



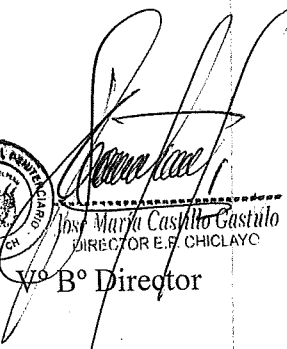
INSTITUTO NACIONAL PENITENCIARIO
OFICINA REGIONAL NORTE
ESTABLECIMIENTO PENAL DE CHICLAYO

ACTA DE REUNION PARA APROBACION DE MENUS PARA EL PERSONAL DE SEGURIDAD INPE Y LA POBLACION PENAL

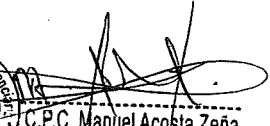
Siendo las 15:00 horas del día 12 de Julio del 2019, se reunieron en la Oficina de Administración del Establecimiento Penal de Chiclayo, los señores José María Castillo Gastulo - Director, CPC. Manuel Acosta Zeña - Administrador, Mag. Susana Rodríguez Nureña - Jefe Área Salud, para acordar la Aprobación de los Menús presentada por el Concesionario de Alimentos:

1. En relación al Contrato N° 006-2019-INPE/17 vigente, el Concesionario presenta sus menús tanto para el Personal de Seguridad INPE como para los internos(as) de este Establecimiento Penal.
2. Vista la Carta N° 090-2019-CONSORCIO-CHICLAYO emitida por el Consorcio: DAYANN BRIGH EIRL y GARCIA IDROGO & ASOCIADOS EIRL, recepcionada con fecha 05-06-2015 por la Secretaria de la Dirección, mediante la cual presenta la relación de menús y los cuadros de dosificación, composición y valor calórico, correspondiente al período AGOSTO - 2019, del 21 de Julio al 20 de Agosto del 2019.
3. Que revisado cada uno de los menús y los cuadros detallados, presumiblemente se nota que se encuentra acorde con los rangos normales de Valor Calórico Total, para cada tipo de menú, dejando constancia que no somos profesionales en esta rama.
4. Por lo que el Equipo de Control de Alimentos de común acuerdo, resuelven APROBAR los menús que se prepararan a partir de la fecha indicada, enviando copia de la relación de menú y cuadros de dosificación, a la Unidad de Administración de la Oficina Regional Norte - Chiclayo, para su conocimiento.
5. Siendo las 15:20 horas del día y la fecha se da por terminada la reunión y se suscribe la presente Acta.

En señal de conformidad, firmamos la presente.

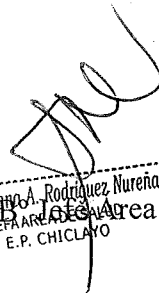


 José María Castillo Gastulo
 DIRECTOR E.P. CHICLAYO
 V° B° Director



 CPC. Manuel Acosta Zeña
 JEFE ADMINISTRACION
 E.P. CHICLAYO
 V° B° Administrador




 Mag. Susana Rodríguez Nureña
 JEFE AREA SALUD
 E.P. CHICLAYO

49

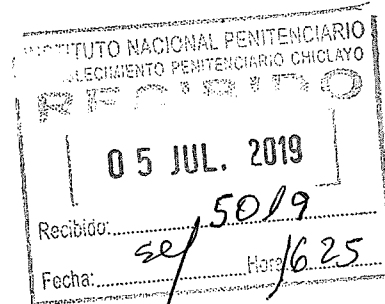
CONSORCIO: DAYANN BRIGH E.I.R.L. - GARCIA IDROGO & ASOCIADOS E.I.R.L.

CARTA N° 090 - 2019 – CONSORCIO - CHICLAYO.

JOSE MARIA CASTILLO GASTULO
DIRECTOR DEL E.P. DE CHICLAYO

ASUNTO: RELACIÓN DE MENÚS

REFERENCIA: CONTRATO N° 006-2019-INPE/17.



De nuestra mayor consideración:

Me dirijo a Usted con la finalidad de saludarlo atentamente, así mismo, para hacerle llegar la relación de menús para internos (as), niños y personal de seguridad que labora 24x48 horas, que se brindaran desde **el 21 de JULIO del 2019** hasta el **20 de AGOSTO del 2019** en relación con el **contrato N° 006-2018-INPE/17**, "Servicio de alimentación para los internos (as), niños y personal de seguridad que labora 24X48 horas del Establecimiento Penitenciario de Chiclayo (**de la Oficina Regional Norte – Chiclayo**).

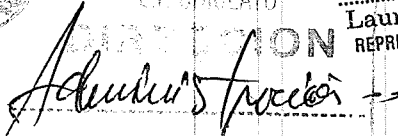
Hago propicia la oportunidad para reiterarle mi consideración y estima personal.

Chiclayo, 05 de Julio del 2019.

FOLIOS (48)

Atentamente:

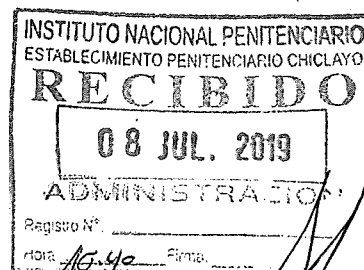

Lauriano Garcia Idrogo
REPRESENTANTE DEL CONSORCIO

Para 

☒ CONSENTIMIENTO Y FINES
☒ ACCORDIA ATENCIÓN
☐ INFORME
☐ EVALUACION
☐ OTROS

FECHA: _____





RELACION DE MENÚS PROPUESTOS PARA EL PERSONAL INPE DEL E.P DE CHICLAYO

DEL 21 DE JULIO AL 20 DE AGOSTO DE 2019

MENUS CON APORTE CALORICO MAYOR A 2.750 KILOCALORIAS POR DIA

N° DE MENÚ	FECHA	DETALLE DEL MENÚ	
1	DOMINGO	DESAYUNO	QUINUA CON LECHE + 03 PANES CON ACEITUNA
	21/07/2019	ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + SARZA + FRUTA + REFRESCO (LIMONADA)
2	LUNES	SEGUNDO	ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + ENSALADA + INFUSION
		CENA	QUINUA CON AVENA + 3 PANES CON ENCEBOLLADO DE CORSEVA DE PESCADO
	22/07/2019	ENTRADA	ENSALADA
3	MARTES	SEGUNDO	ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA (PANAMITO) + ENSALADA + FRUTA + REFRESCO (LIMONADA)
		CENA	ARROZ GRANEADO + SALTADITO DE RES CON PAPAS FRITAS + INFUSION
	23/07/2019	ENTRADA	QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA
4	MIERCOLES	SEGUNDO	CEVICHE DE TOYO
		CENA	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMA)
	24/07/2019	ENTRADA	SOPEA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION
5	JUEVES	SEGUNDO	AVENA CON LECHE + 03 PANES CON HUEVO FRITO
		CENA	ENSALADA MIXTA
	25/07/2019	ENTRADA	ARROZ GRANEADO + MOLLEJITAS CON PAPAS FRITAS + ENSALADA + FRUTA + INFUSION
6	VIERNES	SEGUNDO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (LENTEJITA) + ENSALADA + INFUSION
		CENA	LECHE CON COCOA + 03 PANES CON QUESO
	26/07/2019	ENTRADA	ENSALADA MIXTA
7	SABADO	SEGUNDO	ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + INFUSION
		CENA	ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSION
	27/07/2019	ENTRADA	LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)
8	DOMINGO	SEGUNDO	ENSALADA FRESCA
		CENA	ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO (MAIZ MORADO)
	28/07/2019	ENTRADA	ARROZ GRANEADO + POLLO FRITO + PAPAS FRITAS + ENSALADA + INFUSION
9	LUNES	SEGUNDO	QUINUA CON LECHE + 03 PANES CON ACEITUNA
		CENA	ENSALADA FRESCA
	29/07/2019	ENTRADA	ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + SARZA + FRUTA + REFRESCO (LIMONADA)
10	MARTES	SEGUNDO	ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + ENSALADA + INFUSION
		CENA	QUINUA CON AVENA + 3 PANES CON ENCEBOLLADO DE CORSEVA DE PESCADO
	30/07/2019	ENTRADA	ENSALADA
11	MIERCOLES	SEGUNDO	ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA (PANAMITO) + ENSALADA + FRUTA + REFRESCO (LIMONADA)
		CENA	ARROZ GRANEADO + SALTADITO DE RES CON PAPAS FRITAS + INFUSION
	31/07/2019	ENTRADA	QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA
12	JUEVES	SEGUNDO	CEVICHE DE TOYO
		CENA	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMA)
	01/08/2019	ENTRADA	SOPEA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION
13	VIERNES	SEGUNDO	AVENA CON LECHE + 03 PANES CON HUEVO FRITO
		CENA	ENSALADA MIXTA
	02/08/2019	ENTRADA	ARROZ GRANEADO + MOLLEJITAS CON PAPAS FRITAS + ENSALADA + FRUTA + INFUSION
14	SABADO	SEGUNDO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (LENTEJITA) + ENSALADA + INFUSION
		CENA	LECHE CON COCOA + 03 PANES CON QUESO
	03/08/2019	ENTRADA	ENSALADA MIXTA
15	DOMINGO	SEGUNDO	ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + INFUSION
		CENA	ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSION
	04/08/2019	ENTRADA	LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)
16	LUNES	SEGUNDO	ENSALADA FRESCA
		CENA	ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO (MAIZ MORADO)
	05/08/2019	ENTRADA	ARROZ GRANEADO + POLLO FRITO + PAPAS FRITAS + ENSALADA + INFUSION

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vergara
NUTRICIONISTA
CNP : 4483

RELACIÓN DE MENÚS PROPUESTOS PARA EL PERSONAL INPE DEL E.P DE CHICLAYO

DEL 21 DE JULIO AL 20 DE AGOSTO DE 2019

MENUS CON APORTE CALORICO MAYOR A 2,750 KILOCALORIAS POR DIA

N° DE MENÚ	FECHA	DETALLE DEL MENÚ	
17	MARTES	DESAYUNO	QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA
	06/08/2019	ENTRADA	CEVICHE DE TOYO
18	MIERCOLES	SEGUNDO	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMA)
	07/08/2019	CENA	SOPA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION
19	JUEVES	DESAYUNO	AVENA CON LECHE + 03 PANES CON HUEVO FRITO
	08/08/2019	ENTRADA	ENSALADA MIXTA
20	VIERNES	SEGUNDO	ARROZ GRANEADO + MOLLEJITAS CON PAPAS FRITAS + ENSALADA + FRUTA + INFUSION
	09/08/2019	CENA	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (LENTEJITA) + ENSALADA + INFUSION
21	SABADO	DESAYUNO	LECHE CON COCOA + 03 PANES CON QUESO
	10/08/2019	ENTRADA	ENSALADA MIXTA
22	DOMINGO	SEGUNDO	ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + INFUSION
	11/08/2019	CENA	ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSION
23	LUNES	DESAYUNO	KIWICHA + 03 PANES CON TORTILLA DE VERDURAS
	12/08/2019	ENTRADA	ENSALADA
24	MARTES	SEGUNDO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + REFRESCO (NARANJA)
	13/08/2019	CENA	ARROZ GRANEADO + PAVITA MECHADA + ENSALADA + INFUSION
25	MIERCOLES	DESAYUNO	LECHE DE SOYA + 03 PANES CON MILANESA DE POLLO (PECHUGA)
	14/08/2019	ENTRADA	ENSALADA FRESCA
26	JUEVES	SEGUNDO	ARROZ GRANEADO + ADOBO DE CHULETA DE CERDO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + REFRESCO (MAIZ MORADO)
	15/08/2019	CENA	ARROZ GRANEADO + POLLO FRITO + PAPAS FRITAS + ENSALADA + INFUSION
27	VIERNES	DESAYUNO	QUINUA CON LECHE + 03 PANES CON ACEITUNA
	16/08/2019	ENTRADA	ENSALADA FRESCA
28	SABADO	SEGUNDO	ARROZ GRANEADO + SECO DE CABRITO + MENESTRA + SARZA + FRUTA + REFRESCO (LIMONADA)
	17/08/2019	CENA	ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + ENSALADA + INFUSION
29	DOMINGO	DESAYUNO	QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA
	18/08/2019	ENTRADA	CEVICHE DE TOYO
30	LUNES	SEGUNDO	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMA)
	19/08/2019	CENA	SOPA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION
31	MARTES	DESAYUNO	QUINUA CON MACA + 03 PANES CON TORTILLA DE ESPINACA
	20/08/2019	ENTRADA	CEVICHE DE TOYO
32	MARTES	SEGUNDO	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO (LIMA)
	20/08/2019	CENA	SOPA DE ARROZ + RES CON HUESO + 02 PANES + INFUSION

