            |        |       |       |       |                             |        |        |                         |
| AVENA                                            | 20.00      | 69.40  | 2.66  | 0.80  | 14.40 | 10.64                       | 7.20   | 57.60  | 75.44                   |
| PAN                                              | 30.00      | 87.30  | 2.52  | 0.06  | 19.14 | 10.08                       | 0.54   | 76.56  | 87.18                   |
| LECHE EVAPORADA                                  | 70.00      | 100.10 | 4.90  | 5.67  | 7.63  | 19.60                       | 51.03  | 30.52  | 101.15                  |
| MERMELADA                                        | 7.00       | 14.93  | 0.30  | 0.01  | 4.10  | 0.11                        | 0.13   | 16.41  | 16.65                   |
| AZUCAR REFINADA                                  | 5.00       | 19.20  | 0.00  | 0.00  | 4.92  | 0.00                        | 0.00   | 19.66  | 19.66                   |
| SUB TOTAL                                        |            | 290.98 | 10.38 | 6.54  | 50.19 | 40.43                       | 58.90  | 200.75 | 300.08                  |
|                                                  |            |        |       |       |       | VCT. DES.                   | 300.08 |        | 20%                     |

|                                    |        |        |      |      |       |           |        |        |        |
|------------------------------------|--------|--------|------|------|-------|-----------|--------|--------|--------|
| <b>MEDIA MAÑANA JUGO DE PAPAYA</b> |        |        |      |      |       |           |        |        |        |
| PAPAYA                             | 140.00 | 40.32  | 0.56 | 0.14 | 11.48 | 2.24      | 1.26   | 45.92  | 49.42  |
| AZUCAR REFINADA                    | 20.00  | 76.80  | 0.00 | 0.00 | 19.66 | 0.00      | 0.00   | 78.64  | 78.64  |
| SUB TOTAL                          |        | 117.12 | 0.56 | 0.14 | 31.14 | 2.24      | 1.26   | 124.56 | 128.06 |
|                                    |        |        |      |      |       | VCT. DES. | 128.06 |        | 9%     |

|                                                                      |       |        |       |      |        |           |        |        |        |
|----------------------------------------------------------------------|-------|--------|-------|------|--------|-----------|--------|--------|--------|
| <b>ALMUERZO: ARROZ GRANEADO + ASADO DE RES + MENESTRA + LIMONADA</b> |       |        |       |      |        |           |        |        |        |
| ARROZ SUPERIOR                                                       | 50.00 | 179.50 | 4.10  | 0.25 | 38.90  | 16.40     | 2.25   | 155.60 | 174.25 |
| ACEITE VEGETAL                                                       | 8.00  | 70.72  | 0.00  | 8.00 | 0.00   | 0.00      | 72.00  | 0.00   | 72.00  |
| CARNE DE RES                                                         | 70.00 | 66.15  | 14.91 | 1.12 | 0.00   | 59.64     | 10.08  | 0.00   | 69.72  |
| LENTEJAS SECAS                                                       | 60.00 | 203.40 | 13.56 | 0.60 | 36.60  | 54.24     | 5.40   | 146.40 | 206.04 |
| TOMATE                                                               | 5.00  | 0.94   | 0.04  | 0.01 | 0.22   | 0.16      | 0.09   | 0.86   | 1.11   |
| AZUCAR REFINADA                                                      | 25.00 | 96.00  | 0.00  | 0.00 | 24.58  | 0.00      | 0.00   | 98.30  | 98.30  |
| LIMON                                                                | 2.00  | 0.31   | 0.01  | 0.00 | 0.19   | 0.04      | 0.04   | 0.78   | 0.86   |
| CEBOLLA                                                              | 5.00  | 2.21   | 0.07  | 0.01 | 0.57   | 0.28      | 0.09   | 2.26   | 2.63   |
| SUB TOTAL                                                            |       | 619.23 | 32.69 | 9.99 | 101.06 | 130.76    | 89.95  | 404.20 | 624.91 |
|                                                                      |       |        |       |      |        | VCT. ALM. | 624.91 |        | 42%    |

|                                    |        |       |      |      |       |           |        |        |        |
|------------------------------------|--------|-------|------|------|-------|-----------|--------|--------|--------|
| <b>MEDIA TARDE PLATANO DE SEDA</b> |        |       |      |      |       |           |        |        |        |
| PLATANO DE SEDA                    | 150.00 | 84.66 | 2.25 | 0.45 | 31.50 | 9.00      | 4.05   | 126.00 | 139.05 |
| SUB TOTAL                          |        | 84.66 | 2.25 | 0.45 | 31.50 | 9.00      | 4.05   | 126.00 | 139.05 |
|                                    |        |       |      |      |       | VCT. DES. | 139.05 |        | 9%     |

|                                              |       |        |       |      |       |          |        |        |        |
|----------------------------------------------|-------|--------|-------|------|-------|----------|--------|--------|--------|
| <b>CENA SOPA DE FIDEO + POLLO + INFUSION</b> |       |        |       |      |       |          |        |        |        |
| FIDEO                                        | 20.00 | 72.00  | 1.88  | 0.04 | 15.64 | 7.52     | 0.36   | 62.56  | 70.44  |
| PAPA AMARILLA                                | 28.00 | 27.40  | 0.56  | 0.11 | 6.52  | 2.24     | 1.01   | 26.10  | 29.35  |
| POLLO                                        | 80.00 | 122.40 | 14.56 | 8.16 | 0.00  | 58.24    | 73.44  | 0.00   | 131.68 |
| AZUCAR REFINADA                              | 15.00 | 57.60  | 0.00  | 0.00 | 14.75 | 0.00     | 0.00   | 58.98  | 58.98  |
| HIERBA LUISA                                 | 5.00  | 0.00   | 0.00  | 0.00 | 0.00  | 0.00     | 0.00   | 0.00   | 0.00   |
| SUB TOTAL                                    |       | 279.40 | 17.00 | 8.31 | 36.91 | 68.00    | 74.81  | 147.64 | 290.45 |
|                                              |       |        |       |      |       | VCT. CEN | 290.45 |        | 20%    |

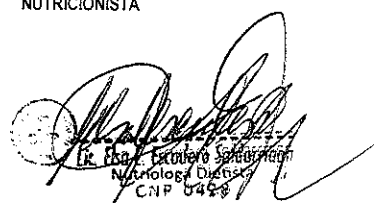
|             |        |        |        |
|-------------|--------|--------|--------|
| VCT (Gr.)   | 62.86  | 25.43  | 250.80 |
| VCT (Kcal.) | 182.43 | 154.16 | 855.51 |
| VCT (%)     | 12%    | 10%    | 58%    |

|           |      |      |
|-----------|------|------|
| VCT. MENU | 1483 | 100% |
|-----------|------|------|

CONTRATISTA

  
Lauriano García Idrogo  
REPRESENTANTE DEL COMERCIO

NUTRICIONISTA

  
Lic. Day. Gabriela Sánchez  
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