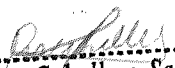


RELACION DE MENUES PROPUESTOS PARA PERSONAL DEL E.P DE TRUJILLO VARONES TRUJILLO
MUJERES Y PACASMAYO

31	18/01/18	DESAYUNO ENTRADA ALMUERZO CENA	SOYA +TRES PANES CON ACEITUNA ENSALADA FRESCA ARROZ GRANEADO + CABRITO+YUCA SANCOCHADA +ZARZA+REFRESCO+FRUTA ARROZ GRANEADO+PAVITA MECHADA+MENESTRA+ENSALADA+INFUSION
32	19/01/18	DESAYUNO ENTRADA ALMUERZO CENA	AVENA +TRES PANES +YUCA SANCOCHADA CON SALTADITO DE POLLO ENSALADA RUSA TALLARINES VERDES +POLLO+ENSALADA+REFRESCO +FRUTA YUCA SANCOCHADA+ PESCADO FRITO+ENSALADA +INFUSION
33	20/01/18	DESAYUNO ENTRADA ALMUERZO CENA	LECHE CON CAFÉ +TRES PANES CON QUESO FRESCO ENSALADA FRESCA ARROZ GRANEADO+ESTOFADO DE GALLINA+ MENESTRA+ENSALADA+REFRESCO+FRUTA ARROZ GRANEADO+SALTADITO DE POLLO+PAPA FRITA+ENSALADA+INFUSION


Lauriano García Idrogo
DNI. 26641889


Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENU PROPUESTO PARA EL PERSONAL DE LOS E.P. TRUJILLO: VARONES, MUJERES Y SAN PEDRO DE LLOC.

MENU N° 16/01/18

16/01/2018

ALIMENTO	PESO BRUTO (g)	KCAL.	PROT (g)	GRASAS (g)	CARB. (g)	K.CALORIAS POR NUTRIENTES			TOTAL
						PROT	GRASAS	CARB.	
DESAYUNO: COYA + 03 PANES CON ACEITUNA									
SOYA	35.00	140.35	9.87	6.62	12.50	39.48	59.54	49.93	149.00
PAN FRANCÉS	90.00	261.90	7.56	0.18	57.42	30.24	1.52	229.68	261.54
ACEITUNA	40.00	104.53	0.32	12.84	2.92	1.23	115.53	11.65	126.52
AZÚCAR RUBIA	38.00	145.92	0.00	0.00	37.35	0.00	0.00	149.42	149.42
SUB TOTAL		652.75	17.75	19.64	110.19	71.00	176.72	440.76	688.48
V.C. DESAYUNO									688.48
% DIST. DESAYUNO									25%
ENTRADA: ENSALADA FRESCA									
ALMUERZO: ARROZ GRANEADO + CABRITO + YUCA + ZARZA + REFRESCO + FRUTA									
ARROZ SUPERIOR	150.00	532.50	12.30	0.75	116.70	49.20	6.75	456.80	522.75
CARNE DE CABRITO	160.00	285.12	23.04	30.40	0.00	108.00	273.60	0.00	382.40
YUCA	100.00	162.00	0.80	0.20	39.30	2.20	1.30	157.20	162.20
TOMATE	20.00	3.75	0.16	0.04	0.86	0.64	0.36	3.44	4.44
CEBOLLA	30.00	13.25	0.42	0.06	3.39	1.68	0.54	13.56	15.78
AJÍ AMARILLO	3.00	0.90	0.03	0.02	0.26	0.11	0.19	1.06	1.56
ACEITE VEGETAL	4.00	35.36	0.00	4.00	0.00	0.00	35.00	0.00	35.00
CULANTRO	10.00	2.86	0.34	0.13	0.70	1.32	1.17	2.80	5.49
VINAGRE	2.00	0.24	0.00	0.00	0.10	0.00	0.00	0.40	0.40
MANDARINA	150.00	43.58	0.90	0.45	12.90	3.60	4.05	54.60	59.25
CEBADA	2.00	5.85	0.14	0.04	1.53	0.55	0.32	5.13	7.00
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZÚCAR RUBIA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
COMINO MOLIDO	1.00	2.53	0.11	0.12	0.29	0.46	1.12	1.14	2.72
SUB TOTAL		1153.06	38.34	36.23	191.39	170.01	326.04	765.54	1261.59
V. C. ALMUERZO									1261.59
% DIST. ALMUERZO									45%
CENA: ARROZ GRANEADO + PAVITA MECHADA + MENESTRA + ENSALADA + INFUSIÓN									
CARNE DE PAVITA	100.00	103.00	20.60	3.60	0.00	82.40	32.40	0.00	114.80
ARROZ SUPERIOR	90.00	323.10	7.33	0.45	70.02	29.52	4.05	280.03	313.55
MENESTRA	60.00	119.30	2.73	0.13	28.99	10.92	1.17	115.95	128.05
TOMATE	30.00	2.35	0.10	0.02	0.52	0.38	0.22	2.06	2.60
CEBOLLA	30.00	5.73	0.18	0.03	1.47	0.73	0.23	5.89	6.84
LECHUGA	12.00	2.17	0.13	0.02	0.47	0.72	0.22	1.37	2.61
ACEITE VEGETAL	15.00	132.60	0.00	15.00	0.00	0.00	135.00	0.00	135.00
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
AZÚCAR RUBIA	15.00	115.20	0.00	0.00	29.49	0.00	0.00	117.96	117.96
ARIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		810.41	31.28	19.27	131.57	125.12	473.43	526.34	824.79
V. C. CENA									824.79
% DIST. CENA									30%
V.C.T. MENU									2775
VCT (Gr.)									87.37
VCT (Kcal.)									366.13
VCT (%)									13%

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
DNI. 26641889

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

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RELACION DE MENUES PROPUESTOS PARA NIÑOS DEL E.P DE TRUJILLO MUJERES Y PACASMAYO
DEL 18 AL 20 DE ENERO DE 2018

MENUES CON APORTE MINIMO DE 750 KILOCALORIAS POR DIA

N°	FECHA	DESAYUNO	MEDIA MAÑANA	ALMUERZO	MEDIA TARDE	CENA
1	18/01/2018	KIWUICHA CON LECHE+1 PAN CON QUESO	FRESA CON LECHE	ARROZ GRANEADO +SALTADITO DE RES +MENESTRA+INFUSION	MANZANA EN ALMIBAR	ARROZ GRANEADO+ PESCADO A LA PLANCHA CON YUCA +INFUSION
2	19/01/2018	AVENA CON LECHE +PAN CON MERMELEDA	JUGO DE PAPAYA	ARROZ GRANEADO +ASADO DE RES +MENESTRA+LIMONADA	PLATANO DE SEDA	SOPA DE FIDEO+POLLO+INFUSION
3	20/01/2018	SOYA +1 PAN CON HUEVO SANCOCHADO	LECHE	ARROZ GRANEADO+POLLO MECHADO+MENESTRA +ENSALADA+INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA +1 PAN


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FORMATO Nº01 C

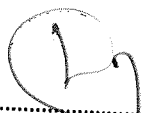
DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU PARA NIÑOS (AS) DE LOS E.P TRUJILLO VARONES, MUJERES Y PACASMAYO.

115

18/01/2018

MENUNº18/01/2018

MENÚ=18/01/2018									
ALIMENTO	PESO BRUTO	kcal	PROT	GRASAS	CARB	K.CALORIAS POR NUTRIENTE			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB	
DESAYUNO	KIWIUCHA CON LECHE +01 PAN CONQUESO								
KIWUICHA	20.00	75.40	2.70	1.42	12.90	10.80	12.78	51.60	75.18
PAN FRANCES	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
						VC.DESAYUNO			317.00
						%DIST.DESAYUNO			21%
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
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		202.00	5.88	6.79	23.04	23.52	61.11	92.16	176.79
						VC.MEDIA MAÑANA			177.00
						%DIST.MEDIA MAÑANA			12%
ALMUERZO	ARROZ GRANEADO +SALTADITO DE RES +MENESTRA +INFUSION								
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
CARNE DE RES	70.00	56.15	14.91	1.12	0.00	59.64	10.08	0.00	69.72
CEBOLLA	5.00	2.21	0.07	0.01	0.57	0.28	0.09	2.26	2.63
TOMATE	5.00	0.94	0.04	0.01	0.22	0.16	0.09	0.86	1.11
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
AZUCAR REFINADA	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		551.50	33.5	7.04	88.97	134	63.36	355	553.26
						VC . ALMUERZO			553.00
						%DIST.ALMUERZO			37%
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	10.00	0.00	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		72.90	0.45	0.15	31.73	1.80	1.35	126.92	130.07
						VC.MEDIA TARDE			130.00
						%DIST.MEDIA TARDE			9%
CENA	ARROZ GRANEADO +PESCADO A LA PLANCHA CON YUCA +INFUSION								
ARROZ SUPERIOR	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
YUCA	25.00	40.50	0.20	0.05	9.83	0.80	0.45	39.30	40.55
PESCADO	60.00	69.66	12.96	2.34	0.18	51.84	21.06	0.72	73.62
TOMATE	5.00	0.94	0.04	0.01	0.22	0.16	0.09	0.86	1.11
CEBOLLA	5.00	2.21	0.07	0.01	0.57	0.28	0.09	2.26	2.63
ACEITE VEGETAL	2.00	17.68	0.00	2.00	0.00	0.00	18.00	0.00	18.00
AZUCAR REFINADA	5.00	19.2	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		329.69	17.37	4.66	54.60	69.48	41.90	218.40	329.82
						VC.CENA			330.00
						%DIST.CENA			22%
	VCT(gr)		70.58	27.85	243.61				
	VCT(kcal)		282.3	250.7	974.44				
	VCT(%)		19%	17%	65%				
						V.C.TMENU			100%
									1557