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

FORMATO - B

46

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

21/07/2019 04/08/2019 18/08/2019 MENÚ N° 1 15 29

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)							PROT	
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	15.00	57.60	0.00	0.00	14.74	0.00	0.00	58.98	58.98
SUB TOTAL		669.96	16.34	26.56	100.75	65.36	239.04	403.00	707.40
						V.C. DESAYUNO			707.40
						% DIST. DESAYUNO			25%
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	80.00	264.00	18.00	1.44	46.64	72.00	12.96	186.56	271.52
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
AJI AMARILLO	3.00	0.90	0.03	0.02	0.26	0.11	0.19	1.06	1.36
ACEITE VEGETAL	1.00	8.84	0.00	1.00	0.00	0.00	9.00	0.00	9.00
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	7.00	26.88	0.00	0.00	6.88	0.00	0.00	27.52	27.52
SUB TOTAL		1251.59	59.72	34.50	186.21	238.88	310.47	744.85	1294.20
						V. C. ALMUERZO			1294.20
						% DIST. ALMUERZO			45%
CENA: ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + ENSALADA + INFUSIÓN									
PÓLLO 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	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
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	30.00	115.20	0.00	0.00	29.49	0.00	0.00	117.96	117.96
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		826.99	30.32	21.18	134.55	121.27	190.54	538.53	850.34
						V. C. CENA			850.34
						% DIST. CENA			30%
VCT (Gr.)			106.38	82.24	421.51				
VCT (Kcal.)			425.51	740.05	1686.38				
VCT (%)			15%	26%	59%				
						V. C. T. MENU		100%	2852

CONTRATISTA

NUTRICIONISTA

Lauriano Gareia Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marián Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

FORMATO - B

45

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

22/07/2019 05/08/2019 19/08/2019

MENÚ Nº 2 16 30

ALIMENTO	PEÑO 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									
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	80.00	268.00	17.20	1.36	48.56	68.80	12.24	194.24	275.28
ACEITE VEGETAL	6.00	42.43	0.00	6.00	0.00	0.00	63.00	0.00	63.00
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
SUB TOTAL		1166.36	67.29	11.39	217.73	269.14	111.49	870.94	1251.57
						V. C. ALMUERZO			1251.57
						% DIST. ALMUERZO			45%
CENA: ARROZ GRANEADO + SALTADITO DE RES CON PAPAS FRITAS +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	160.00	147.44	3.36	0.16	35.68	13.44	1.44	142.72	157.60
AZUCAR RUBIA	30.00	115.20	0.00	0.00	29.49	0.00	0.00	117.96	117.96
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	16.00	141.44	0.00	16.00	0.00	0.00	144.00	0.00	144.00
SUB TOTAL		805.10	27.95	17.91	136.10	111.79	161.23	544.41	817.43
						V. C. CENA			817.43
						% DIST. CENA			30%
VCT (Gr.)			121.39	42.04	470.30				
VCT (Kcal.)			485.51	387.40	1881.18				
VCT (%)			18%	14%	68%				
						V. C. T. MENU		100%	2754

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

FORMATO - B

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

23/07/2019 06/08/2019 20/08/2019

MENÚ N° 3 17 31

ALIMENTO	PESO 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	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00					
SUB TOTAL							693.57	22.30	17.16	117.27	89.18	154.44	469.02	712.64
						V.C. DESAYUNO				713				
						% DIST. DESAYUNO				25%				
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	80.00	264.00	18.00	1.44	46.64	72.00	12.96	186.56	271.52					
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	2.00	17.68	0.00	2.00	0.00	0.00	18.00	0.00	18.00					
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	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32					
SUB TOTAL							1262.37	83.59	22.34	189.00	334.37	201.02	755.97	1291.36
						V. C. ALMUERZO				1291				
						% DIST. ALMUERZO				45%				
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	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30					
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	8.00	70.72	0.00	8.00	0.00	0.00	81.00	0.00	81.00					
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							838.62	32.77	10.03	156.95	127.07	99.18	627.72	853.97
						V. C. CENA				854				
						% DIST. CENA				30%				
VCT (Gr.)							138.66	49.53	463.22					
VCT (Kcal.)							550.62	454.64	1852.71					
VCT (%)							19%	16%	65%					
						V. C. T. MENU				100%		2858		

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

FORMATO - B

43

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

24/07/2019 07/08/2019

MENÚ N° 4 18

ALIMENTO	PESO 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	8.00	70.72	0.00	8.00	0.00	0.00	72.00	0.00	72.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		687.38	23.89	19.89	22.61	95.54	179.01	435.06	709.61
						V.C. DESAYUNO			710
						% DIST. DESAYUNO			25%
ENTRADA: ENSALADA MIXTA									
ALMUERZO: Arroz graneado + mollejititas con papas fritas + ensalada + fruta + infusion									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
MOLLEJITA	150.00	235.50	30.75	10.50	2.40	123.00	94.50	9.60	227.10
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
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
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		1259.06	50.66	26.15	212.15	202.63	235.31	848.61	1286.55
						V. C. ALMUERZO			1287
						% DIST. ALMUERZO			45%
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	3.00	26.52	0.00	3.00	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
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		822.61	50.42	9.35	137.22	201.68	102.15	548.86	852.69
						V. C. CENA			853
						% DIST. CENA			30%
			VCT (Gr.)	124.97	55.39	371.98			
			VCT (Kcal.)	499.85	516.47	1832.53			
			VCT (%)	18%	18%	64%			
						V. C. T. MENU		100%	2849

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Lic. Martha Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

FORMATO - B

42

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

25/07/2019 08/08/2019

MENÚ N° 5 19

ALIMENTO	PESO BRUTO (g)	KCAL.	PROT (g)	GRASAS (g)	CARB. (g)	K.CALORIAS PON NUTRIENTES			TOTAL
						PROT	GRASAS	CARB.	
DESAYUNO:									
LECHE CON COCOA + 03 PANES CON QUESO									
LECHE EVAPORADA	125.00	178.75	8.75	10.13	13.63	35.00	91.13	54.50	180.63
COCA	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	30.00	11.36	0.00	0.00	29.49	0.00	0.00	117.95	117.95
SUB TOTAL		596.21	27.99	18.20	107.36	111.96	163.76	429.41	705.13
						V.C. DESAYUNO			705.13
						% DIST. DESAYUNO			25%
ENTRADA: ENSALADA MIXTA									
ALMUERZO:									
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	0.61	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	20.00	186.80	0.00	20.00	0.00	0.00	180.00	0.00	180.00
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
LIMON	10.00	1.53	0.05	0.02	0.97	0.20	0.18	3.88	4.26
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		1243.82	45.30	26.92	210.53	181.19	242.20	842.11	1265.50
						V. C. ALMUERZO			1265.50
						% DIST. ALMUERZO			45%
CENA:									
ARROZ GRANEADO + GALLINA ESTOFADA + PAPA EN RODAJAS + ENSALADA + INFUSION									
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	14.00	123.76	0.00	14.00	0.00	0.00	126.00	0.00	126.00
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		825.30	31.66	18.46	137.50	126.65	166.14	549.99	842.78
						V. C. CENA			842.78
						% DIST. CENA			30%
VCT (Gr.)			104.95	63.58	455.39				
VCT (Kcal.)			419.80	572.10	1821.51				
VCT (%)			15%	20%	65%				
						V. C. T. MENU	100%		2813

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjita Alvarado Vergaray
NUTRICIONISTA
CNP: 4483

FORMATO - B

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

26/07/2019 09/08/2019

MENÚ N° 6 20

ALIMENTO	PESO 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	13.00	114.40	0.00	13.00	0.00	0.00	117.00	0.00	117.00
AZUCAR RUBIA	35.00	134.40	0.00	0.00	34.41	0.00	0.00	137.62	137.62
SUB TOTAL		689.66	19.66	20.15	112.40	78.60	181.31	449.55	709.46
						V.C. DESAYUNO			709.46
						% DIST. DESAYUNO			25%
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	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
LENTEJAS SECAS	80.00	271.21	18.08	0.80	48.80	72.32	7.20	195.20	274.72
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
LIMON	10.00	1.53	0.05	0.02	0.97	0.20	0.18	3.88	4.26
NARANJA AGRIA	40.00	13.20	0.20	0.08	3.28	0.80	0.72	13.12	14.64
AZUCAR RUBIA	21.00	80.64	0.00	0.00	20.64	0.00	0.00	82.57	82.57
LIMA	150.00	81.00	0.90	0.60	8.85	3.60	5.40	35.40	44.40
SUB TOTAL		1281.64	65.14	18.32	208.10	260.57	164.84	832.40	1257.81
						V. C. ALMUERZO			1257.81
						% DIST. ALMUERZO			45%
CENA: ARROZ GRANEADO + PAVITA MECHADA + 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
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	14.00	123.76	0.00	14.00	0.00	0.00	126.00	0.00	126.00
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		811.12	28.49	34.85	102.27	113.95	313.70	406.22	833.87
						V. C. CENA			833.87
						% DIST. CENA			30%
VCT (Gr.)		113.29	73.32	422.77					
VCT (Kcal.)		453.12	659.85	1688.17					
VCT (%)		16%	24%	60%					
						V. C. T. MENU		100%	2801

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Lic. Marjón Alvarado Vergaray
NUTRICIONISTA
GNP : 4483

FORMATO - B

40

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

27/07/2019 10/08/2019

MENÚ N° 7 21

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)							PROT	
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	15.00	57.60	0.00	0.00	14.74	0.00	0.00	58.98	58.98
SUB TOTAL		669.96	16.34	26.56	100.75	65.36	239.04	403.00	707.40
						V.C. DESAYUNO			707.40
						% DIST. DESAYUNO			25%
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	80.00	264.00	18.00	1.44	46.64	72.00	12.96	186.56	271.52
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
AJI AMARILLO	3.00	0.90	0.03	0.02	0.26	0.11	0.19	1.06	1.36
ACEITE VEGETAL	1.00	8.84	0.00	1.00	0.00	0.00	9.00	0.00	9.00
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	7.00	26.88	0.00	0.00	6.88	0.00	0.00	27.52	27.52
SUB TOTAL		1251.59	59.72	34.50	186.21	238.88	310.47	744.85	1294.20
						V. C. ALMUERZO			1294.20
						% DIST. ALMUERZO			45%
CENA: ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + ENSALADA + 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	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
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	30.00	115.20	0.00	0.00	29.49	0.00	0.00	117.96	117.96
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		826.99	30.32	21.18	134.55	121.27	190.54	538.53	850.34
						V. C. CENA			850.34
						% DIST. CENA			30%
						VCT (Gr.)			
						VCT (Kcal.)			
						VCT (%)			
						V. C. T. MENU		100%	2852

CONTRATISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

FORMATO - B

39

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

28/07/2019 11/08/2019

MENÚ N° 8 22

ALIMENTO	PEÑO 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	15.00	57.60	0.00	0.00	14.74	0.00	0.00	58.98	58.98
SUB TOTAL		669.96	16.34	26.56	100.75	65.36	239.04	403.00	707.40
						V.C. DESAYUNO			707.40
						% DIST. DESAYUNO			25%
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	80.00	264.00	18.00	1.44	46.64	72.00	12.96	186.56	271.52
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
AJI AMARILLO	3.00	0.90	0.03	0.02	0.26	0.11	0.19	1.06	1.36
ACEITE VEGETAL	1.00	8.84	0.00	1.00	0.00	0.00	9.00	0.00	9.00
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	7.00	26.88	0.00	0.00	6.88	0.00	0.00	27.52	27.52
SUB TOTAL		1251.59	59.72	34.50	186.21	238.88	310.47	744.85	1294.20
						V. C. ALMUERZO			1294.20
						% DIST. ALMUERZO			45%
CENA: ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + ENSALADA + 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	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
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	30.00	115.20	0.00	0.00	29.49	0.00	0.00	117.96	117.96
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		826.99	30.32	21.18	134.55	121.27	190.54	538.53	850.34
						V. C. CENA			850.34
						% DIST. CENA			30%
VCT (Gr.)			106.38	82.24	421.51				
VCT (Kcal.)			425.51	740.05	1686.38				
VCT (%)			15%	26%	59%				
						V. C. T. MENU		100%	2852