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DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU PARA NIÑOS (AS) DE LOS E.P TRUJILLO VARONES, MUJERES Y PACASMAYO

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19/01/2018

MENUNº19/01/2018

19/01/2018									
ALIMENTO	PESO BRUTO	kcal	PROT	GRASAS	CARB	K.CALORIAS POR NUTRIENTE			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB	
DESAYUNO	SOYA +01 PAN CON HUEVO SANCOCHADA								
AVENA	20.00	69.40	2.66	0.80	14.40	10.64	7.20	57.60	75.44
PAN FRANCES	30.00	87.30	2.52	0.06	19.14	10.08	0.34	76.56	87.18
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
MERMELADA	7.00	14.98	0.03	0.01	4.10	0.11	0.13	16.41	16.65
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		290.98	10.11	6.54	50.19	40.43	58.70	200.75	300.08
						VC.DESAYUNO			300.08
						%DIST.DESAYUNO			20%
MEDIA MAÑANA	JUGO DE PAPAYA								
PAPAYA	140.00	40.32	0.56	0.14	11.48	2.24	1.26	45.92	49.92
AZUCAR REFINADA	20.00	76.80	0.00	0.0	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		117.12	0.56	0.14	31.14	2.24	1.26	124.56	128.06
						VC.MEDIA MAÑANA			128.00
						%DIST.MEDIA MAÑANA			9%
ALMUERZO	ARROZ GRANEADO +ASADO DE RES+MENESTRA +LIMONADA								
ARROZ SUPERIOR	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
ACEITE VEGETAL	8.00	70.72	0.00	8.00	0.00	0.00	72.00	0.00	72.00
CARNE DE RES	70.00	66.15	14.91	1.12	0.00	59.64	10.08	0.00	69.72
FRUTAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
TOMATE	5.00	0.94	0.04	0.01	0.22	0.16	0.09	0.86	1.11
AZUCAR REFINADA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.85
CEBOLLA	5.00	2.21	0.07	0.01	0.57	0.28	0.09	2.26	2.63
		619.22	32.69	9.994	101.049	130.76	89.95	404.2	624.90
						VC . ALMUERZO			624.00
						%DIST.ALMUERZO			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
						VC.MEDIA TARDE			139.00
						%DIST.MEDIA TARDE			9%
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	29.34
POLLO	80.00	122.40	14.56	8.16	0.00	58.24	73.44	0.00	131.68
AZUCAR REFINADA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
HIERBA LUISA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		279.4	17.00	8.312	36.909	68.00	74.808	147.64	290.44
						VC.CENA			290.00
						%DIST.CENA			20%
	VCT(gr)		62.61	25.44	250.79				
	VCT(kcal)		250.4	229	1.003.14				
	VCT(%)		17%	15%	68%				
						V.C.TMENU			100% 1483



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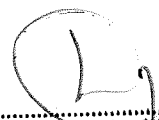
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DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU PARA NIÑOS (AS) DE LOS E.P TRUJILLO
VARONES, MUJERES Y PACASMAYO

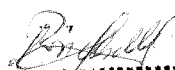
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20/01/2018

MENUN°20/01/2018

ALIMENTO	PESO BRUTO	kcal	PROT	GRASAS	CARB	K.CALORIAS POR NUTRIENTE			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB	
DESAYUNO	SOYA +01 PAN CON HUEVO SANCOCHADA								
SOYA	20.00	80.20	5.64	3.78	7.14	22.56	34.02	28.56	85.14
PAN FRANCES	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
HUEVOS ROSADOS	50.00	0.00	6.75	4.20	0.95	27.00	37.80	3.80	68.60
AZUCAR REFINADA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
SUB TOTAL		225.10	14.91	8.04	41.98	59.64	72.36	167.90	299.90
						VC.DESAYUNO			299.90
						%DIST.DESAYUNO			20%
MEDIA MAÑANA	LECHE								
LECHE EVAPORADA	80.00	114.40	5.6	6.48	8.72	22.40	58.32	34.88	115.6
AZUCAR REFINADA	5.00	19.20	0.00	0.0	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
						VC.MEDIA MAÑANA			135.00
						%DIST.MEDIA MAÑANA			9%
ALMUERZO	ARROZ GRANEADO + POLLO MECHADO+MENESTRA +ENSALADA +INFUSION								
ARROZ SUPERIOR	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
ACEITE VEGETAL	8.00	70.72	0.00	8.00	0.00	0.00	72.00	0.00	72.00
TOMATE	15.00	2.82	0.12	0.03	0.65	0.48	0.27	2.58	3.33
CEBOLLA	15.00	6.62	0.21	0.03	1.70	0.84	0.27	6.78	7.00
POLLO	120.00	183.60	21.84	12.24	0.00	87.36	110.16	0.00	197.52
FREJOLCNARIO	25.00	84.76	5.48	0.53	15.05	21.90	4.73	60.20	86.83
AZUCAR REFINADA	20.00	76.8	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		604.81	31.75	21.08	75.95	126.98	189.68	303.8	620.46
						VC . ALMUERZO			620.00
						%DIST.ALMUERZO			41%
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	20.00	71.40	71.40	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	3.00	0.00	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		141.60	1.58	0.72	35.53	6.32	6.48	142.12	154.92
						VC.MEDIA TARDE			155.00
						%DIST.MEDIA TARDE			10%
CENA	LECHE EVAPORADA +01 PAN								
LECHE EVAPORADA	125	178.75	8.75	10.13	13.63	35.00	91.13	54.50	180.63
PAN FRANCES	30.00	87.3	2.52	0.06	19.14	10.08	0.54	76.56	87.18
AZUCAR REFINADA	8.00	30.72	0.00	0.00	7.86	0.00	0.00	31.46	31.46
		296.77	11.27	10.19	40.629	45.08	91.665	162.52	299.26
						VC.CENA			299.00
						%DIST.CENA			20%
	VCT(g)		65.11	46.50	207.72				
	VCT(kcal)		260.4	418.5	830.87				
	VCT(%)		17%	28%	55%				
						V.C.TMENU			100%
									1510


Lauriano Gareta Idrogo
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Rosa Caballero Salverredy
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RELACION DE MENUES PROPUESTOS PARA LOS INTERNOS(AS) DE LOS E.P DE TRUJILLO VARONES
TRUJILLO MUJERES Y PACASMAYO

01	18/01/18	DESAYUNO ALMUERZO CENA	QUINUA CON MACA+TRES PANES + FRUTA (PLATANO) ARROZ GRANEADO+SALTADITO DE MOLLEJAS+MENESTRA+ENSALADA+FRUTA +REFRESCO SOPA DE FIDEOS CON VEDURAS+RES CON HUESO
02	19/01/18	DESAYUNO ALMUERZO CENA	LECHE +TRES PANES CON ACEITUNA ARROZ GRANEADO+ESCABECHE DE PESCADO+CAMOTE +ENSALADA+FRUTA+REFRESCO ARROZ GRANEADO+MOLLEJITAS AL SILLAO+PAPA EN RODAJAS +INFUSION
03	20/01/18	DESAYUNO ALMUERZO CENA	KIWICHA CON LECHE+TRES PANES +JAMONADA ARROZ GRANEADO+CHANFAINITA A LA CRIOLLA+ENSALADA+FRUTA +INFUSION ARROZ A LA JARDINERA CON RES +INFUSION


Lauriano García Idrogo
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Rosa Chirinos
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FORMATO N° B

DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU PARA INTERNOS (AS) DE LOS ELP
TRUJILLO VARONES, MUJERES Y SAN PEDRO DE LLOC

ENERO 18/01/2018

MENU N° 18/01/2018

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS POR NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: QUINUA CON MACA +TRES PANES CON FRUTA.								
QUINUA	25.00	2.25	1.13	18.45	9.00	10.13	73.80	92.93
PLATANO DE SEDA	150.00	2.25	0.45	31.50	9.00	4.05	126.00	139.05
AZUCAR RUBIA	20.00	0.00	0.00	19.66	0.00	0.00	78.64	73.64
MACA	25.00	2.95	0.40	16.60	11.80	3.60	66.40	81.80
PAN FRANCES	90.00	7.56	0.16	57.42	30.24	1.62	229.68	261.54
SUB TOTAL		15.01	2.16	143.63	60.04	19.40	574.52	653.96
					V.C. DESAYUNO			653.96
					% DIST. DESAYUNO			25%
ALMUERZO: ARROZ GRANEADO + SALTADITO DE MOLLEJITAS + MENESTRA + ENSALADA + FRUTA + REFresco								
REFresco								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
MOLLEJA	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	263.00
AZUCAR RUBIA	21.00	0.00	0.00	20.64	0.00	0.00	82.57	92.57
TOMATE	20.00	0.16	0.04	0.86	0.64	0.36	3.44	4.44
CEBOLLA	20.00	0.28	0.04	2.26	1.12	0.36	9.04	10.52
PEPINILLOS	30.00	0.15	0.03	0.73	0.60	0.27	3.12	3.99
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
PIMIENTA MOLIDA	1.00	0.08	0.06	0.64	0.34	0.72	2.54	3.60
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
ACEITE VEGETAL	22.00	0.00	22.00	0.00	0.00	194.00	0.00	196.00
REFresco DE SOBRE	5.00	0.00	0.00	4.96	0.00	0.00	19.82	19.82
PLATANO DE SEDA	150.00	2.25	0.45	31.50	9.00	4.05	126.00	139.05
SUB TOTAL		53.09	32.95	229.06	212.38	296.59	916.23	1,425.20
					V. C. ALMUERZO			1,425.20
					% DIST. ALMUERZO			54%
CENA: SOPA DE FIDEO CON VERDURAS +RES CON HUESO								
RES CON HUESO	100.00	2.92	1.36	30.48	11.68	12.24	121.92	146.94
FIDEOS	35.00	0.15	0.05	21.63	0.60	0.45	86.70	87.75
PAPA	60.00	5.04	0.12	38.28	20.16	1.03	153.12	174.36
ZANAHORIA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	5.00	0.00	0.00	0.00	0.00	45.00	0.00	45.00
PORO	12.00	0.32	0.10	0.91	1.30	0.86	3.65	5.81
OREGANO	12.00	0.32	0.10	0.91	1.30	0.86	3.65	5.81
ZAPALLO	25.00	0.00	0.00	24.53	0.00	0.00	98.30	99.30
SUB TOTAL		8.75	1.73	116.84	35.04	60.49	467.34	562.87
					V. C. CENA			562.87
					% DIST. CENA			21%
	VCT (Gr.)	76.85	36.84	489.53				
	VCT (Kcal.)	307.46	376.48	1958.09				
	VCT (%)	12%	14%	74%				
	V. C. T. MENU							2642

CONTRATISTA

NUTRICIONISTA

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Rosa Caballero Salverredy
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FORMATO N° B

DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU PARA INTERNOS (AS) DE LOS E.P.
TRUJILLO VARONES, MUJERES Y SAN PEDRO DE LLOC.

ENERO 20/01/2019

MENU N° 20/19/2013

MENÚ N° 20/19/2019								
ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS POR NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: KIWICHA CON LECHE + 03 PANES CON JAMONADA								
KIWICHA	25.00	3.33	1.00	12.00	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 FRANCES	90.00	7.56	0.13	57.42	30.24	1.62	220.68	261.54
JAMONADA	20.00	0.08	0.04	11.72	0.32	0.36	46.88	47.56
AZUCAR RUBIA	30.00	0.00	0.00	29.49	0.00	0.00	117.96	117.96
SUB TOTAL		15.87	6.89	124.26	63.46	62.01	497.04	622.51
					V.C. DESAYUNO			622.51
					% DIST. DESAYUNO			23%
ALMUERZO: ARROZ GRANEADO + CHANFAINITA A LA CRIOLLA + ENSALADA + FRUTA + REFRESCO								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
BOFE DE RES	120.00	20.28	4.20	0.00	81.12	37.80	0.00	118.92
AJOS	3.00	0.17	0.02	0.91	0.67	0.22	3.65	4.54
ZANAHORIA	30.00	0.18	0.15	2.76	0.72	1.35	11.04	13.11
TOMATE	15.00	0.12	0.03	0.65	0.48	0.27	2.58	3.33
CEBOLLA	15.00	0.21	0.03	1.70	0.84	0.27	6.78	7.69
PAPA BLANCA	180.00	3.78	0.18	40.14	15.12	1.62	160.56	177.30
HIERBA BUENA	3.00	0.09	0.03	0.21	0.37	0.27	0.84	1.48
COMINO MOLIDO	1.00	0.11	0.12	0.29	0.46	1.12	1.14	2.72
AZUCAR RUBIA	33.00	0.00	0.00	32.44	0.00	0.00	129.76	129.76
ACEITE VEGETAL	29.00	0.00	29.00	0.00	0.00	261.00	0.00	261.00
REFRESCO SOBRE	6.00	0.00	0.00	5.95	0.00	0.00	23.78	23.78
LIMA	150.00	2.25	0.45	31.50	0.00	4.05	126.00	139.05
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		39.49	34.96	233.25	157.98	314.72	932.93	1405.63
					V. C. ALMUERZO			1405.63
					% DIST. ALMUERZO			53%
CENA: ARROZ GRANEADO A LA JARDINERA CON RES +INFUSION								
ARROZ SUPERIOR	90.00	7.38	0.45	70.02	29.52	4.05	230.00	313.57
RES SIN HUESO	50.00	18.20	10.20	0.00	72.50	91.30	0.00	164.80
TOMATE	8.00	0.06	0.02	0.34	0.26	0.14	1.38	1.78
CEBOLLA	10.00	0.14	0.02	1.13	0.56	0.18	4.52	5.26
ACEITE VEGETAL	10.00	0.00	2.00	0.00	0.00	13.00	0.00	13.00
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	5.00	0.00	0.00	4.52	0.00	0.00	19.66	19.66
PAPA BLANCA	100.00	2.10	0.10	22.30	8.40	0.90	89.20	99.60
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		27.88	12.79	98.71	111.54	115.07	394.76	621.37
					V. C. CENA			621.37
					% DIST. CENA			23%
	VCT (Gr.)	83.24	54.64	456.22				
	VCT (Kcal.)	332.98	491.8	1824.73				
	VCT (%)	13%	19%	69%				
					V. C. T. MENU			4650

CONTRATISTA

NUTRICIONISTA


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**RELACIÓN DE MENÚS PROPUESTOS PARA EL PERSONAL INPE DE LOS E.P DE TRUJILLO VARONES
TRUJILLO MUJERES Y PACASMAYO DEL 18 DE ENERO AL 20 DE FEBRERO DE 2018**