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

FORMATO - B

38

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

29/07/2019 12/08/2019

MENÚ N° 9 23

ALIMENTO	PESO 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									
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	80.00	268.00	17.20	1.36	48.56	68.80	12.24	194.24	275.28
ACEITE VEGETAL	6.00	42.43	0.00	6.00	0.00	0.00	63.00	0.00	63.00
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
SUB TOTAL		1166.36	67.29	11.39	217.73	269.14	111.49	870.94	1251.57
						V. C. ALMUERZO			1251.57
						% DIST. ALMUERZO			45%
CENA: ARROZ GRANEADO + SALTADITO DE RES CON PAPAS FRITAS +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	160.00	147.44	3.36	0.16	35.68	13.44	1.44	142.72	157.60
AZUCAR RUBIA	30.00	115.20	0.00	0.00	29.49	0.00	0.00	117.96	117.96
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	16.00	141.44	0.00	16.00	0.00	0.00	144.00	0.00	144.00
SUB TOTAL		805.10	27.95	17.91	136.10	111.79	161.23	544.41	817.43
						V. C. CENA			817.43
						% DIST. CENA			30%
	VCT (Gr.)		121.39	42.04	470.30				
	VCT (Kcal.)		485.51	387.40	1881.18				
	VCT (%)		18%	14%	68%				
						V. C. T. MENU	100%		2754

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

FORMATO - B

37

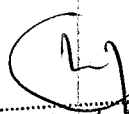
DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. DE CHICLAYO

30/07/2019 13/08/2019

MENÚ N° 10 24

ALIMENTO	PEÑO 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	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
SUB TOTAL						89.18	154.44	469.02	712.64
						V.C. DESAYUNO			713
						% DIST. DESAYUNO			25%
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	80.00	264.00	18.00	1.44	46.64	72.00	12.96	186.56	271.52
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	2.00	17.68	0.00	2.00	0.00	0.00	18.00	0.00	18.00
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	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL						334.37	201.02	755.97	1291.36
						V. C. ALMUERZO			1291
						% DIST. ALMUERZO			45%
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	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
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	8.00	70.72	0.00	8.00	0.00	0.00	81.00	0.00	81.00
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						127.07	99.18	627.72	853.97
						V. C. CENA			854
						% DIST. CENA			30%
VCT (Gr.)						138.66	49.53	463.22	
VCT (Kcal.)						550.62	454.64	1852.71	
VCT (%)						19%	16%	65%	
						V. C. T. MENU		100%	2858

CONTRATISTA


Lauriano Garcia Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


Lic. Mariela Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

FORMATO - B

36

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

31/07/2019 14/08/2019

MENÚ N° 11 25

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)							PROT	
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	8.00	70.72	0.00	8.00	0.00	0.00	72.00	0.00	72.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		687.38	23.89	19.89	22.61	95.54	179.01	435.06	709.61
						V.C. DESAYUNO			710
						% DIST. DESAYUNO			25%
ENTRADA: ENSALADA MIXTA									
ALMUERZO: ARROZ GRANEADO + MOLLEJITAS CON PAPAS FRITAS + ENSALADA + FRUTA + INFUSION									
ARROZ	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
MOLLEJITA	150.00	235.50	30.75	10.50	2.40	123.00	94.50	9.60	227.10
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
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
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		1259.06	50.66	26.15	212.15	202.63	235.31	848.61	1286.55
						V. C. ALMUERZO			1287
						% DIST. ALMUERZO			45%
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	3.00	26.52	0.00	3.00	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
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		822.61	50.42	9.35	137.22	201.68	102.15	548.86	852.69
						V. C. CENA			853
						% DIST. CENA			30%
VCT (Gr.)			124.97	55.39	371.98				
VCT (Kcal.)			499.85	516.47	1832.53				
VCT (%)			18%	18%	64%				
						V. C. T. MENU		100%	2849

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

FORMATO - B

35

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

01/08/2019 15/08/2019

MENÚ Nº 12 26

ALIMENTO	PESO 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	125.00	178.75	8.75	10.13	13.63	35.00	91.13	54.50	180.63
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	30.00	11.36	0.00	0.00	29.49	0.00	0.00	117.95	117.95
SUB TOTAL		596.21	27.99	18.20	107.36	111.96	163.76	429.41	705.13
						V.C. DESAYUNO			705.13
						% DIST. DESAYUNO			25%
ENTRADA: ENSALADA MIXTA									
ALMUERZO: 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	0.61	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	20.00	186.80	0.00	20.00	0.00	0.00	180.00	0.00	180.00
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
LIMON	10.00	1.53	0.05	0.02	0.97	0.20	0.18	3.88	4.26
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		1243.82	45.30	26.92	210.53	181.19	242.20	842.11	1265.50
						V. C. ALMUERZO			1265.50
						% DIST. ALMUERZO			45%
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	14.00	123.76	0.00	14.00	0.00	0.00	126.00	0.00	126.00
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		825.30	31.66	18.46	137.50	126.65	166.14	549.99	842.78
						V. C. CENA			842.78
						% DIST. CENA			30%
VCT (Gr.)			104.95	63.58	455.39				
VCT (Kcal.)			419.80	572.10	1821.51				
VCT (%)			15%	20%	65%				
						V. C. T. MENU		100%	2813

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrog.
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

FORMATO - B

34

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

02/08/2019 16/08/2019

MENÚ N° 13 27

ALIMENTO	PESO 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	13.00	114.40	0.00	13.00	0.00	0.00	117.00	0.00	117.00
AZUCAR RUBIA	35.00	134.40	0.00	0.00	34.41	0.00	0.00	137.62	137.62
SUB TOTAL		689.66	19.66	20.15	112.40	78.60	181.31	449.55	709.46
						V.C. DESAYUNO			709.46
						% DIST. DESAYUNO			25%
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	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
LENTEJAS SECAS	80.00	271.21	18.08	0.80	48.80	72.32	7.20	195.20	274.72
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
LIMON	10.00	1.53	0.05	0.02	0.97	0.20	0.18	3.88	4.26
NARANJA AGRIA	40.00	13.20	0.20	0.08	3.28	0.80	0.72	13.12	14.64
AZUCAR RUBIA	21.00	80.64	0.00	0.00	20.64	0.00	0.00	82.57	82.57
LIMA	150.00	81.00	0.90	0.60	8.85	3.60	5.40	35.40	44.40
SUB TOTAL		1281.64	65.14	18.32	208.10	260.57	164.84	832.40	1257.81
						V. C. ALMUERZO			1257.81
						% DIST. ALMUERZO			45%
CENA: ARROZ GRANEADO + PAVITA MECHADA + 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
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	14.00	123.76	0.00	14.00	0.00	0.00	126.00	0.00	126.00
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		811.12	28.49	34.85	102.27	113.95	313.70	406.22	833.87
						V. C. CENA			833.87
						% DIST. CENA			30%
						VCT (Gr.)		113.29	73.32
						VCT (Kcal.)		453.12	659.85
						VCT (%)		16%	24%
						V. C. T. MENU		100%	2801

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

FORMATO - B

33

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

03/08/2019 17/08/2019

MENÚ N° 14 28

ALIMENTO	PESO 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	15.00	57.60	0.00	0.00	14.74	0.00	0.00	58.98	58.98
SUB TOTAL		669.96	16.34	26.56	100.75	65.36	239.04	403.00	707.40
						V.C. DESAYUNO			707.40
						% DIST. DESAYUNO			25%
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	80.00	264.00	18.00	1.44	46.64	72.00	12.96	186.56	271.52
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
AJI AMARILLO	3.00	0.90	0.03	0.02	0.26	0.11	0.19	1.06	1.36
ACEITE VEGETAL	1.00	8.84	0.00	1.00	0.00	0.00	9.00	0.00	9.00
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	7.00	26.88	0.00	0.00	6.88	0.00	0.00	27.52	27.52
SUB TOTAL		1251.59	59.72	34.50	186.21	238.88	310.47	744.85	1294.20
						V. C. ALMUERZO			1294.20
						% DIST. ALMUERZO			45%
CENA: ARROZ GRANEADO + SALTADITO DE POLLO CON VERDURAS + PAPAS FRITAS + ENSALADA + 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	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
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	30.00	115.20	0.00	0.00	29.49	0.00	0.00	117.96	117.96
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		826.99	30.32	21.18	134.55	121.27	190.54	538.53	850.34
						V. C. CENA			850.34
						% DIST. CENA			30%
VCT (Gr.)			106.38	82.24	421.51				
VCT (Kcal.)			425.51	740.05	1686.38				
VCT (%)			15%	26%	59%				
						V. C. T. MENU		100%	2852

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vengaray
NUTRICIONISTA
CNP: 4483

RELACIÓN DE MENÚS PROPUESTOS PARA INTERNOS (AS) DEL E.P. DE CHICLAYO

DEL 21 DE JULIO AL 20 DE AGOSTO DEL 2019

MENÚS CON APORTE CALÓRICO MAYOR A 2.500 KILOCALORIAS POR DÍA

Nº DE MENÚ	FECHA	DETALLE DEL MENÚ	
1	DOMINGO 21/07/2019	DESAYUNO	QUINUA + 03 PANES CON QUESO
		ALMUERZO	TALLARINES ROJOS + ESTOFADO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	ARROZ GRANEADO + GUISO DE POLLO CON HUESO + INFUSION
2	LUNES 22/07/2019	DESAYUNO	SOYA + 03 PANES CON MARGARINA
		ALMUERZO	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	SOPA DE SEMOLA CON HUEVOS REVUELTOS
3	MARTES 23/07/2019	DESAYUNO	CHUFLA + 03 PANES CON MERMELADA
		ALMUERZO	ARROZ CHAUFIA CON HOT DOG + POLLO + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	ARROZ GRANEADO + CHANFAINITA + INFUSION
4	MIÉRCOLES 24/07/2019	DESAYUNO	KIWICHA CON LECHE + 03 PANES + 01 FRUTA (PLATANO DE SEDA)
		ALMUERZO	ARROZ GRANEADO + CORAZON DE POLLO MECHADO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (NARANJA) + REFRESCO DE SOBRE
		CENA	ARROZ CON LECHE + 02 PANES
5	JUEVES 25/07/2019	DESAYUNO	LECHE + 03 PANES CON ACEITUNA
		ALMUERZO	ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	SOPA DE TRIGO + RES CON HUESO
6	VIERNES 26/07/2019	DESAYUNO	AVENA + 03 PANES CON MANJAR BLANCO
		ALMUERZO	ARROZ GRANEADO + POTA GUIADA + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	ARROZ GRANEADO + ESTOFADO DE CORAZON DE POLLO + PAPAS + INFUSION
7	SABADO 27/07/2019	DESAYUNO	AVENA CON LECHE + 03 PANES CON JAMONADA
		ALMUERZO	ARROZ GRANEADO + CAU CAU DE POLLO + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	MAIZENA CON LECHE + 02 PANES
8	DOMINGO 28/07/2019	DESAYUNO	QUINUA + 03 PANES CON QUESO
		ALMUERZO	TALLARINES ROJOS + SECO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	ARROZ GRANEADO + MECHADO DE POLLO CON HUESO + INFUSION
9	LUNES 29/07/2019	DESAYUNO	CHUFLA + 03 PANES CON MERMELADA
		ALMUERZO	ARROZ A LA JARDINERA + POLLO + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	ARROZ GRANEADO + CAU CAU + INFUSION
10	MARTES 30/07/2019	DESAYUNO	SOYA + 03 PANES CON MARGARINA
		ALMUERZO	ARROZ GRANEADO + PAVITA GUIADA + MENESTRA (LENTEJON) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	AGUADITO DE POLLO
11	MIÉRCOLES 31/07/2019	DESAYUNO	KIWICHA CON LECHE + 03 PANES + 01 FRUTA (PLATANO DE SEDA)
		ALMUERZO	ARROZ GRANEADO + CORAZON DE POLLO GUIADO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (NARANJA) + REFRESCO DE SOBRE
		CENA	ARROZ CON LECHE + 02 PANES
12	JUEVES 01/08/2019	DESAYUNO	LECHE + 03 PANES CON ACEITUNA
		ALMUERZO	ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	SOPA DE FIDEOS CON VERDURAS + RES CON HUESO
13	VIERNES 02/08/2019	DESAYUNO	AVENA + 03 PANES CON MANJAR BLANCO
		ALMUERZO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	ARROZ GRANEADO + GUISO DE CORAZON DE POLLO + PAPAS + INFUSION
14	SABADO 03/08/2019	DESAYUNO	AVENA CON LECHE + 03 PANES CON MORTADELA
		ALMUERZO	ARROZ GRANEADO + SECO DE POLLO + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	MAIZENA CON LECHE + 02 PANES
15	DOMINGO 04/08/2019	DESAYUNO	QUINUA + 03 PANES CON QUESO
		ALMUERZO	TALLARINES ROJOS + ESTOFADO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	ARROZ GRANEADO + GUISO DE POLLO CON HUESO + INFUSION
16	LUNES 05/08/2019	DESAYUNO	SOYA + 03 PANES CON MARGARINA
		ALMUERZO	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
		CENA	SOPA DE SEMOLA CON HUEVOS REVUELTOS