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

N° DE MENÚ	FECHA	DETALLE DEL MENÚ	
31	JUEVES 18/01/2018	DESAYUNO	AVENA + 03 PANES CON MILANESA DE POLLO
		ENTRADA	ENSALADA
		SEGUNDO	TALLARINES ROJOS + GALLINA + ENSALADA + REFresco DE (NARANJA) + FRUTA
32	VIERNES 19/01/2018	CENA	CALDO DE FIDEOS CON GALLINA + FRUTA + INFUSIÓN
		DESAYUNO	LECHE CON COCOA + 03 PANES CON QUESO + FRUTA
		ENTRADA	ENSALADA
33	SABADO 20/01/2018	SEGUNDO	ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + INFUSION + FRUTA
		CENA	ARROZ GRANEADO + POLLO FRITO + PAPA FRITA + ENSALADA + INFUSIÓN
		DESAYUNO	KIWICHA + 03 PANES CON SALTADITO DE RES
1	DOMINGO 21/01/2018	ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + BISTECK ENCEBOLLADO + MENESTRA + ZARZA + REFresco DE (PIÑA) + FRUTA
		CENA	TALLARINES ROJOS + RES + YUCA SANCOCHADA + FRUTA + INFUSION
2	LUNES 22/01/2018	DESAYUNO	QUINUA + 03 PANES CON ENCEBOLLADO DE PESCADO
		ENTRADA	ENSALADA MIXTA
		SEGUNDO	ARROZ GRANEADO + LOCRO DE ZAPALLO + POLLO + ENSALADA + REFresco DE (PIÑA) + FRUTA
3	MARTES 23/01/2018	CENA	ARROZ GRANEADO + PESCADO FRITO + LENTEJITA + SARZA + INFUSIÓN
		DESAYUNO	QUINUA CON LECHE + 03 PANES CON SALTADITO DE POLLO
		ENTRADA	SOPA DE VERDURA CON MENUDENCIA DE POLLO
4	MIÉRCOLES 24/01/2018	SEGUNDO	ARROZ GRANEADO + ESCABECHE DE PESCADO + CAMOTE SANCOCHADO + REFERESCO DE MAIZ MORADO CON (MANZANA) + FRUTA
		CENA	ARROZ GRANEADO + ASADO DE RES + PURE DE PAPA + ENSALADA + INFUSIÓN
		DESAYUNO	LECHE DE SOYA + 03 PANES CON HUEVO FRITO
5	JUEVES 25/01/2018	ENTRADA	SOPA DE SEMOLA + RES CON HUESO
		SEGUNDO	ARROZ GRANEADO + CHULETA DE CERDO + MENESTRA + ENSALADA + REFresco DE (LIMA) + FRUTA
		CENA	SOPA DE TRIGO + RES CON HUESO + FRUTA + INFUSIÓN
6	VIERNES 26/01/2018	DESAYUNO	CALDO DE POLLO + 01 PAN + INFUSION
		ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + SECO DE CABRITO + YUCA SANCOCHADA + SARZA + REFresco DE (MANZANA) + FRUTA
7	SABADO 27/01/2018	CENA	ARROZ GRANEADO + PAVITA MECHADA + MENESTRA + ENSALADA + INFUSIÓN
		DESAYUNO	AVENA + 03 PANES CON YUCA SANCOCHADA + SALTADITO DE POLLO
		ENTRADA	ENSALADA RUSA
8	DOMINGO 28/01/2018	SEGUNDO	TALLARINES VERDES + POLLO + ENSALADA + REFresco DE (NARANJA) + FRUTA
		CENA	YUCA SANCOCHADA + PESCADO FRITO + ENSALADA + INFUSION
		DESAYUNO	LECHE CON CAFE + 03 PANES CON QUESO FRESCO
9	LUNES 29/01/2018	ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + ESTOFADO DE GALLINA + MENESTRA + ENSALADA + REFresco DE (PIÑA) + FRUTA
		CENA	ARROZ GRANEADO + SALTADITO DE POLLO + PAPA FRITA + ENSALADA + INFUSIÓN
10	MARTES 30/01/2018	DESAYUNO	KIWICHA + 03 PANES CON MILANESA DE POLLO
		ENTRADA	SOPA A LA MINUTA
		SEGUNDO	ARROZ GRANEADO + OLLUQUITO CON PAPA + CARNE DE RES + SARZA + INFUSION + FRUTA
11	MIÉRCOLES 31/01/2018	CENA	CALDO DE POLLO + FRUTA + INFUSIÓN
		DESAYUNO	QUINUA CON LECHE + 03 PANES CON PESCADO FRITO + ENSALADA
		ENTRADA	ENSALADA MIXTA
12	JUEVES 01/02/2018	SEGUNDO	ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + INFUSION + FRUTA
		CENA	ARROZ GRANEADO + PAVITA A LA OLLA + PAPA EN RODAJAS + ENSALADA + INFUSIÓN
		DESAYUNO	QUINUA CON MACA + 03 PANES CON SALTADITO DE POLLO
13	VIERNES 02/02/2018	ENTRADA	SOPA DE VERDURA CON POLLO
		SEGUNDO	ARROZ GRANEADO + PESCADO FRITO + ENSALADA + MENESTRA + FRUTA + REFresco DE (NARANJA)
		CENA	ARROZ GRANEADO + GALLINA ESTOFADA + PURE DE PAPA + ENSALADA + INFUSIÓN
14	SABADO 03/02/2018	DESAYUNO	QUINUA CON MACA + 03 PANES CON HUEVO DURO
		ENTRADA	CEVICHE DE TOYO CON CAMOTE SANCOCHADO
		SEGUNDO	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + REFERESCO DE (LIMA) + FRUTA
15	DOMINGO 04/02/2018	CENA	ARROZ GRANEADO + LOMITO SALTADO + FRUTA + INFUSIÓN
		DESAYUNO	CALDO DE POLLO + 01 PAN + INFUSIÓN
		ENTRADA	ENROLLADO DE PAPA CON CONSERVA DDE PESCADO
16	LUNES 05/02/2018	SEGUNDO	ARROZ GRANEADO CON CHANCHO + SARZA + INFUSION + FRUTA
		CENA	ARROZ A LA CUBANA + HUEVO FRITO + PLATANO + ENSALADA + + INFUSIÓN
		DESAYUNO	AVENA + 03 PANES CON MILANESA DE POLLO
17	MARTES 06/02/2018	ENTRADA	ENSALADA
		SEGUNDO	TALLARINES ROJOS + GALLINA + ENSALADA + REFresco DE (NARANJA) + FRUTA
		CENA	CALDO DE FIDEOS CON GALLINA + FRUTA + INFUSIÓN
18	MIÉRCOLES 07/02/2018	DESAYUNO	LECHE CON COCOA + 03 PANES CON QUESO + FRUTA
		ENTRADA	ENSALADA
		SEGUNDO	ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + INFUSION + FRUTA
19	JUEVES 08/02/2018	CENA	ARROZ GRANEADO + POLLO FRITO + PAPA FRITA + ENSALADA + INFUSIÓN
		DESAYUNO	KIWICHA + 03 PANES CON SALTADITO DE RES
		ENTRADA	ENSALADA FRESCA
20	VIERNES 09/02/2018	SEGUNDO	ARROZ GRANEADO + BISTECK ENCEBOLLADO + MENESTRA + ZARZA + REFresco DE (PIÑA) + FRUTA
		CENA	TALLARINES ROJOS + RES + YUCA SANCOCHADA + FRUTA + INFUSION
		DESAYUNO	AVENA + 03 PANES CON MILANESA DE POLLO

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

RELACIÓN DE MENÚS PROPUESTOS PARA EL PERSONAL INPE DE LOS E.P DE TRUJILLO VARONES
TRUJILLO MUJERES Y PACASMAYO DEL 18 DE ENERO AL 20 DE FEBRERO DE 2018

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

Nº DE MENU	FECHA	DETALLE DEL MENÚ	
15	DOMINGO	DESAYUNO	QUINUA + 03 PANES CON ENCEBOLLADO DE PESCADO
	04/02/2018	ENTRADA	ENSALADA MIXTA
		SEGUNDO	ARROZ GRANEADO +LOCRO DE ZAPALLO + POLLO + ENSALADA + REFRESCO DE (PIÑA)+ FRUTA
16	LUNES	CENA	ARROZ GRANEADO + PESCADO FRITO +LENTEJITA + SARZA + INFUSIÓN
		DESAYUNO	QUINUA CON LECHE + 03 PANES CON SALTADITO DE POLLO
	05/02/2018	ENTRADA	SOPA DE VERDURA CON MENUDENCIA DE POLLO
SEGUNDO		ARROZ GRANEADO + ESCABECHE DE PESCADO + CAMOTE SANCOCHADO + REFERESCO DE MAIZ MORADO CON (MANZANA) + FRUTA	
17	MARTES	CENA	ARROZ GRANEADO + ASADO DE RES + PURE DE PAPA + ENSALADA + INFUSIÓN
		DESAYUNO	LECHE DE SOYA + 03 PANES CON HUEVO FRITO
	06/02/2018	ENTRADA	SOPA DE SEMOLA + RES CON HUESO
SEGUNDO		ARROZ GRANEADO + CHULETA DE CERDO + MENESTRA + ENSALADA + REFRESCO DE (LIMA) + FRUTA	
18	MIERCOLES	CENA	SOPA DE TRIGO + RES CON HUESO + FRUTA + INFUSIÓN
		DESAYUNO	CALDO DE POLLO + 01 PAN + INFUSIÓN
	07/02/2018	ENTRADA	ENSALADA FRESCA
SEGUNDO		ARROZ GRANEADO+ SECO DE CABRITO+ YUCA SANCOCHADA + SARZA + REFRESCO DE (MANZANA) + FRUTA	
19	JUEVES	CENA	ARROZ GRANEADO + PAVITA MECHADA + MENESTRA + ENSALADA + INFUSIÓN
		DESAYUNO	AVENA + 03 PANES CON YUCA SANCOCHADA + SALTADITO DE POLLO
	08/02/2018	ENTRADA	ENSALADA RUSA
SEGUNDO		TALLARINES VERDES + POLLO + ENSALADA + REFRESCO DE (NARANJA) + FRUTA	
20	VIERNES	CENA	YUCA SANCOCHADA + PESCADO FRITO + ENSALADA + INFUSION
		DESAYUNO	LECHE CON CAFE + 03 PANES CON QUESO FRESCO
	09/02/2018	ENTRADA	ENSALADA FRESCA
SEGUNDO		ARROZ GRANEADO + ESTOFADO DE GALLINA + MENESTRA + ENSALADA + REFRESCO DE (PIÑA) + FRUTA	
21	SABADO	CENA	ARROZ GRANEADO + SALTADITO DE POLLO + PAPA FRITA + ENSALADA + INFUSIÓN
		DESAYUNO	KIWICHA + 03 PANES CON MILANESA DE POLLO
	10/02/2018	ENTRADA	SOPA A LA MINUTA
SEGUNDO		ARROZ GRANEADO + OLLUQUITO CON PAPA + CARNE DE RES + SARZA + INFUSION + FRUTA	
22	DOMINGO	CENA	CALDO DE POLLO + FRUTA + INFUSIÓN
		DESAYUNO	QUINUA CON LECHE + 03 PANES CON PESCADO FRITO + ENSALADA
	11/02/2018	ENTRADA	ENSALADA MIXTA
SEGUNDO		ARROZ GRANEADO +MONDONGUITO A LA ITALIANA + ENSALADA + INFUSION + FRUTA	
23	LUNES	CENA	ARROZ GRANEADO +PAVITA A LA OLLA + PAPA EN RODAJAS + ENSALADA + INFUSIÓN
		DESAYUNO	QUINUA CON LECHE + 03 PANES CON SALTADITO DE POLLO
	12/02/2018	ENTRADA	SOPA DE VERDURA CON POLLO
SEGUNDO		ARROZ GRANEADO + PESCADO FRITO +ENSALADA + MENESTRA + FRUTA + REFRESCO DE (NARANJA)	
24	MARTES	CENA	ARROZ GRANEADO + GALLINA ESTOFADA + PURE DE PAPA + ENSALADA + INFUSIÓN
		DESAYUNO	QUINUA CON MACA + 03 PANES CON HUEVO DURO
	13/02/2018	ENTRADA	CEVICHE DE TOYO CON CAMOTE SANCOCHADO
SEGUNDO		ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + REFERESCO DE (LIMA) + FRUTA	
25	MIERCOLES	CENA	ARROZ GRANEADO + LOMITO SALTADO +FRUTA + INFUSIÓN
		DESAYUNO	CALDO DE POLLO + 01 PAN + INFUSIÓN
	14/02/2018	ENTRADA	ENROLLADO DE PAPA CON CONSERVA DE PESCADO
SEGUNDO		ARROZ GRANEADO CON CHANCHO + SARZA + INFUSION + FRUTA	
26	JUEVES	CENA	ARROZ A LA CUBANA + HUEVO FRITO + PLATANO + ENSALADA + + INFUSIÓN
		DESAYUNO	AVENA + 03 PANES CON MILANESA DE POLLO
	15/02/2018	ENTRADA	ENSALADA
SEGUNDO		TALLARINES ROJOS + GALLINA + ENSALADA + REFRESCO DE (NARANJA) + FRUTA	
27	VIERNES	CENA	CALDO DE FIDEOS CON GALLINA + FRUTA + INFUSIÓN
		DESAYUNO	LECHE CON COCOA + 03 PANES CON QUESO + FRUTA
	16/02/2018	ENTRADA	ENSALADA
SEGUNDO		ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + INFUSION + FRUTA	
28	SABADO	CENA	ARROZ GRANEADO + POLLO FRITO + PAPA FRITA + ENSALADA + INFUSIÓN
		DESAYUNO	KIWICHA + 03 PANES CON SALTADITO DE RES
	17/02/2018	ENTRADA	ENSALADA FRESCA
SEGUNDO		ARROZ GRANEADO + BISTECK ENCEBOLLADO + MENESTRA + ZARZA + REFRESCO DE (PIÑA) + FRUTA	
29	DOMINGO	CENA	TALLARINES ROJOS + RES + YUCA SANCOCHADA + FRUTA + INFUSION
		DESAYUNO	QUINUA + 03 PANES CON ENCEBOLLADO DE PESCADO
	18/02/2018	ENTRADA	ENSALADA MIXTA
SEGUNDO		ARROZ GRANEADO +LOCRO DE ZAPALLO + POLLO + ENSALADA + REFRESCO DE (PIÑA)+ FRUTA	
30	LUNES	CENA	ARROZ GRANEADO + PESCADO FRITO +LENTEJITA + SARZA + INFUSIÓN
		DESAYUNO	QUINUA CON LECHE + 03 PANES CON SALTADITO DE POLLO
	19/02/2018	ENTRADA	SOPA DE VERDURA CON MENUDENCIA DE POLLO
SEGUNDO		ARROZ GRANEADO + ESCABECHE DE PESCADO + CAMOTE SANCOCHADO + REFERESCO DE MAIZ MORADO CON (MANZANA) + FRUTA	
31	MARTES	CENA	ARROZ GRANEADO + ASADO DE RES + PURE DE PAPA + ENSALADA + INFUSIÓN
		DESAYUNO	LECHE DE SOYA + 03 PANES CON HUEVO FRITO
	20/02/2018	ENTRADA	SOPA DE SEMOLA + RES CON HUESO
SEGUNDO		ARROZ GRANEADO + CHULETA DE CERDO + MENESTRA + ENSALADA + REFRESCO DE (LIMA) + FRUTA	
32		CENA	SOPA DE TRIGO + RES CON HUESO + FRUTA + INFUSIÓN

CONTRATISTA
Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA
Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

21/01/2018 04/02/2018 18/02/2018

MENÚ N° 1 15 29

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: QUINUA + 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
PAN FRANCES	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		605.28	23.49	11.94	102.07	93.94	107.48	408.23	609.65
						V.C. DESAYUNO			609.65
						% DIST. DESAYUNO			22%
ENTRADA: ENSALADA MIXTA									
ALMUERZO: ARROZ GRANEADO + LOCRO DE ZAPALLO + POLLO + ENSALADA + FRUTA + REFRESCO DE FRUTA (PIÑA)									
ARROZ SUPERIOR	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
POLLO CON HUESO	160.00	244.80	29.12	16.32	0.00	116.48	146.88	0.00	263.36
ZANAHORIA	30.00	11.69	0.18	0.15	2.76	0.72	1.35	11.04	13.11
CHOCLO DESGRANADO	15.00	22.50	0.57	0.15	4.40	2.28	1.35	17.58	21.21
AJI AMARILLO	1.00	0.30	0.01	0.01	0.09	0.04	0.06	0.35	0.45
ZAPALLO	30.00	7.80	0.21	0.06	1.92	0.84	0.54	7.68	9.06
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
PAPA BLANCA	120.00	110.58	2.52	0.12	26.76	10.08	1.08	107.04	118.20
ARVEJAS FRESCAS	20.00	16.96	1.42	0.12	3.76	5.68	1.08	15.04	21.80
TOMATE	40.00	7.52	0.32	0.08	1.72	1.28	0.72	6.88	8.88
PIÑA	40.00	9.73	0.16	0.08	3.92	0.64	0.72	15.68	17.04
SAZONADOR BLANCO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NARANJA DE MESA	150.00	51.30	1.80	0.30	16.35	7.20	2.70	65.40	75.30
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		1144.23	48.72	23.16	198.65	194.89	208.37	794.56	1197.82
						V. C. ALMUERZO			1197.82
						% DIST. ALMUERZO			44%
CENA: ARROZ GRANEADO + PESCADO FRITO + LENTEJITA + SARZA + INFUSIÓN									
ARROZ SUPERIOR	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	40.00	7.52	0.32	0.08	1.72	1.28	0.72	6.88	8.88
LENTEJAS SECAS	80.00	271.20	18.08	0.80	48.80	72.32	7.20	195.20	274.72
CEBOLLA	80.00	35.28	1.12	0.16	9.04	4.48	1.44	36.16	42.08
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	7.00	61.88	0.00	7.00	0.00	0.00	63.00	0.00	63.00
AZUCAR RUBIA	21.00	80.64	0.00	0.00	20.64	0.00	0.00	82.57	82.57
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		930.55	54.98	13.56	150.61	219.92	122.04	602.45	944.41
						V. C. CENA			944.41
						% DIST. CENA			34%
						VCT (Gr.)			127.19
						VCT (Kcal.)			508.75
						VCT (%)			18%
						V. C. T. MENU			2752

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa Caballero Salveredy
LIC. NUTRICIÓN
CNP: 4672

CORRESPONDE
A L. FOLIO

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FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

22/01/2018 05/02/2018 19/02/2018

MENÚ N° 2 16 30

ALIMENTO	PESO (g)	KCAL.	PROT (g)	GRASAS (g)	CARB. (g)	K.CALORIAS PON NUTRIENTES			TOTAL
						PROT	GRASAS	CARB.	
DESAYUNO: QUINUA CON LECHE + 03 PANES CON SALTADITO DE POLLO									
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 FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
POLLO CON HUESO	80.00	122.40	14.56	8.16	0.00	58.24	73.44	0.00	131.68
TOMATE	8.00	1.50	0.06	0.02	0.34	0.26	0.14	1.38	1.78
CEBOLLA	8.00	3.53	0.11	0.02	0.90	0.45	0.14	3.62	4.21
ACEITE VEGETAL	4.00	35.36	0.00	4.00	0.00	0.00	36.00	0.00	36.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		714.29	30.59	19.50	107.45	122.39	175.42	429.80	727.61
						V.C. DESAYUNO			727.61
						% DIST. DESAYUNO			26%

ENTRADA: SOPA DE VERDURA CON MENUDENCIA DE POLLO									
ALMUERZO: ARROZ GRANEADO + ESCABECHE DE PESCADO + CAMOTE SANCOCHADO + FRUTA + REFRESCO DE MAIZ MORADO CON (MANZANA)									
ARROZ SUPERIOR	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
PESCADO	160.00	185.76	34.56	6.24	0.48	138.24	56.16	1.92	196.32
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
ACEITE VEGETAL	15.00	132.60	0.00	15.00	0.00	0.00	135.00	0.00	135.00
PAPA BLANCA	80.00	73.72	1.68	0.08	17.84	6.72	0.72	71.36	78.80
VINAGRE	1.00	0.12	0.00	0.00	0.05	0.00	0.00	0.20	0.20
AJI AMARILLO	4.00	1.20	0.04	0.03	0.35	0.14	0.25	1.41	1.80
SAZONADOR BLANCO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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
APIO	15.00	2.99	0.11	0.03	0.72	0.42	0.27	2.88	3.57
PORO	15.00	6.00	0.41	0.12	1.14	1.62	1.08	4.56	7.26
BROCOLI	10.00	4.00	0.49	0.09	0.57	1.96	0.81	2.28	5.05
MAIZ MORADO	20.00	71.40	1.46	0.68	15.24	5.84	6.12	60.96	72.92
AZUCAR RUBIA	30.00	115.20	0.00	0.00	29.49	0.00	0.00	117.96	117.96
MANZANA	40.00	43.20	0.12	0.04	5.84	0.48	0.36	23.36	24.20
NARANJA DE MESA	150.00	135.00	1.80	0.30	16.35	7.20	2.70	65.40	75.30
ZAPALLO	15.00	3.90	0.11	0.03	0.96	0.42	0.27	3.84	4.53
MENUDENCIA DE POLLO	50.00	76.50	9.10	5.10	0.00	36.40	45.90	0.00	82.30
SUB TOTAL		1401.08	62.62	28.57	208.69	250.41	257.07	834.72	1342.20
						V. C. ALMUERZO			1342.20
						% DIST. ALMUERZO			47%