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

RELACIÓN DE MENÚS PROPUESTOS PARA INTERNOS (AS) DEL E.P. DE CHICLAYO

DEL 21 DE JULIO AL 20 DE AGOSTO DEL 2019

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

N° DE MENÚ	FECHA	DETALLE DEL MENÚ	
17	MARTES	DESAYUNO	CHUFLA + 03 PANES CON MERMELADA
	06/08/2019	ALMUERZO	ARROZ CHAUFAS CON HOT DOG + POLLO + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
18	MIERCOLES	CENA	ARROZ GRANEADO + CHANFAINITA + INFUSION
	07/08/2019	DESAYUNO	KIWICHA CON LECHE + 03 PANES + 01 FRUTA (PLATANO DE SEDA)
19	JUEVES	ALMUERZO	ARROZ GRANEADO + CORAZON DE POLLO MECHADO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (NARANJA) + REFRESCO DE SOBRE
	08/08/2019	CENA	ARROZ CON LECHE + 02 PANES
20	VIERNES	DESAYUNO	LECHE + 03 PANES CON ACEITUNA
	09/08/2019	ALMUERZO	ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
21	SABADO	CENA	SOPA DE TRIGO + RES CON HUESO
	10/08/2019	DESAYUNO	AVENA + 03 PANES CON MANJAR BLANCO
22	DOMINGO	ALMUERZO	ARROZ GRANEADO + POTA GUIADA + MENESTRA (ARVEJA PARTIDA) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
	11/08/2019	CENA	ARROZ GRANEADO + ESTOFADO DE CORAZON DE POLLO + PAPAS + INFUSION
23	LUNES	DESAYUNO	AVENA CON LECHE + 03 PANES CON JAMONADA
	12/08/2019	ALMUERZO	ARROZ GRANEADO + CAU CAU DE POLLO + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
24	MARTES	CENA	MAIZENA CON LECHE + 02 PANES
	13/08/2019	DESAYUNO	QUINUA + 03 PANES CON QUESO
25	MIERCOLES	ALMUERZO	TALLARINES ROJOS + SECO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
	14/08/2019	CENA	ARROZ GRANEADO + MECHADO DE POLLO CON HUESO + INFUSION
26	JUEVES	DESAYUNO	CHUFLA + 03 PANES CON MERMELADA
	15/08/2019	ALMUERZO	ARROZ A LA JARDINERA + POLLO + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
27	VIERNES	CENA	ARROZ GRANEADO + CAU CAU + INFUSION
	16/08/2019	DESAYUNO	SOYA + 03 PANES CON MARGARINA
28	SABADO	ALMUERZO	ARROZ GRANEADO + PAVITA GUIADA + MENESTRA (LENTEJON) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
	17/08/2019	CENA	AGUADITO DE POLLO
29	DOMINGO	DESAYUNO	KIWICHA CON LECHE + 03 PANES + 01 FRUTA (PLATANO DE SEDA)
	18/08/2019	ALMUERZO	ARROZ GRANEADO + CORAZON DE POLLO GUIADO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (NARANJA) + REFRESCO DE SOBRE
30	LUNES	CENA	ARROZ CON LECHE + 02 PANES
	19/08/2019	DESAYUNO	LECHE + 03 PANES CON ACEITUNA
31	MARTES	ALMUERZO	ARROZ GRANEADO + CHANFAINITA + ENSALADA (REPOLLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE
	20/08/2019	CENA	SOPA DE FIDEOS CON VERDURAS + RES CON HUESO

CONTRATISTA



Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA



Lic. Marjith Alvarado Vergaray
NUTRICIONISTA

CNP : 4483

FORMATO N° 01 - A

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

21/07/2019 04/08/2019 18/08/2019

MENÚ N° 1 15 29

ALIMENTO	PESO 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	47.00	0.16	0.00	47.19	0.00	0.00	188.73	188.73
SUB TOTAL		16.42	4.89	124.19	65.03	44.05	496.75	605.83
					V.C. DESAYUNO			605.83
					% DIST. DESAYUNO			24%
ALMUERZO: TALLARINES ROJOS + ESTOFADO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE								
FIDEO TALLARIN	150.00	14.25	0.15	104.40	57.00	1.35	417.60	475.95
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	22.30	8.40	0.90	89.20	98.50
ACEITE VEGETAL	34.00	0.00	34.00	0.00	0.00	306.00	0.00	306.00
PEPINILLOS	35.00	0.18	0.04	0.91	0.70	0.32	3.64	4.66
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	0.00	0.00	9.91	0.00	0.00	39.64	39.64
AZUCAR RUBIA	47.00	0.16	0.00	46.21	0.00	0.00	184.80	184.80
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SUB TOTAL		52.14	37.48	225.67	207.90	336.94	902.66	1447.50
					V. C. ALMUERZO			1447.50
					% DIST. ALMUERZO			56%
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	1.00	0.00	1.00	0.00	0.00	9.00	0.00	9.00
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	6.00	0.02	0.00	5.89	0.00	0.00	23.59	23.59
SUB TOTAL		25.77	11.69	77.15	103.03	105.13	308.67	516.83
					V. C. CENA			516.83
					% DIST. CENA			20%
	VCT (Gr.)	94.33648	54.06	427.01326				
	VCT (Kcal.)	375.96	486.12	1708.0819				
	VCT (%)	15%	19%	66%				
					V. C. T. MENU			100%
								2570

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjeth Alvarado Vergaray
NUTRICIONISTA
CNP: 4483

FORMATO N° 01 - A

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

22/07/2019 05/08/2019 19/08/2019

MENÚ N° 2 16 30

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: 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	25.00	0.09	0.00	24.57	0.00	0.00	98.30	98.30
SUB TOTAL		14.82	21.11	90.98	58.92	189.95	363.92	612.79
					V.C. DESAYUNO			612.79
					% DIST. DESAYUNO			24%
ALMUERZO: ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA (LENTEJON) + 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
PAVITA	160.00	32.16	32.32	0.00	128.64	290.88	0.00	419.52
LENTEJAS SECAS	80.00	18.56	0.88	48.8	74.24	7.92	195.2	277.36
AJOS	3.00	0.17	0.02	0.91	0.67	0.22	3.65	4.54
PEPINILLOS	35.00	0.18	0.04	0.91	0.70	0.32	3.64	4.66
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	10.00	0	10	0	0	90	0.00	90.00
REFRESCO DE SOBRE	10.00	0.00	0.00	9.91	0.00	0.00	39.64	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	6.00	0.02	0.00	5.89	0.00	0.00	23.59	23.59
LIMON	3.00	0.02	0	0.29	0.06	0.05	1.16	1.27
SUB TOTAL		65.95	44.57	218.18	263.68	401.13	872.78	1537.59
					V. C. ALMUERZO			1537.59
					% DIST. ALMUERZO			60%
CENA: SOPA DE SEMOLA CON HUEVOS REVUELTOS								
SEMOLA	40.00	3.12	0.44	31.36	12.48	3.96	125.44	141.88
HUEVOS	30.00	4.05	2.52	0.57	16.20	22.68	2.28	41.16
PORO	20.00	0.54	0.16	1.52	2.16	1.44	6.08	9.68
APIO	20.00	0.14	0.04	0.96	0.56	0.36	3.84	4.76
ACEITE VEGETAL	11.00	0	11	0	0	99	0.00	99.00
PAPA BLANCA	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.50
ZANAHORIA	30.00	0.18	0.15	2.76	0.72	1.35	11.04	13.11
SUB TOTAL		10.13	14.41	59.47	40.52	129.69	237.88	408.09
					V. C. CENA			408.09
					% DIST. CENA			16%
	VCT (Gr.)	90.903	80.09	368.6314				
	VCT (Kcal.)	363.12	720.77	1474.5776				
	VCT (%)	14%	28%	58%				
					V. C. T. MENU			100%
								2558

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP 4483

FORMATO N° 01 - A

28

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

23/07/2019 06/08/2019 20/08/2019

MENÚ N° 3 17 31

ALIMENTO	PESO 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
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	47.00	0.16	0.00	46.21	0.00	0.00	184.80	184.80
MERMELADA	30.00	0.12	0.06	17.58	0.48	0.54	70.32	71.34
SUB TOTAL		10.54	1.59	143.35	41.52	14.31	573.362	629.19
					V.C. DESAYUNO			629.19
					% DIST. DESAYUNO			25%
ALMUERZO: ARROZ CHAUFA CON HOT DOG + POLLO + 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
POLLO CON HUESO	120.00	21.84	12.24	0.00	87.36	110.16	0.00	197.52
HUEVOS	30.00	4.05	2.52	0.57	16.20	22.68	2.28	41.16
HOT DOG DE POLLO	20.00	2.20	6.86	0.00	8.80	61.74	0.00	70.54
AZUCAR RUBIA	16.00	0.06	0.00	15.73	0.00	0.00	62.91	62.91
CEBOLLA CHINA	25.00	0.58	0.10	1.88	2.30	0.90	7.50	10.70
PEPINILLOS	35.00	0.18	0.04	0.91	0.70	0.32	3.64	4.66
CEBOLLA	30.00	0.42	0.06	3.39	1.68	0.54	13.56	15.78
TOMATE	20.00	0.16	0.04	0.86	0.64	0.36	3.44	4.44
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SILLAO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
VINAGRE	2.00	0.00	0.00	0.10	0.00	0.00	0.40	0.40
ACEITE VEGETAL	32.00	0.00	32.00	0.00	0.00	288.00	0.00	288.00
REFRESCO DE SOBRE	10.00	0.00	0.00	9.91	0.00	0.00	39.64	39.64
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SUB TOTAL		44.28	55.17	184.48	176.86	496.53	737.89	1411.28
					V. C. ALMUERZO			1411.28
					% DIST. ALMUERZO			55%
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	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.50
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	2.00	0.00	5.00	2.00	0.00	18.00	0.00	18.00
CEBOLLA	8.00	0.11	0.02	0.90	0.45	0.14	3.62	4.21
AZUCAR RUBIA	6.00	0.02	0.00	5.89	0.00	0.00	23.59	23.59
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		17.843	6.96	101.85	71.28	35.63	399.45	506.36
					V. C. CENA			506.36
					% DIST. CENA			20%
	VCT (Gr.)	72.67	63.72	429.68				
	VCT (Kcal.)	289.66	546.47	1710.7019				
	VCT (%)	11%	21%	67%				
					V. C. T. MENU			100%
								2547

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vergara
NUTRICIONISTA
CNP: 4483

FORMATO N° 01 - A

27

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

24/07/2019 07/08/2019

MENÚ N° 4 18

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: KIWICHA CON LECHE + 03 PANES + 01 FRUTA (PLATANO DE SEDA)								
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
PLATANO DE SEDA	150.00	2.25	0.45	31.50	9	4.05	126.000	139.05
AZUCAR RUBIA	17.00	0.06	0.00	16.71	0.00	0.00	66.84	66.84
SUB TOTAL		18.15	8.08	129.39	72.34	72.68	517.54	662.56
					V.C. DESAYUNO			662.56
					% DIST. DESAYUNO			26%
ALMUERZO: ARROZ GRANEADO + CORAZON DE POLLO MECHADO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (NARANJA) + 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	40.00	0.56	0.08	4.52	2.24	0.72	18.08	21.04
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
TOMATE	35.00	0.28	0.07	1.51	1.12	0.63	6.02	7.77
ACHIOTE MOLIDO	1.50	0.10	0.07	1.17	0.40	0.62	4.69	5.71
COL SILVESTRE	35.00	0.88	0.21	4.24	3.50	1.89	16.94	22.33
ACEITE VEGETAL	23.00	0.00	23.00	0.00	0.00	207.00	0.00	207.00
NARANJA	150.00	0.75	0.30	12.30	3.00	2.70	49.20	54.90
SAL	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
REFRESCO DE SOBRE	10.00	0.00	0.00	9.91	0.00	0.00	39.64	39.64
AZUCAR RUBIA	21.00	0.07	0.00	20.64	0.00	0.00	82.57	82.57
LIMON	3.00	0.02	0.01	0.29	0.06	0.05	1.16	1.27
SUB TOTAL		53.04	34.11	223.10	211.81	306.94	892.43	1411.18
					V. C. ALMUERZO			1411.18
					% DIST. ALMUERZO			56%
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	21.00	0.07	0.00	20.64	0.00	0.00	82.57	82.57
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		11.89	4.37	95.49	47.28	39.33	381.97	468.58
					V. C. CENA			468.58
					% DIST. CENA			18%
	VCT (Gr.)	83.075	46.56	447.98				
	VCT (Kcal.)	331.43	418.95	1791.94				
	VCT (%)	13%	16%	70%				
					V. C. T. MENU			2542