CENA: ARROZ GRANEADO + ASADO DE RES + ENSALADA + PURE DE PAPA + INFUSIÓN									
RES SIN HUESO	80.00	75.60	17.04	1.28	0.00	68.16	11.52	0.00	79.68
TOMATE	30.00	5.64	0.24	0.06	1.29	0.96	0.54	5.16	6.66
ARROZ SUPERIOR	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
LECHUGA	330.00	5.42	0.45	0.06	1.17	1.80	0.54	4.68	7.02
PEPINILLOS	20.00	1.91	0.10	0.02	0.52	0.40	0.18	2.08	2.66
PAPA BLANCA	120.00	110.58	2.52	0.12	26.76	10.08	1.08	107.04	118.20
MARGARINA	5.00	36.00	0.03	4.05	0.02	0.12	36.45	0.06	36.63
LECHE EVAPORADA	20.00	28.6	1.40	1.62	2.18	5.60	14.58	8.72	28.90
ACEITE VEGETAL	6.00	53.04	0.00	6.00	0.00	0.00	54.00	0.00	54.00
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		722.07	29.69	13.74	130.54	118.77	123.62	522.11	764.50
						V. C. CENA			764.50
						% DIST. CENA			27%
VCT (Gr.)			122.90	61.81	446.68				
VCT (Kcal.)			491.57	556.11	1786.63				
VCT (%)			17%	20%	63%				
						V. C. T. MENU			100%
									2834

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

23/01/2018 06/02/2018 20/02/2018

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: LECHE DE SOYA + 03 PANES CON HUEVO FRITO									
SOYA	25.00	100.25	7.05	4.73	8.93	28.20	42.53	35.70	106.43
PAN FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
HUEVOS	60.00	71.91	8.10	5.04	1.14	32.40	45.36	4.56	82.32
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL									
						V.C. DESAYUNO			593.59
						% DIST. DESAYUNO			22%
ENTRADA: SOPA DE SEMOLA + RES CON HUESO									
ALMUERZO: ARROZ GRANEADO + CHULETA DE CERDO + MENESTRA + ENSALADA + FRUTA + REFRESCO DE (LIMA)									
ARROZ SUPERIOR	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
PAPA BLANCA	40.00	36.86	0.84	0.04	8.92	3.36	0.36	35.68	39.40
CARNE DE CERDO	160.00	285.12	23.04	24.16	0.00	92.16	217.44	0.00	309.60
SEMOLA	30.00	108.60	2.34	0.33	23.52	9.36	2.97	94.08	106.41
PORO	15.00	6.00	0.41	0.12	1.14	1.62	1.08	4.56	7.26
FREJOL PANAMITO	60.00	201.60	12.90	1.02	36.42	51.60	9.18	145.68	206.46
APIO	15.00	2.99	0.11	0.03	0.72	0.42	0.27	2.88	3.57
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PEPINILLOS	40.00	3.83	0.20	0.04	1.04	0.80	0.36	4.16	5.32
LECHUGA	60.00	10.83	0.90	0.12	2.34	3.60	1.08	9.36	14.04
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
RES CON HUESO	50.00	44.63	10.65	0.80	0.00	42.60	7.20	0.00	49.80
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LIMA	40.00	9.72	0.24	0.16	2.36	0.96	1.44	9.44	11.84
ACEITE VEGETAL	8.00	61.88	0.00	7.00	0.00	0.00	63.00	0.00	63.00
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
LIMA	150.00	36.45	0.90	0.60	8.85	3.60	5.40	35.40	44.40
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	22.00	76.80	0.00	0.00	19.66	0.00	0.00	78.61	78.61
SUB TOTAL									
						V. C. ALMUERZO			1468.56
						% DIST. ALMUERZO			53%
CENA: SOPA DE TRIGO + RES CON HUESO + FRUTA + INFUSION									
ARROZ SUPERIOR	50.00	168.00	4.30	0.75	36.85	17.20	6.75	147.40	171.35
RES CON HUESO	120.00	113.40	25.56	1.92	0.00	102.24	17.28	0.00	119.52
PAPA BLANCA	100.00	92.15	2.10	0.10	22.30	8.40	0.90	89.20	98.50
AZUCAR RUBIA	20.00	88.32	0.00	0.00	22.61	0.00	0.00	90.44	90.44
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	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
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
PLATANO DE LA ISLA	150.00	92.82	1.35	0.60	35.40	5.40	5.40	141.60	152.40
SUB TOTAL									
						V. C. CENA			687.45
						% DIST. CENA			25%

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

CORRESPONDE
AL POLLO.

103

FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

24/01/2018 07/02/2018

MENÚ N° 4 18

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: CALDO DE POLLO + 03 PANES + INFUSIÓN									
FIDEOS SURTIDOS	80.00	288.00	7.52	0.16	62.56	30.08	1.44	250.24	281.76
PAPA BLANCA	120.00	110.58	2.52	0.12	26.76	10.08	1.08	107.04	118.20
POLLO	100.00	153.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
PAN FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
ACEITE VEGETAL	8.00	70.72	0.00	8.00	0.00	0.00	72.00	0.00	72.00
APIO	20.00	3.99	0.14	0.04	0.96	0.56	0.36	3.84	4.76
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ANIS	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
ZAPALLO	15.00	3.90	0.11	0.03	0.96	0.42	0.27	3.84	4.53
ZANAHORIA	20.00	7.79	0.12	0.10	1.84	0.48	0.90	7.36	8.74
SUB TOTAL		995.88	36.17	18.83	175.08	144.66	169.47	700.30	1014.43
						V.C. DESAYUNO			1014.43
						% DIST. DESAYUNO			31.3%
ENTRADA: ENSALADA FRESCA									
ALMUERZO: ARROZ GRANEADO + SECO DE CABRITO + YUCA SANCOCHADA ZARZA + REFRESCO DE (MANZANA)+ FRUTA									
ARROZ SUPERIOR	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
YUCA	120.00	194.40	0.96	0.24	47.16	3.84	2.16	188.64	194.64
TOMATE	50.00	9.41	0.40	0.10	2.15	1.60	0.90	8.60	11.10
CEBOLLA	50.00	22.05	0.70	0.10	5.65	2.80	0.90	22.60	26.30
AJI AMARILLO	3.00	0.90	0.03	0.02	0.26	0.11	0.19	1.06	1.36
ACEITE VEGETAL	4.00	35.36	0.00	4.00	0.00	0.00	36.00	0.00	36.00
CULANTRO	10.00	2.86	0.33	0.13	0.70	1.32	1.17	2.80	5.29
VINAGRE	2.00	0.24	0.00	0.00	0.10	0.00	0.00	0.40	0.40
MANDARINA	150.00	43.58	0.90	0.45	12.90	3.60	4.05	51.60	59.25
MANZANA	40.00	19.44	0.12	0.04	5.84	0.48	0.36	23.36	24.20
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
COMINO MOLIDO	1.00	2.53	0.11	0.12	0.29	0.46	1.12	1.14	2.72
SUB TOTAL		1260.58	43.16	36.37	202.19	172.66	327.34	808.75	1308.75
						V. C. ALMUERZO			1308.75
						% DIST. ALMUERZO			40.3%
CENA: ARROZ GRANEADO + PAVITA MECHADA + MENESTRA + ENSALADA +INFUSIÓN									
CARNE DE PAVITA	100.00	241.20	20.10	20.20	0.00	80.40	181.80	0.00	262.20
ARROZ SUPERIOR	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
ARVEJITA PARTIDA	60.00	210.60	13.02	1.92	36.66	52.08	17.28	146.64	216.00
TOMATE	30.00	5.64	0.24	0.06	1.29	0.96	0.54	5.16	6.66
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
LECHUGA	40.00	7.22	0.60	0.08	1.56	2.40	0.72	6.24	9.36
ACEITE VEGETAL	4.00	35.36	0.00	4.00	0.00	0.00	36.00	0.00	36.00
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		895.50	41.87	26.79	128.28	167.49	241.07	513.09	921.65
						V. C. CENA			921.65
						% DIST. CENA			28.4%
						VCT (Gr.)		121.20	81.99
						VCT (Kcal.)		484.81	737.88
						VCT (%)		15%	23%
						V. C. T. MENU			3245

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Caballero Salverredy
I.C. NUTRICIÓN
ID: 4672

FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

25/01/2018 08/02/2018

MENÚ N° 5 19

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: Avena + 03 PANES + YUCA SANCOCHADA CON SALTADITO DE POLLO									
AVENA	25.00	86.75	3.33	1.00	18.00	13.30	9.00	72.00	94.30
POLLO CON HUESO	50.00	76.50	9.10	5.10	0.00	36.40	45.90	0.00	82.30
PAN FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
YUCA	100.00	162.00	0.80	0.20	39.30	3.20	1.80	157.20	162.20
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		753.87	20.79	14.48	139.30	83.14	130.32	557.18	770.64
						V.C. DESAYUNO			770.64
						% DIST. DESAYUNO			28%
ENTRADA: ENSALADA RUSA									
ALMUERZO: TALLARINES VERDES + POLLO + ENSALADA + REFresco DE (NARANJA)+ FRUTA									
FIDEO TALLARIN	150.00	486.00	14.25	0.15	104.40	57.00	1.35	417.60	475.95
ACEITE VEGETAL	12.00	106.08	0.00	12.00	0.00	0.00	108.00	0.00	108.00
POLLO CON HUESO	160.00	244.80	29.12	16.32	0.00	116.48	146.88	0.00	263.36
BETERRAGA	30.00	10.96	0.51	0.03	2.85	2.04	0.27	11.40	13.71
ZANAHORIA	30.00	11.69	0.18	0.15	2.76	0.72	1.35	11.04	13.11
PAPA BLANCA	60.00	55.29	1.26	0.06	13.38	5.04	0.54	53.52	59.10
ALBAHACA ENTERA	20.00	8.60	0.58	0.24	1.46	2.32	2.16	5.84	10.32
PIMIENTA MOLIDA	1.00	3.60	0.08	0.08	0.64	0.34	0.72	2.54	3.60
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
PLATANO DE SEDA	150.00	84.66	2.25	0.45	31.50	9.00	4.05	126.00	139.05
NARANJA AGRIA	40.00	10.03	0.20	0.08	3.28	0.80	0.72	13.12	14.64
AJOS	2.00	1.55	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	0.00
CEBOLLA	40.00	17.64	0.56	0.08	4.52	2.24	0.72	18.08	21.04
SUB TOTAL		1137.21	49.11	29.66	190.17	196.47	266.94	760.65	1224.06
						V. C. ALMUERZO			1224.06
						% DIST. ALMUERZO			45%
CENA: YUCA SANCOCHADA + PESCADO FRITO + ENSALADA + INFUSION									
YUCA	200.00	324.00	1.60	0.40	78.60	6.40	3.60	314.40	324.40
PESCADO	130.00	150.93	28.08	5.07	0.39	112.32	45.63	1.56	159.51
ACEITE VEGETAL	10.00	106.08	0.00	12.00	0.00	0.00	108.00	0.00	108.00
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
PEPINILLOS	30.00	2.87	0.15	0.03	0.78	0.60	0.27	3.12	3.99
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	33.00	126.72	0.00	0.00	32.44	0.00	0.00	129.76	129.76
SUB TOTAL		735.76	30.71	17.66	118.45	122.84	158.94	473.80	755.58
						V. C. CENA			755.58
						% DIST. CENA			27%
VCT (Gr.)			100.61	61.80	447.92				
VCT (Kcal.)			402.45	556.20	1791.63				
VCT (%)			15%	20%	65%				
						V. C. T. MENU			2750

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

26/01/2018 09/02/2018

MENÚ N° 6 20

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE CON CAFE + 03 PANES CON QUESO FRESCO									
LECHE EVAPORADA	120.00	171.60	8.40	9.72	13.08	33.60	87.48	52.32	173.40
CAFE	10.00	0.20	0.03	0.01	0.08	0.12	0.09	0.32	0.53
QUESO	60.00	103.80	9.78	6.18	2.04	39.12	55.62	8.16	102.90
PAN FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	30.00	115.20	0.00	0.00	29.49	0.00	0.00	117.96	117.96
SUB TOTAL		652.70	25.77	16.09	102.11	103.08	144.81	408.44	656.33
						V.C. DESAYUNO			656.33
						% DIST. DESAYUNO			24%
ENTRADA: ENSALADA FRESCA									
ALMUERZO: ARROZ GRANEADO + ESTOFADO DE GALLINA + MENESTRA + REFRESCO DE (PIÑA) + ENSALADA + FRUTA									
ARROZ SUPERIOR	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
CARNE DE GALLINA	160.00	172.80	32.96	5.76	0.00	131.84	51.84	0.00	183.68
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
ACEITE VEGETAL	12.00	106.08	0.00	12.00	0.00	0.00	108.00	0.00	108.00
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
TOMATE	30.00	5.64	0.24	0.06	1.29	0.96	0.54	5.16	6.66
PEPINILLOS	25.00	2.39	0.13	0.03	0.65	0.50	0.23	2.60	3.33
LECHUGA	60.00	10.83	0.90	0.12	2.34	3.60	1.08	9.36	14.04
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
LIMON	3.00	0.46	0.02	0.01	0.29	0.06	0.05	1.16	1.27
AJI AMARILLO	4.00	1.20	0.04	0.03	0.35	0.14	0.25	1.41	1.80
PALILLO MOLIDO	1.00	0.54	0.00	0.04	0.06	0.02	0.32	0.23	0.57
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
PIÑA	40.00	9.73	0.16	0.08	3.92	0.64	0.72	15.68	17.04
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SAL	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		1287.23	62.64	19.86	207.13	250.53	178.56	828.49	1257.58
						V. C. ALMUERZO			1257.58
						% DIST. ALMUERZO			46%
CENA: ARROZ GRANEADO + SALTADITO DE POLLO + PAPA FRITA + ENSALADA + INFUSIÓN									
ARROZ SUPERIOR	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
POLLO CON HUESO	100.00	153.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
TOMATE	50.00	9.41	0.40	0.10	2.15	1.60	0.90	8.60	11.10
CEBOLLA	50.00	22.05	0.70	0.10	5.65	2.80	0.90	22.60	26.30
PEPINILLOS	50.00	4.79	0.25	0.05	1.30	1.00	0.45	5.20	6.65
PAPA BLANCA	150.00	138.23	3.15	0.15	33.45	12.60	1.35	133.80	147.75
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		815.78	30.08	21.05	132.23	120.32	189.45	528.92	838.69
						V. C. CENA			838.69
						% DIST. CENA			30%
						VCT (Gr.)		118.49	57.00
						VCT (Kcal.)		473.93	512.82
						VCT (%)		17%	19%
						V. C. T. MENU			2753

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

27/01/2018 10/02/2018

MENÚ N° 7 21

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: KIWICHA + 03 PANES CON MILANESA DE POLLO									
KIWICHA	25.00	86.75	3.33	1.00	18.00	13.30	9.00	72.00	94.30
POLLO CON HUESO	100.00	153.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
PAN FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
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		668.37	29.09	19.38	100.00	116.34	174.42	399.98	690.74
						V.C. DESAYUNO			690.74
						% DIST. DESAYUNO			25%
ENTRADA: SOPA A LA MINUTA									
ALMUERZO: ARROZ GRANEADO + OLLUQUITO CON PAPA + CARNE DE RES + SARZA + INFUSION + FRUTA									
ARROZ SUPERIOR	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
ACEITE VEGETAL	12.00	106.08	0.00	12.00	0.00	0.00	108.00	0.00	108.00
RES SIN HUESO	100.00	94.50	21.30	1.60	0.00	85.20	14.40	0.00	99.60
FIDEOS SURTIDOS	30.00	108.00	2.82	0.06	23.46	11.28	0.54	93.84	105.66
PAPA BLANCA	40.00	36.86	0.84	0.04	8.92	3.36	0.36	35.68	39.40
RES SIN HUESO	40.00	37.80	8.52	0.64	0.00	34.08	5.76	0.00	39.84
OLLUCO	120.00	74.40	1.32	0.12	17.16	5.28	1.08	68.64	75.00
PAPA BLANCA	120.00	110.58	2.52	0.12	26.76	10.08	1.08	107.04	118.20
PIMIENTA MOLIDA	1.00	3.60	0.08	0.08	0.64	0.34	0.72	2.54	3.60
LIMON	5.00	0.77	0.03	0.01	0.49	0.10	0.09	1.94	2.13
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
PLATANO DE SEDA	150.00	84.66	2.25	0.45	31.50	9.00	4.05	126.00	139.05
MENTA	10.00	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
SAL	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
SUB TOTAL		1302.12	52.37	15.93	253.08	209.49	143.33	1012.25	1365.07
						V. C. ALMUERZO			1365.07
						% DIST. ALMUERZO			50%
CENA: CALDO DE POLLO + FRUTA + INFUSIÓN									
FIDEOS SURTIDOS	50.00	180.00	4.70	0.10	39.10	18.80	0.90	156.40	176.10
PAPA BLANCA	100.00	92.15	2.10	0.10	22.30	8.40	0.90	89.20	98.50
POLLO	100.00	153.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
NARANJA DE MESA	150.00	51.30	1.80	0.30	16.35	7.20	2.70	65.40	75.30
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
APIO	20.00	3.99	0.14	0.04	0.96	0.56	0.36	3.84	4.76
PORO	20.00	8.00	0.54	0.16	1.52	2.16	1.44	6.08	9.68
BROCOLI	15.00	6.00	0.74	0.14	0.86	2.94	1.22	3.42	7.58
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
ZAPALLO	20.00	5.20	0.14	0.04	1.28	0.56	0.36	5.12	6.04
ZANAHORIA	20.00	7.79	0.12	0.10	1.84	0.48	0.90	7.36	8.74
SUB TOTAL		647.63	28.48	16.18	108.79	113.90	145.58	435.12	694.60
						V. C. CENA			694.60
						% DIST. CENA			25%
VCT (Gr.)			109.94	51.49	461.87				
VCT (Kcal.)			439.73	463.33	1847.35				
VCT (%)			16%	17%	67%				
						V. C. T. MENU			2750