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marilyn Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

FORMATO N° 01 - A

26

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

25/07/2019 08/08/2019

MENÚ N° 5 19

ALIMENTO	PESO 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	173.40
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	35.00	0.08	0	34.41	0	0	137.62	137.62
SUB TOTAL		16.36	22.74	107.83	65.12	204.66	431.30	701.08
					V.C. DESAYUNO			701.08
					% 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
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
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
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	22.30	8.40	0.90	89.20	98.50
HIERBA BUENA	5.00	0.16	0.05	0.35	0.62	0.45	1.40	2.47
AZUCAR RUBIA	35.00	0.08	0	34.41	0	0	137.62	137.62
ACEITE VEGETAL	29.00	0.00	29.00	0.00	0.00	261.00	0.00	261.00
REFRESCO DE SOBRE	10.00	0.00	0.00	9.91	0.00	0.00	39.64	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		36.57	34.36	229.10	145.92	309.24	916.37	1371.53
					V. C. ALMUERZO			1371.53
					% DIST. ALMUERZO			54%
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	4.50
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	100.00	2.10	0.10	22.3	8.40	0.90	89.2	98.50
SUB TOTAL		28.89	7.89	64.98	115.52	71.02	259.91	446.45
					V. C. CENA			446.45
					% DIST. CENA			18%
VCT (Gr.)	81.82	64.99	401.91					
VCT (Kcal.)	326.56	584.92	1607.58					
VCT (%)	13%	23%	64%					
					V. C. T. MENU			2519

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjita Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

FORMATO N° 01 - A

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

26/07/2019 09/08/2019

MENÚ N° 6 20

ALIMENTO	PESO 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	30.00	0.10	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
MANJAR BLANCO	30.00	13.26	2.76	16.11	9.48	24.84	64.44	98.76
SUB TOTAL		23.62	4.29	125.16	50.52	38.61	500.64	589.77
					V.C. DESAYUNO			589.77
					% DIST. DESAYUNO			23%
ALMUERZO: ARROZ GRANEADO + POTA GUISADA + 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
POTA	100.00	10.60	0.20	0.00	42.40	1.80	0.00	44.20
ARVEJA PARTIDA	80.00	17.36	2.56	48.88	69.44	23.04	195.52	288.00
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
PEPINILLOS	30.00	0.15	0.03	0.78	0.60	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	26.00	0.00	26.00	0.00	0.00	234.00	0.00	234.00
AZUCAR RUBIA	30.00	0.10	0.00	29.49	0.00	0.00	117.96	117.96
REFRESCO DE SOBRE	10.00	0.00	0.00	9.91	0.00	0.00	39.64	39.64
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SUB TOTAL		43.03	30.04	240.16	171.73	270.36	960.65	1402.74
					V. C. ALMUERZO			1402.74
					% DIST. ALMUERZO			55%
CENA: ARROZ GRANEADO + ESTOFADO DE CORAZON DE POLLO + 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	44.6	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	6.00	0.02	0.00	5.89	0.00	0.00	23.59	23.59
ACEITE VEGETAL	3.00	0.00	3.00	0.00	0.00	27.00	0.00	27.00
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		25.123	9.19	90.49	100.35	82.72	361.98	545.05
					V. C. CENA			545.05
					% DIST. CENA			21%
VCT (Gr.)	91.77	43.52	455.81					
VCT (Kcal.)	322.60	391.69	1823.27					
VCT (%)	13%	15%	72%					
					V. C. T. MENU			100%
								2538

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

FORMATO N° 01 - A

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

27/07/2019 10/08/2019

MENÚ N° 7 21

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: AVENA CON LECHE + 03 PANES CON JAMONADA								
AVENA	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
JAMONADA	30.00	4.71	8.85	0.00	18.84	79.65	0.00	98.49
AZUCAR RUBIA	16.00	0.06	0.00	15.73	0.00	0.00	62.91	62.91
SUB TOTAL		20.56	15.70	98.78	81.98	141.30	395.11	618.39
					V.C. DESAYUNO			618.39
					% DIST. DESAYUNO			24%
ALMUERZO: ARROZ GRANEADO + CAU CAU DE POLLO + 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	23.04	24.16	0.00	92.16	217.44	0.00	309.60
PAPA BLANCA	100.00	2.10	0.10	22.30	8.40	0.90	89.20	98.50
ACHIOTE MOLIDO	0.50	0.03	0.02	0.39	0.13	0.21	1.56	1.90
AZUCAR RUBIA	21.00	0.07	0.00	20.64	0.00	0.00	82.57	82.57
CHOCLO DESGRANADO	20.00	0.76	0.20	5.86	3.04	1.80	23.44	28.28
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
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
COL SILVESTRE	35.00	0.88	0.21	4.24	3.50	1.89	16.94	22.33
HIERBA BUENA	5.00	0.16	0.05	0.35	0.62	0.45	1.40	2.47
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
CEBOLLA	40.00	0.56	0.08	4.52	2.24	0.72	18.08	21.04
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	0.00	0.00	9.91	0.00	0.00	39.64	39.64
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SUB TOTAL		43.98	41.39	225.38	175.61	372.54	901.51	1449.66
					V. C. ALMUERZO			1449.66
					% DIST. ALMUERZO			57%
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	16.00	0.06	0.00	15.73	0.00	0.00	62.91	62.91
SUB TOTAL		8.90	4.27	102.81	35.36	38.43	411.23	485.02
					V. C. CENA			485.02
					% DIST. CENA			19%
VCT (Gr.)	73.435	61.36	426.965					
VCT (Kcal.)	292.95	552.27	1707.85					
VCT (%)	11%	22%	67%					
					V. C. T. MENU		100%	2553

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

FORMATO N° 01 - A

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

28/07/2019 11/08/2019

MENÚ N° 8 22

ALIMENTO	PESO 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	47.00	0.16	0.00	47.19	0.00	0.00	188.73	188.73
SUB TOTAL		16.42	4.89	124.19	65.03	44.05	496.75	605.83
					V.C. DESAYUNO			605.83
					% DIST. DESAYUNO			23%
ALMUERZO: TALLARINES ROJOS + SECO DE RES CON HUESO (PICADO) + ENSALADA (PEPINILLO) + FRUTA (PLATANO DE SEDA) + REFRESCO DE SOBRE								
FIDEO TALLARIN	150.00	14.25	0.15	104.40	57.00	1.35	417.60	475.95
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	22.30	8.40	0.90	89.20	98.50
ACEITE VEGETAL	30.00	0.00	30.00	0.00	0.00	342.00	0.00	342.00
PEPINILLOS	35.00	0.18	0.04	0.91	0.70	0.32	3.64	4.66
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	28.00	0.39	0.06	3.16	1.57	0.50	12.66	14.73
CULANTRO	10.00	0.30	0.10	0.70	1.30	1.20	2.80	5.30
ZAPALLO	10.00	0.07	0.02	0.64	0.28	0.18	2.56	3.02
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
REFRESCO DE SOBRE	10.00	0.00	0.00	9.91	0.00	0.00	39.64	39.64
AZUCAR RUBIA	47.00	0.16	0.00	46.21	0.00	0.00	184.80	184.80
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SUB TOTAL		52.03	33.47	223.53	207.59	373.46	894.11	1475.16
					V. C. ALMUERZO			1475.16
					% DIST. ALMUERZO			57%
CENA: ARROZ GRANEADO + MECHADO 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	1.00	0.00	1.00	0.00	0.00	9.00	0.00	9.00
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	6.00	0.02	0.00	5.89	0.00	0.00	23.59	23.59
SUB TOTAL		25.77	11.69	77.15	103.03	105.13	308.67	516.83
					V. C. CENA			516.83
					% DIST. CENA			20%
VCT (Gr.)	94.22648	50.05	424.87326					
VCT (Kcal.)	375.65	522.64	1699.5319					
VCT (%)	14%	20%	65%					
					V. C. T. MENU			100%
								2598

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

FORMATO N° 01 - A

22

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

29/07/2019 12/08/2019

MENÚ N° 9 23

ALIMENTO	PESO 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
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	47.00	0.16	0.00	46.21	0.00	0.00	184.80	184.80
MERMELADA	30.00	0.12	0.06	17.58	0.48	0.54	70.32	71.34
SUB TOTAL		10.54	1.59	143.35	41.52	14.31	573.362	629.19
					V.C. DESAYUNO			629.19
					% DIST. DESAYUNO			25%
ALMUERZO: ARROZ A LA JARDINERA + POLLO + 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
POLLO CON HUESO	120.00	21.84	12.24	0.00	87.36	110.16	0.00	197.52
ARVEJAS FRESCAS	10.00	0.71	0.06	1.86	2.84	0.54	7.52	10.90
ZANAHORIA	20.00	0.12	0.10	1.84	0.48	0.90	7.36	8.74
CHOCLO DESGRANADO	20.00	0.76	0.20	5.86	3.04	1.80	23.44	28.28
PEPINILLOS	35.00	0.18	0.04	0.91	0.70	0.32	3.64	4.66
CEBOLLA	20.00	0.28	0.04	2.26	1.12	0.36	9.04	10.52
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
AJI AMARILLO	3.00	0.03	0.02	0.26	0.11	0.19	1.06	1.36
AZUCAR RUBIA	30.00	0.10	0.00	29.49	0.00	0.00	117.96	117.96
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
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
VINAGRE	2.00	0.00	0.00	0.10	0.00	0.00	0.40	0.40
ACEITE VEGETAL	35.00	0.00	35.00	0.00	0.00	315.00	0.00	315.00
REFRESCO DE SOBRE	10.00	0.00	0.00	9.91	0.00	0.00	39.64	39.64
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SUB TOTAL		38.81	49.01	203.62	154.83	441.10	814.58	1410.51
					V. C. ALMUERZO			1410.51
					% DIST. ALMUERZO			55%
CENA: ARROZ GRANEADO + CAU CAU + INFUSION								
ARROZ	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
MONDONGO DE RES	100.00	16.90	3.50	0.00	67.60	31.50	0.00	99.10
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	1.00	0.00	2.50	1.00	0.00	9.00	0.00	9.00
CEBOLLA	8.00	0.11	0.02	0.90	0.45	0.14	3.62	4.21
AZUCAR RUBIA	6.00	0.02	0.00	5.89	0.00	0.00	23.59	23.59
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		25.653	6.59	89.7	102.52	45.8	354.85	503.17
					V. C. CENA			503.17
					% DIST. CENA			20%
	VCT (Gr.)	75.00648	57.19	436.67326				
	VCT (Kcal.)	298.87	501.21	1742.7919				
	VCT (%)	12%	20%	69%				
					V. C. T. MENU			100%
								2543

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

FORMATO N° 01 - A

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

30/07/2019 13/08/2019

MENÚ N° 10 24

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: 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	6.00	0.02	0.00	5.89	0.00	0.00	23.59	23.59
SUB TOTAL		14.75	21.11	72.30	58.92	189.95	289.21	538.08
					V.C. DESAYUNO			538.08
					% DIST. DESAYUNO			21%
ALMUERZO: ARROZ GRANEADO + PAVITA GUISADA + MENESTRA (LENTEJON) + 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
PAVITA	160.00	32.16	32.32	0.00	128.64	290.88	0.00	419.52
LENTEJAS SECAS	80.00	18.56	0.88	48.8	74.24	7.92	195.2	277.36
AJOS	3.00	0.17	0.02	0.91	0.67	0.22	3.65	4.54
PEPINILLOS	35.00	0.18	0.04	0.91	0.70	0.32	3.64	4.66
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	8.00	0	8	0	0	72	0.00	72.00
REFRESCO DE SOBRE	10.00	0.00	0.00	9.91	0.00	0.00	39.64	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	6.00	0.02	0.00	5.89	0.00	0.00	23.59	23.59
LIMON	3.00	0.02	0	0.29	0.06	0.05	1.16	1.27
SUB TOTAL		65.95	42.57	218.18	263.68	383.13	872.78	1519.59
					V. C. ALMUERZO			1519.59
					% DIST. ALMUERZO			60%
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	50.00	1.05	0.05	11.15	4.20	0.45	44.6	49.25
ARVEJAS FRESCAS	15.00	1.07	0.09	2.82	4.26	0.81	11.28	16.35
ZANAHORIA	15.00	0.09	0.80	1.38	0.36	0.68	5.52	6.56
ACEITE VEGETAL	7.00	0.00	7.00	0.00	0.00	63.00	0.00	63.00
SUB TOTAL		24.51	18.39	76.55	98.02	158.99	217.00	474.01
					V. C. CENA			474.01
					% DIST. CENA			19%
	VCT (Gr.)	105.22	82.07	367.03				
	VCT (Kcal.)	420.62	732.07	1378.99				
	VCT (%)	17%	29%	54%				
					V. C. T. MENU			2532
							100%	

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
ONP : 4483

FORMATO N° 01 - A

20

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

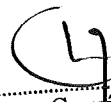
31/07/2019 14/08/2019

MENÚ N° 11 25

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: KIWICHA CON LECHE + 03 PANES + 01 FRUTA (PLATANO DE SEDA)								
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
PLATANO DE SEDA	150.00	2.25	0.45	31.50	9	4.05	126.000	139.05
AZUCAR RUBIA	17.00	0.06	0.00	16.71	0.00	0.00	66.84	66.84
SUB TOTAL		18.15	8.08	129.39	72.34	72.68	517.54	662.56
					V.C. DESAYUNO			662.56
					% DIST. DESAYUNO			26%
ALMUERZO: ARROZ GRANEADO + CORAZON DE POLLO GUISADO + MENESTRA (ARVEJA AMARILLA) + ENSALADA (REPOLLO) + FRUTA (NARANJA) + 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	40.00	0.56	0.08	4.52	2.24	0.72	18.08	21.04
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
TOMATE	35.00	0.28	0.07	1.51	1.12	0.63	6.02	7.77
ACHIOTE MOLIDO	1.50	0.10	0.07	1.17	0.40	0.62	4.69	5.71
COL SILVESTRE	35.00	0.88	0.21	4.24	3.50	1.89	16.94	22.33
ACEITE VEGETAL	24.00	0.00	24.00	0.00	0.00	216.00	0.00	216.00
NARANJA	150.00	0.75	0.30	12.30	3.00	2.70	49.20	54.90
SAL	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
REFRESCO DE SOBRE	10.00	0.00	0.00	9.91	0.00	0.00	39.64	39.64
AZUCAR RUBIA	21.00	0.07	0.00	20.64	0.00	0.00	82.57	82.57
LIMON	3.00	0.02	0.01	0.29	0.06	0.05	1.16	1.27
SUB TOTAL		53.04	35.11	223.10	211.81	315.94	892.43	1420.18
					V. C. ALMUERZO			1420.18
					% DIST. ALMUERZO			56%
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	21.00	0.07	0.00	20.64	0.00	0.00	82.57	82.57
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		11.89	4.37	95.49	47.28	39.33	381.97	468.58
					V. C. CENA			468.58
					% DIST. CENA			18%
	VCT (Gr.)	83.075	47.56	447.98				
	VCT (Kcal.)	331.43	427.95	1791.94				
	VCT (%)	13%	17%	70%				
					V. C. T. MENU			100%
								2551

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Lic. Marjith Alvarado Vergaray
N.º 483

FORMATO N° 01 - A

19

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

01/08/2019 15/08/2019

MENÚ N° 12 26

ALIMENTO	PESO 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	173.40
AZUCAR RUBIA	47.00	0.16	0.00	46.21	0.00	0.00	184.80	184.80
PAN	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
SUB TOTAL		16.44	22.74	119.63	65.12	204.66	478.48	748.26
					V.C. DESAYUNO			748.26
					% DIST. DESAYUNO			29%
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	30.00	0.24	0.06	1.29	0.96	0.54	5.16	6.66
CEBOLLA	28.00	0.39	0.06	3.16	1.57	0.50	12.66	14.73
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	47.00	0.16	0.00	46.21	0.00	0.00	184.80	184.80
ACEITE VEGETAL	25.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
REFRESCO DE SOBRE	10.00	0.00	0.00	9.91	0.00	0.00	39.64	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		32.19	29.52	239.33	128.12	261.55	955.28	1344.95
					V. C. ALMUERZO			1344.95
					% DIST. ALMUERZO			53%
CENA: SOPA DE FIDEOS CON VERDURAS + RES CON HUESO								
FIDEO SURTIDOS	30.00	2.82	0.60	23.46	11.28	0.54	93.84	105.66
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	4.50
APIO	20.00	0.14	0.04	0.96	0.56	0.36	3.84	4.76
OREGANO SECO	0.50	0.01	0	0.06	0.03	0.02	0.23	0.28
PORO	18.00	0.49	0.14	1.37	1.94	1.30	5.47	8.71
ZANAHORIA	20.00	0.12	0.10	1.84	0.48	0.90	7.36	8.74
ACEITE VEGETAL	19.00	0.00	19.00	0.00	0.00	171.00	0.00	171.00
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PAPA BLANCA	50.00	1.05	0.05	11.15	4.20	0.45	44.6	49.25
SUB TOTAL		26.04	21.56	39.80	104.11	189.21	159.18	452.50
					V. C. CENA			452.50
					% DIST. CENA			18%
VCT (Gr.)	74.67696	73.82	398.76652					
VCT (Kcal.)	297.35	655.42	1592.9438					
VCT (%)	12%	26%	63%					
					V. C. T. MENU			100%
								2546

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

FORMATO N° 01 - A

18

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

02/08/2019 16/08/2019

MENÚ N° 13 27

ALIMENTO	PESO 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	30.00	0.10	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
MANJAR BLANCO	30.00	13.26	2.76	16.11	9.48	24.84	64.44	98.76
SUB TOTAL		23.62	4.29	125.16	50.52	38.61	500.64	589.77
					V.C. DESAYUNO			589.77
					% DIST. DESAYUNO			21%
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	220.00	47.52	8.58	0.66	190.08	77.22	2.64	269.94
ARVEJA PARTIDA	80.00	17.36	2.56	48.88	69.44	23.04	195.52	288.00
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
PEPINILLOS	30.00	0.15	0.03	0.78	0.60	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	26.00	0.00	26.00	0.00	0.00	234.00	0.00	234.00
AZUCAR RUBIA	30.00	0.10	0.00	29.49	0.00	0.00	117.96	117.96
REFRESCO DE SOBRE	10.00	0.00	0.00	9.91	0.00	0.00	39.64	39.64
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SUB TOTAL		79.95	38.42	240.82	319.41	345.78	963.29	1628.48
					V. C. ALMUERZO			1628.48
					% DIST. ALMUERZO			59%
CENA: ARROZ GRANEADO + GUIZO DE CORAZON DE POLLO + 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	44.6	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	6.00	0.02	0.00	5.89	0.00	0.00	23.59	23.59
ACEITE VEGETAL	3.00	0.00	3.00	0.00	0.00	27.00	0.00	27.00
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		25.123	9.19	90.49	100.35	82.72	361.98	545.05
					V. C. CENA			545.05
					% DIST. CENA			20%
VCT (Gr.)	128.69	51.9	456.47					
VCT (Kcal.)	470.28	467.11	1825.91					
VCT (%)	17%	17%	66%					
					V. C. T. MENU		100%	2763

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vargaray
NUTRICIONISTA
CNP : 4493

FORMATO N° 01 - A

17

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

03/08/2019 17/08/2019

MENÚ N° 14 28

ALIMENTO	PESO 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	30.00	0.10	0.00	29.49	0.00	0.00	117.96	117.96
SUB TOTAL		20.60	15.70	112.54	81.98	141.30	450.16	673.44
					V.C. DESAYUNO			673.44
					% DIST. DESAYUNO			26%
ALMUERZO: ARROZ GRANEADO + SECO DE POLLO + 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	180.00	23.04	24.16	0.00	92.16	217.44	0.00	309.60
PAPA BLANCA	100.00	2.10	0.10	22.30	8.40	0.90	89.20	98.50
ACHIOTE MOLIDO	0.50	0.03	0.02	0.39	0.13	0.21	1.56	1.90
AZUCAR RUBIA	30.00	0.10	0.00	29.49	0.00	0.00	117.96	117.96
COL SILVESTRE	35.00	0.88	0.21	4.24	3.50	1.89	16.94	22.33
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
CULANTRO	10.00	0.30	0.10	0.70	1.30	1.20	2.80	5.30
ZAPALLO	10.00	0.07	0.02	0.64	0.28	0.18	2.56	3.02
CEBOLLA	40.00	0.56	0.08	4.52	2.24	0.72	18.08	21.04
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	12.00	0.00	12.00	0.00	0.00	108.00	0.00	108.00
REFresco DE SOBRE	10.00	0.00	0.00	9.91	0.00	0.00	39.64	39.64
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SUB TOTAL		41.87	38.00	223.32	167.19	342.37	893.26	1402.82
					V. C. ALMUERZO			1402.82
					% DIST. ALMUERZO			55%
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	16.00	0.06	0.00	15.73	0.00	0.00	62.91	62.91
SUB TOTAL		8.90	4.27	102.81	35.36	38.43	411.23	485.02
					V. C. CENA			485.02
					% DIST. CENA			19%
VCT (Gr.)	71.365	57.97	438.665					
VCT (Kcal.)	284.53	522.1	1754.65					
VCT (%)	11%	20%	69%					
					V. C. T. MENU		100%	2561

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP: 4483

RELACIÓN DE MENÚS PROPUESTOS PARA NIÑOS DEL E.P. CHICLAYO

DEL 21 DE JULIO AL 20 DE AGOSTO DE 2019

MENÚ CON APOORTE MÍNIMO DE 750 KILOCALORIAS POR DÍA

N°	FECHA	DESAYUNO	MEDIA MAÑANA	ALMUERZO	MEDIA TARDE	CENA
1	DOMINGO	SOYA + 01 PAN CON HUEVO SANCOCHADO	LECHE	ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	21/07/2019					
2	LUNES	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
	22/07/2019					
3	MARTES	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
	23/07/2019					
4	MIERCOLES	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
	24/07/2019					
5	JUEVES	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
	25/07/2019					
6	VIERNES	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
	26/07/2019					
7	SABADO	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
	27/07/2019					
8	DOMINGO	SOYA + 01 PAN CON JAMONADA	LECHE	ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	28/07/2019					
9	LUNES	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
	29/07/2019					
10	MARTES	AVENA CON LECHE + 01 PAN CON ACEITUNA	JUGO DE PAPAYA	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + LIMONADA	MANZANA PICADA EN ALMIBAR	LECHE EVAPORADA
	30/07/2019					
11	MIERCOLES	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
	31/07/2019					
12	JUEVES	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
	01/08/2019					
13	VIERNES	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
	02/08/2019					
14	SABADO	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
	03/08/2019					
15	DOMINGO	SOYA + 01 PAN CON HUEVO SANCOCHADO	LECHE	ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	04/08/2019					
16	LUNES	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
	05/08/2019					

CONTRATISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

RELACIÓN DE MENÚS PROPUESTOS PARA NIÑOS DEL E.P. CHICLAYO

DEL 21 DE JULIO AL 20 DE AGOSTO DE 2019

MENÚ CON APORTE MÍNIMO DE 750 KILOCALORIAS POR DÍA

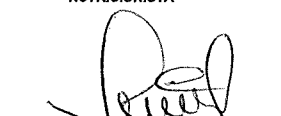
Nº	FECHA	DESAYUNO	MEDIA MAÑANA	ALMUERZO	MEDIA TARDE	CENA
17	MARTES	AVENA CON LECHE + 01 PAN CON ACEITUNA	JUGO DE PAPAYA	ARROZ GRANEADO + POLLO A LA PLANCHA + PAPA FRITA + ENSALADA + LIMONADA	MANZANA PICADA EN ALMIBAR	LECHE EVAPORADA
	06/08/2019					
18	MIÉRCOLES	LECHE CON QUINUA + 01 PAN CON ATUN	MANGO CON LECHE	ARROZ GRANEADO + HIGADO FRITO + PURE DE ESPINACA + ENSALADA + INFUSION	COMPOTA DE MANZANA	SOPA DE SEMOLA + POLLO + INFUSION
	07/08/2019					
19	JUEVES	LECHE + 01 PAN CON HUEVO DURO	JUGO DE MANGO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSIÓN	PIÑA EN ALMIBAR	AGUADITO CON MENUDENCIA DE POLLO + INFUSIÓN
	08/08/2019					
20	VIERNES	KIWICHA CON LECHE + 01 PAN CON QUESO	FRESA CON LECHE	ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSIÓN	MANZANA EN ALMIBAR	SOPA A LA MINUTA CON POLLO + INFUSIÓN
	09/08/2019					
21	SABADO	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
	10/08/2019					
22	DOMINGO	SOYA + 01 PAN CON JAMONADA	LECHE	ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	11/08/2019					
23	LUNES	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
	12/08/2019					
24	MARTES	AVENA CON LECHE + 01 PAN CON ACEITUNA	JUGO DE PAPAYA	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + LIMONADA	MANZANA PICADA EN ALMIBAR	LECHE EVAPORADA
	13/08/2019					
25	MIÉRCOLES	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
	14/08/2019					
26	JUEVES	QUINUA CON LECHE + 01 PAN CON HOT DOG	JUGO DE MANGO	ARROZ GRANEADO + PESCADO FRITO + PURE DE ZAPALLO + ENSALADA + FRUTA + INFUSIÓN	MAZAMORRA DE NARANJA	ARROZ GRANEADO + LOCRO DE ZAPALLO + INFUSION
	15/08/2019					
27	VIERNES	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
	16/08/2019					
28	SABADO	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
	17/08/2019					
29	SABADO	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
	18/08/2019					
30	DOMINGO	SOYA + 01 PAN CON HUEVO SANCOCHADO	LECHE	ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	19/08/2019					
31	LUNES	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
	20/08/2019					

CONTRATISTA



Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA



Lic. Marjith Alvarado Vengaray
NUTRICIONISTA
CNP : 4483

FORMATO - B

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

MENÚ N° 1 15 29

ALIMENTO	PESO BRUTO	KCAL	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % 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	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		205.90	14.91	8.04	37.06	59.64	72.36	148.24	280.24
VCT. DES.						280.24			20%

MEDIA MAÑANA LECHE									
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
SUB TOTAL		133.60	5.60	6.48	13.64	22.40	58.32	54.54	135.26
						VCT. DES.	135.26		10%

ALMUERZO: ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION									
ARROZ	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	60.00	91.80	10.92	6.12	0.00	43.68	55.08	0.00	98.76
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
SUB TOTAL		513.01	20.83	14.96	75.96	83.30	134.60	303.80	521.70
						VCT. ALM.	521.70		38%

MEDIA TARDE MAZAMORRA MORADA									
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	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	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		160.80	1.58	0.72	37.50	6.32	6.48	149.98	162.78
						VCT. DES.	162.78		12%

CENA LECHE EVAPORADA + 01 PAN									
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	3.00	0.00	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		266.05	11.27	10.19	35.72	45.08	91.67	142.86	279.61
						VCT. CEN.	279.61		20%

VCT (Gr.)	54.19	40.39	199.88
VCT (Kcal.)	216.74	363.43	799.42
VCT (%)	16%	26%	58%
		VCT. MENU	1380
			100%

CONTRATISTA

Lauriano Garcia Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Lic. Marjith Alvarado Vargaray
NUTRICIONISTA
CNP : 4483

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

MENÚ N° 2 16 30

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENU
	(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	76.58	87.18
POLLO	25.00	0.00	4.55	2.55	0.00	18.20	22.95	0.00	41.15
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		241.82	14.07	10.71	32.99	56.28	96.39	131.96	284.63
						VCT. DES.	284.63		20%

MEDIA MAÑANA PLATANO DE LA ISLA PICADO									
PLATANO DE LA ISLA	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 AL SILLAO CON PAPA + ENSALADA + INFUSIÓN									
ARROZ	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	60.00	64.80	12.36	2.16	0.00	49.44	19.44	0.00	68.88
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
SUB TOTAL		514.59	18.45	12.68	83.37	73.78	114.14	333.45	521.37
						VCT. ALM.	521.37		37%

MEDIA TARDE MAIZENA CON LECHE									
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
SUB TOTAL		181.82	5.02	5.71	27.92	20.08	51.39	111.68	183.15
						VCT. DES.	183.15		13%

CENA ARROZ GRANEADO + TORTILLA DE ESPINACA + INFUSIÓN									
ARROZ	50.00	179.50	4.10	0.25	38.90	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	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		281.59	11.12	7.53	43.86	44.48	67.77	175.44	287.69
						VCT. CEN.	287.69		20%

VCT (Gr.)	50.91	37.08	219.64
VCT (Kcal.)	203.62	333.74	878.53
VCT (%)	14%	24%	62%

VCT. MENU 1416 100%

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

FORMATO - B

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

MENÚ N° 3 17 31

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % 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	60.00	85.80	4.20	4.86	6.54	16.80	43.97	26.16	86.93
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		166.72	9.58	13.75	44.86	38.32	123.94	179.42	341.68
						VCT. DES.	341.68		20%

MEDIA MAÑANA JUGO DE PAPAYA									
PAPAYA	140.00	40.32	0.56	0.14	11.46	2.24	1.26	45.92	49.42
AZUCAR REFINADA	30.00	115.20	0.00	0.00	29.49	0.00	0.00	107.25	107.25
SUB TOTAL		155.52	0.56	0.14	40.95	2.24	1.26	153.17	156.67
						VCT. DES.	156.67		9%

ALMUERZO: ARROZ GRANEADO + POLLO A LA PLANCHA + PAPA FRITA + ENSALADA + LIMONADA									
ARROZ	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	60.00	91.80	10.92	6.12	0.00	43.68	55.08	0.00	98.76
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
SUB TOTAL		633.98	16.94	26.53	84.85	67.72	238.73	339.34	645.79
						VCT. ALM.	645.79		39%

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	28.00	107.52	0.00	0.00	27.52	0.00	0.00	110.10	110.10
SUB TOTAL		180.42	0.45	0.15	49.42	1.80	1.35	197.70	200.85
						VCT. DES.	200.85		12%

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	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
SUB TOTAL		323.65	11.27	10.19	47.52	45.08	91.67	190.04	326.79
						VCT. CEN	326.79		20%

VCT (Gr.)	38.80	50.76	267.60
VCT (Kcal.)	155.16	456.95	1059.67
VCT (%)	9%	27%	63%

VCT. MENU	1672	100%
-----------	------	------

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Lic. Marilyn Alvarado Vergaray
NUTRICIONISTA
ONP : 4483

FORMATO - B

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

MENÚ N° 4 18

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 CON QUINUA + 01 PAN CON ATUN									
LECHE EVAPORADA	40.00	57.20	2.80	3.24	4.36	11.20	29.32	17.44	57.96
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	4.00	15.36	0.00	0.00	3.93	0.00	0.00	15.73	15.73
SUB TOTAL		234.66	12.88	8.56	40.69	51.52	77.20	162.77	291.49
						VCT. DES.	291.49	20%	

MEDIA MAÑANA MANGO CON LECHE									
MANGO	140.00	69.72	0.56	0.28	22.26	2.24	2.52	89.04	93.80
LECHE EVAPORADA	50.00	71.50	3.50	4.05	5.45	14.00	36.64	21.80	72.44
AZUCAR REFINADA	3.00	0.00	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		141.22	4.06	4.33	30.66	16.24	39.16	122.64	178.04
						VCT. DES.	178.04		12%

ALMUERZO: ARROZ GRANEADO + HIGADO FRITO + CON PURE DE ESPINACA + ENSALADA + INFUSIÓN									
ARROZ	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	60.00	76.20	12.00	2.76	0.00	48.00	24.84	0.00	72.84
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	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		527.70	18.27	23.29	61.56	73.06	209.57	246.20	528.83
						VCT. ALM.	528.83		36%

MEDIA TARDE COMPOTA DE MANZANA									
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	3.00	0.00	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		145.26	0.55	0.18	42.46	2.21	1.66	169.86	173.73
						VCT. DES.	173.73		12%

CENA SOPA DE SEMOLA + POLLO + INFUSION									
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	30.00	45.90	5.46	3.06	0.00	21.84	27.63	0.00	49.47
AZUCAR REFINADA	30.00	115.20	0.00	0.00	29.49	0.00	0.00	117.96	117.96
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		283.68	8.26	3.53	56.46	33.03	31.82	225.84	290.69
						VCT. CEN	290.69		20%

VCT (Gr.)	44.02	39.89	231.83
VCT (Kcal.)	176.06	359.41	927.31
VCT (%)	12%	25%	63%

VCT. MENU	1463	100%
-----------	------	------

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNF : 4483

FORMATO - B

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

MENÚ N° 5 19

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENU
	(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	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
HUEVOS ROSADOS	50.00	0.00	6.75	4.20	0.95	27.00	37.80	3.80	68.60
AZUCAR REFINADA	3.00	0.00	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		187.40	14.17	9.93	30.67	56.68	89.37	122.68	268.73
						VCT. DES.	268.73	20%	

MEDIA MAÑANA JUGO DE MANGO									
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
SUB TOTAL		93.90	0.60	0.30	28.77	2.40	2.70	115.06	120.16
						VCT. DES.	120		9%

ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSIÓN									
ARROZ	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	60.00	74.16	12.96	2.34	0.18	5.55	21.06	0.72	27.33
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	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
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
SUB TOTAL		630.12	31.94	11.74	101.92	81.47	105.66	407.68	594.81
						VCT. ALM.	594.81		44%

MEDIA TARDE PIÑA EN ALMIBAR									
PIÑA	140.00	34.05	0.56	0.28	13.72	2.24	2.52	54.88	59.64
AZUCAR REFINADA	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		72.45	0.56	0.28	23.55	2.24	2.52	94.20	98.96
						VCT. DES.	98.96		7%

CENA AGUADITO CON MENUENCIA DE POLLO + INFUSION									
ARROZ	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	40.00	62.80	8.20	2.80	0.06	32.80	25.20	2.56	60.56
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	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		273.79	11.06	3.26	50.23	44.18	29.30	203.20	276.68
						VCT. CEN	276.68		20%

VCT (Gr.)	58.33	25.51	235.14
VCT (Kcal)	186.97	229.55	942.82
VCT (%)	14%	17%	69%
VCT. MENU	1359.34		100%

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP: 4483

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

MENÚ N° 6 20

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENU
	(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	50.00	71.50	3.50	4.05	5.45	14.00	36.64	21.80	72.44
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		253.40	11.98	7.59	43.09	47.92	68.50	172.34	288.76
VCT. DES.						288.76		20%	

MEDIA MAÑANA FRESA CON LECHE									
LECHE EVAPORADA	50.00	71.50	3.50	4.05	5.45	14.00	36.64	21.80	72.44
FRESAS	140.00	57.40	0.98	1.12	12.46	3.92	10.08	49.84	63.84
AZUCAR REFINADA	3.00	0.00	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		128.90	4.48	5.17	20.86	17.92	46.72	83.44	148.08
						VCT. DES.	148		10%

ALMUERZO: ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSIÓN									
ARROZ	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	60.00	56.70	12.78	0.96	0.00	51.12	8.64	0.00	59.76
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	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
MANZANILLA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		610.22	31.59	13.92	90.55	126.36	125.28	362.14	613.78
						VCT. ALM.	613.78		42%

MEDIA TARDE MANZANA EN ALMIBAR									
MANZANA	150.00	72.90	0.45	0.15	21.90	1.80	1.35	87.60	90.75
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		92.10	0.45	0.15	26.82	1.80	1.35	107.26	110.41
						VCT. DES.	110.41		8%

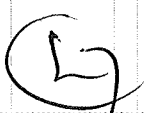
CENA SOPA A LA MINUTA CON POLLO + INFUSION									
FIDEO	25.00	90.00	2.35	0.05	19.55	9.40	0.45	78.20	88.05
PAPA BLANCA	40.00	36.86	0.84	0.04	8.92	3.36	0.36	35.68	39.40
POLLO	30.00	45.90	5.46	3.06	0.00	21.84	27.63	0.00	49.47
PORO	10.00	4.00	0.27	0.08	0.76	1.08	0.72	3.04	4.84
APIO	10.00	2.00	0.07	0.02	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	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
SUB TOTAL		278.66	9.05	3.30	55.21	36.20	29.79	220.82	286.81
						VCT. CEN	286.81		20%

VCT (Gr.)	57.55	30.13	236.53
VCT (Kcal.)	230.20	271.64	946.00
VCT (%)	16%	19%	65%

VCT. MENU 1448 100%

CONTRATISTA

NUTRICIONISTA


 Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO


 Lic. Marjith Alvarado Vergaray
 NUTRICIONISTA
 CNP : 4483

08

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

MENÚ N° 7 21

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 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	50.00	71.50	3.50	4.05	5.45	14.00	36.64	21.80	72.44
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	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		262.26	9.23	5.55	45.70	36.93	50.18	182.80	269.91
						VCT. DES.	269.91		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		8%

ALMUERZO: ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + LIMONADA									
ARROZ	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	60.00	144.72	12.06	12.12	0.00	48.24	109.08	0.00	157.32
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		560.28	29.84	14.99	79.43	119.36	134.95	317.70	572.01
						VCT. ALM.	572.01		42%

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		10%

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	30.00	45.90	5.46	3.06	0.00	21.84	27.63	0.00	49.47
AZUCAR REFINADA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
HIERBA LUISA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		255.50	8.12	8.86	38.98	32.48	79.83	155.90	268.21
						VCT. CEN	268.21		20%

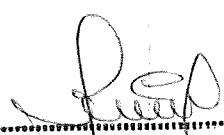
VCT (Gr.)	49.85	29.96	219.74
VCT (Kcal.)	166.93	190.17	723.00
VCT (%)	12%	14%	54%

VCT. MENU	1348	100%
-----------	------	------

CONTRATISTA

NUTRICIONISTA


Lauriano García Hrogo
REPRESENTANTE DEL CONSORCIO


Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

03

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

MENÚ N° 8 22

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % 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%	

MEDIA MAÑANA									
LECHE									
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
SUB TOTAL		173.72	7.00	8.10	18.76	28.00	72.90	75.06	175.96
VCT. DES.							175.96		12%

ALMUERZO:									
ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION									
ARROZ	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	60.00	91.80	10.92	6.12	0.00	43.68	55.08	0.00	98.76
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
SUB TOTAL		519.24	21.54	11.99	82.95	86.14	107.87	331.80	525.81
VCT. ALM.							525.81		36%

MEDIA TARDE									
MAZAMORRA MORADA									
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
SUB TOTAL		143.80	1.58	0.72	40.44	6.32	6.48	161.78	174.58
VCT. DES.							174.58		12%

CENA									
LECHE EVAPORADA + 01 PAN									
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
SUB TOTAL		285.25	11.27	10.19	37.69	45.08	91.67	150.72	287.47
VCT. CEN							287.47		20%

VCT (Gr.)	52.69	40.74	217.92
VCT (Kcal.)	210.74	366.58	871.66
VCT (%)	15%	25%	60%

VCT. MENU 1449 100%

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

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

MENÚ N°

9

23

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 PALTA									
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	0.60	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		187.40	7.85	9.40	33.09	31.38	79.70	132.34	243.42
						VCT. DES.	243.42		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		11%

ALMUERZO: ARROZ GRANEADO + GALLINA GUISADA CON PAPA + ENSALADA + INFUSION									
ARROZ	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	60.00	64.80	12.36	2.16	0.00	49.44	19.44	0.00	68.88
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
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		437.79	18.45	12.68	63.71	73.78	114.14	254.81	442.73
						VCT. ALM.	442.73		36%

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
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		141.15	1.35	0.25	37.50	5.40	2.25	149.96	157.61
						VCT. DES.	157.61		13%

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	30.00	28.35	6.39	0.48	0.00	25.56	4.32	0.00	29.88
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
AZUCAR REFINADA	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		240.83	8.58	8.87	32.90	34.32	79.83	131.58	245.73
						VCT. CEN	245.73		20%

VCT (Gr.)	38.48	31.65	198.70
VCT (Kcal.)	153.88	279.97	794.69
VCT (%)	13%	23%	65%

VCT. MENU 1229 100%

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjilla Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

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

MENÚ N°

10

24

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % 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	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		136.32	0.56	0.14	36.06	2.24	1.26	144.22	147.72
						VCT. DES.	147.72		8%

ALMUERZO: ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + LIMONADA									
ARROZ	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	60.00	91.80	10.92	6.12	0.00	43.68	55.08	0.00	98.76
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	0.64	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		708.35	29.87	17.11	111.47	119.46	153.99	445.84	719.29
						VCT. ALM.	719.29		41%

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	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		168.90	0.45	0.15	46.48	1.80	1.35	185.90	189.05
						VCT. DES.	189.05		11%

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.)	52.43	42.15	294.36
VCT (Kcal.)	209.70	379.27	1177.30
VCT (%)	12%	21%	67%

VCT. MENU	1766	100%
-----------	------	------

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

FORMATO - B

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

MENÚ N° 11 25

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENU
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: LECHE + 01 PAN CON PESCADO FRITO									
LECHE EVAPORADA	60.00	85.80	4.20	4.86	6.54	16.80	43.97	26.16	86.93
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
AZUCAR REFINADA	8.00	30.72	0.00	0.00	7.86	0.00	0.00	31.46	31.46
SUB TOTAL		203.82	17.52	6.87	33.69	70.08	62.06	134.78	266.92
						VCT. DES.	266.92		20%

MEDIA MAÑANA COMPOTA DE MANZANA									
MANZANA	130.00	63.18	0.39	0.13	18.98	1.56	1.17	75.92	78.65
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
SUB TOTAL		144.90	0.51	0.17	39.27	2.04	1.53	157.08	160.65
						VCT. DES.	160.65		12%

ALMUERZO: ARROZ GRANEADO + CERDO A LA PARRILLA + CON CAMOTE + ENSALADA INFUSIÓN									
ARROZ	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
CARNE DE CERDO	60.00	106.92	8.64	9.06	0.00	34.56	81.54	0.00	116.10
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
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
SUB TOTAL		462.23	13.68	19.47	59.97	54.72	175.23	239.88	469.83
						VCT. ALM.	469.83		35%

MEDIA TARDE MAZAMORRA MORADA									
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
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		170.97	1.95	0.89	39.34	7.78	8.01	157.36	173.15
						VCT. DES.	173.15		13%

CENA SOPA DE TRIGO + POLLO + INFUSION									
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	30.00	45.90	5.46	3.06	0.00	21.84	27.63	0.00	49.47
PAPA AMARILLA	25.00	24.46	0.50	0.10	5.83	2.00	0.90	23.30	26.20
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
SUB TOTAL		259.86	8.33	3.59	50.20	33.32	32.40	200.74	266.46
						VCT. CEN	266.46		20%

VCT (Gr.)	41.99	30.99	222.47
VCT (Kcal.)	167.94	279.23	889.84
VCT (%)	13%	21%	67%

VCT. MENU 1337 100%

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

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

MENÚ N°

12

26

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % 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	40.00	57.20	2.80	3.24	4.36	11.20	29.32	17.44	57.96
PAN	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
HOT DOG DE POLLO	15.00	0.00	1.65	5.15	0.00	6.60	46.31	0.00	52.91
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		230.82	9.69	9.61	39.71	38.76	86.61	158.84	284.21
						VCT. DES.	284.21	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	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		88.92	0.56	0.28	27.18	2.24	2.52	108.70	113.46
						VCT. DES.	113		8%

ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + PURE DE ZAPALLO + ENSALADA + FRUTA + INFUSIÓN									
ARROZ	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	60.00	74.16	12.96	2.34	0.18	5.55	21.06	0.72	27.33
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	0.88	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	32.82	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		605.09	19.80	28.67	69.81	32.92	258.03	279.20	570.15
						VCT. ALM.	570.15		40%

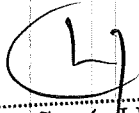
MEDIA TARDE MAZAMORRA DE NARANJA									
NARANJA DE MESA	140.00	47.88	1.68	0.28	15.26	6.72	2.52	61.04	70.28
MAIZENA	20.00	70.20	0.12	0.04	17.34	0.48	0.36	69.36	70.20
AZUCAR REFINADA	8.00	30.72	0.00	0.00	7.86	0.00	0.00	31.46	31.46
SUB TOTAL		148.80	1.80	0.32	40.46	7.20	2.88	161.86	171.94
						VCT. DES.	171.94		12%

CENA ARROZ GRANEADO + LOCRO DE ZAPALLO + INFUSIÓN									
ARROZ	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
POLLO	30.00	45.90	5.46	3.06	0.00	21.84	27.63	0.00	49.47
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	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
SUB TOTAL		290.80	9.77	3.37	55.57	39.08	30.42	222.26	291.76
						VCT. CEN	291.76		20%

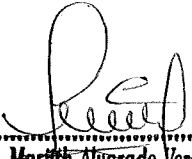
VCT (Gr.)	41.62	42.25	232.73
VCT (Kcal)	120.20	380.46	930.86
VCT (%)	8%	27%	65%

VCT. MENU	1431.52	100%
------------------	----------------	-------------

CONTRATISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

02

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

MENÚ N°

13

27

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % 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	0.68	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%

MEDIA MAÑANA FRESA CON LECHE									
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
AZÚCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		169.02	5.88	6.79	23.04	23.52	61.11	92.16	176.79
						VCT. DES.	177		11%

ALMUERZO: ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSIÓN									
ARROZ	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	60.00	56.70	12.78	0.96	0.00	51.12	8.64	0.00	59.76
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
AZÚCAR REFINADA	20.00	76.80	0.00	0.00	19.68	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
SUB TOTAL		590.81	31.37	5.88	103.73	125.48	52.92	414.88	593.28
						VCT. ALM.	593.28		38%

MEDIA TARDE MANZANA EN ALMIBAR									
MANZANA	150.00	72.90	0.45	0.15	21.90	1.80	1.35	87.60	90.75
AZÚCAR REFINADA	20.00	76.80	0.00	0.00	19.68	0.00	0.00	78.64	78.64
SUB TOTAL		149.70	0.45	0.15	41.56	1.80	1.35	166.24	169.39
						VCT. DES.	169.39		11%

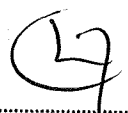
CENA ARROZ GRANEADO + PESCADO A LA PLANCHA CON YUCA + INFUSIÓN									
ARROZ	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
YUCA	25.00	40.50	0.20	0.05	0.80	0.80	0.45	39.30	40.55
PESCADO	60.00	69.66	12.96	2.34	51.84	51.84	21.06	0.72	73.62
TOMATE	5.00	0.94	0.04	0.01	0.16	0.16	0.09	0.86	1.11
CEBOLLA	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
AZÚCAR 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
SUB TOTAL		322.01	17.37	4.66	94.93	69.48	41.94	210.54	321.96
						VCT. CEN	321.96		20%

VCT (Gr.)	68.45	26.69	308.53
VCT (Kcal.)	273.80	240.21	1064.88
VCT (%)	17%	15%	67%

VCT. MENU 1579 100%

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Lic. Marjith Alvarado Vergaray
NUTRICIONISTA
CNP : 4483

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

MENÚ N°

14

28

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASA	CHO	VALOR CALORICO TOTAL (KCAL)			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: Avena con leche + 01 pan con mermelada									
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	50.00	71.50	3.50	4.05	5.45	14.00	36.64	21.80	72.44
MERMELADA	7.00	14.98	0.30	0.01	4.10	0.11	0.13	16.41	16.65
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		254.70	8.98	4.92	46.04	34.83	44.51	184.17	263.51
						VCT. DES.	263.51	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	12.00	0.00	0.00	0.00	11.80	0.00	0.00	47.18	47.18
SUB TOTAL		40.32	0.56	0.14	23.28	2.24	1.26	93.10	96.60
						VCT. DES.	96.60		7%

ALMUERZO: ARROZ GRANEADO + ASADO DE RES + MENESTRA + LIMONADA									
ARROZ	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	60.00	56.70	12.78	0.96	0.00	51.12	8.64	0.00	59.76
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	208.04
TOMATE	5.00	0.94	0.04	0.01	0.22	0.16	0.09	0.86	1.11
AZUCAR REFINADA	8.00	30.72	0.00	0.00	7.86	0.00	0.00	31.46	31.46
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		544.50	30.56	9.83	84.34	122.24	88.51	337.36	548.11
						VCT. ALM.	548.11		42%

MEDIA TARDE PLATANO DE SEDA									
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		11%

CENA SOPA DE FIDEO + POLLO + INFUSION									
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	30.00	45.90	5.46	3.06	0.00	21.84	27.63	0.00	49.47
AZUCAR REFINADA	28.00	107.52	0.00	0.00	27.52	0.00	0.00	110.10	110.10
HIERBA LUISA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		252.82	7.90	3.21	49.68	31.60	29.00	198.76	259.36
						VCT. CEN	259.36		20%

VCT (Gr.)	50.25	18.55	234.84
VCT (Kcal.)	168.31	138.33	740.63
VCT (%)	13%	11%	57%

VCT. MENU 1307 100%

CONTRATISTA

NUTRICIONISTA


 Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO


 Lic. Marjith Alvarado Vergaray
 NUTRICIONISTA
 CNP. 4483