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

28/01/2018 11/02/2018

MENÚ N° 8 22

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 PESCADO FRITO + ENSALADA									
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 FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
PESCADO	80.00	92.88	17.28	3.12	0.24	69.12	28.08	0.96	98.16
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
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		698.02	33.47	15.48	108.80	133.88	139.32	435.12	708.32
						V.C. DESAYUNO			708.32
						% DIST. DESAYUNO			26%
ENTRADA: ENSALADA MIXTA									
ALMUERZO: ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + FRUTA + INFUSION									
ARROZ SUPERIOR	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
MONDONGO DE RES	150.00	156.00	25.35	5.25	0.00	101.40	47.25	0.00	148.65
ZANAHORIA	20.00	7.79	0.12	0.10	1.84	0.48	0.90	7.36	8.74
AJI AMARILLO	5.00	1.50	0.05	0.04	0.44	0.18	0.32	1.76	2.26
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	14.00	123.76	0.00	14.00	0.00	0.00	126.00	0.00	126.00
PAPA BLANCA	200.00	184.30	4.20	0.20	44.60	16.80	1.80	178.40	197.00
TOMATE	60.00	11.29	0.48	0.12	2.58	1.92	1.08	10.32	13.32
CEBOLLA	60.00	26.46	0.84	0.12	6.78	3.36	1.08	27.12	31.56
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NARANJA DE MESA	150.00	51.30	1.80	0.30	16.35	7.20	2.70	65.40	75.30
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		1179.25	45.25	20.90	209.56	180.99	188.02	838.23	1207.24
						V. C. ALMUERZO			1207.24
						% DIST. ALMUERZO			44%
CENA: ARROZ GRANEADO + PAVITA A LA OLLA + PAPA EN RODAJAS + ENSALADA + INFUSION									
ARROZ SUPERIOR	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
PAPA BLANCA	115.00	105.97	2.42	0.12	25.65	9.66	1.04	102.58	113.28
AJI AMARILLO	3.00	0.90	0.03	0.02	0.26	0.11	0.19	1.06	1.36
PEPINILLOS	40.00	3.83	0.20	0.04	1.04	0.80	0.36	4.16	5.32
LIMON	2.00	0.31	0.01	0.00	0.90	0.04	0.04	0.78	0.86
CEBOLLA	35.00	15.44	0.49	0.07	3.96	1.96	0.63	15.82	18.41
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	3.00	26.52	0.00	3.00	0.00	0.00	27.00	0.00	27.00
AZUCAR RUBIA	22.00	84.48	0.00	0.00	21.63	0.00	0.00	86.50	86.50
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		808.33	30.91	23.97	124.97	123.61	215.74	497.00	836.35
						V. C. CENA			836.35
						% DIST. CENA			30%
VCT (Gr.)		109.63	60.35	443.33					
VCT (Kcal.)		438.48	543.08	1770.35					
VCT (%)		16%	20%	64%					
						V. C. T. MENU			2752

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

29/01/2018 12/02/2018

MENÚ N° 9 23

ALIMENTO	PESO BRUTO (g)	KCAL.	PROT (g)	GRASAS (g)	CARB. (g)	K.CALORIAS PON NUTRIENTES			TOTAL
						PROT	GRASAS	CARB.	
DESAYUNO: QUINUA CON LECHE + 03 PANES CON SALTADITO DE POLLO									
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 FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
POLLO CON HUESO	80.00	122.40	14.56	8.16	0.00	58.24	73.44	0.00	131.68
TOMATE	8.00	1.50	0.06	0.02	0.34	0.26	0.14	1.38	1.78
CEBOLLA	8.00	3.53	0.11	0.02	0.90	0.45	0.14	3.62	4.21
ACEITE VEGETAL	4.00	35.36	0.00	4.00	0.00	0.00	36.00	0.00	36.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		714.29	30.59	19.50	107.45	122.39	175.42	429.80	727.61
						V.C. DESAYUNO			727.61
						% DIST. DESAYUNO			25%
ENTRADA: SOPA DE VERDURA CON POLLO									
ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + ENSALADA + MENESTRA + FRUTA + REFRESCO DE (NARANJA)									
ARROZ SUPERIOR	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	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
PAPA BLANCA	50.00	46.08	1.05	0.05	11.15	4.20	0.45	44.60	49.25
FREJOL PANAMITO	60.00	201.60	12.90	1.02	36.42	51.60	9.18	145.68	206.46
AJI AMARILLO	5.00	1.50	0.05	0.04	0.44	0.18	0.32	1.76	2.26
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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
APIO	10.00	2.00	0.07	0.02	0.48	0.28	0.18	1.92	2.38
PORO	10.00	4.00	0.27	0.08	0.76	1.08	0.72	3.04	4.84
NARANJA AGRIA	40.00	13.20	0.20	0.08	3.28	0.80	0.72	13.12	14.64
FIDEOS SURTIDOS	30.00	216.00	2.82	0.06	23.46	11.28	0.54	93.84	105.66
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
LIMA	150.00	81.00	0.90	0.60	8.85	3.60	5.40	35.40	44.40
ZAPALLO	10.00	2.60	0.07	0.02	0.64	0.28	0.18	2.56	3.02
POLLO	50.00	76.50	9.10	5.10	0.00	36.40	45.90	0.00	82.30
SUB TOTAL		1511.14	73.34	18.89	230.70	293.35	169.93	922.79	1386.07
						V. C. ALMUERZO			1386.07
						% DIST. ALMUERZO			48%
CENA: ARROZ GRANEADO + GALLINA ESTOFADA + PURE DE PAPA + ENSALADA + INFUSIÓN									
CARNE DE GALLINA	100.00	108.00	20.60	3.60	0.00	82.40	32.40	0.00	114.80
ARROZ SUPERIOR	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	25.00	4.70	0.20	0.05	1.08	0.80	0.45	4.30	5.55
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
MARGARINA	5.00	36.00	0.03	4.05	0.02	0.12	36.45	0.06	36.63
LECHE EVAPORADA	30.00	42.90	2.10	2.43	3.27	8.40	21.87	13.08	43.35
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	22.00	84.40	0.00	0.00	21.63	0.00	0.00	86.50	86.50
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		771.82	33.67	15.91	127.37	134.69	143.19	509.43	787.31
						V. C. CENA			787.31
						% DIST. CENA			27%
VCT (Gr.)			137.60	54.30	465.52				
VCT (Kcal.)			550.43	488.54	1862.02				
VCT (%)			19%	17%	64%				
						V. C. T. MENU	100%		2901

CONTRATISTA

NUTRICIONISTA


Mariano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

30/01/2018 13/02/2018

MENÚ N° 10 24

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 HUEVO DURO									
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 FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
HUEVOS	55.00	65.92	7.43	4.62	1.05	29.70	41.58	4.18	75.46
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		595.82	21.34	6.65	116.23	85.34	59.85	464.86	610.05
						V.C. DESAYUNO			610.05
						% DIST. DESAYUNO			22%
ENTRADA:CEVICHE DE TOYO CON CAMOTE									
ALMUERZO:									
ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO DE (LIMA)									
ARROZ SUPERIOR	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
CAMOTE	80.00	92.80	0.96	0.16	22.08	3.84	1.44	88.32	93.60
FREJOL CASTILLA	60.00	198.00	13.50	1.08	34.98	54.00	9.72	139.92	203.64
TOMATE	50.00	9.41	0.40	0.10	2.15	1.60	0.90	8.60	11.10
CEBOLLA	70.00	30.87	0.98	0.14	7.91	3.92	1.26	31.64	36.82
ROCOTO	10.00	3.60	0.12	0.50	0.82	0.48	4.50	3.28	8.26
SAL	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SILLAO	15.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PIMIENTOS	20.00	1.91	0.10	0.02	0.52	0.40	0.18	2.08	2.66
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	0.00	0.00	0.00
LIMA	40.00	9.72	0.24	0.16	2.36	0.96	1.44	9.44	11.84
LIMA	150.00	36.45	0.90	0.60	8.85	3.60	5.40	35.40	44.40
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		1387.75	81.22	25.35	217.61	324.89	228.11	870.43	1423.43
						V. C. ALMUERZO			1423.43
						% DIST. ALMUERZO			52%
CENA:									
ARROZ GRANEADO + LOMITO SALTADO + FRUTA +.INFUSIÓN									
ARROZ SUPERIOR	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
RES SIN HUESO	80.00	75.60	17.04	1.28	0.00	68.16	11.52	0.00	79.68
PAPA BLANCA	100.00	92.15	2.10	0.10	22.30	8.40	0.90	89.20	98.50
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
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
MANZANA	150.00	72.90	0.45	0.15	21.90	1.80	1.35	87.60	90.75
TORONJIL	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
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
SUB TOTAL		695.74	27.41	7.06	136.84	109.65	63.50	547.31	720.46
						V. C. CENA			720.46
						% DIST. CENA			26%
						VCT (Gr.)			129.97
						VCT (Kcal.)			519.88
						VCT (%)			19%
						V. C. T. MENU			2754

CONTRATISTA

NUTRICIONISTA

Lauriano García Ildrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salveredy
LIC. NUTRICIÓN
CNP: 4672

CORRESPONDE 96
AL FOLIO

FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

31/01/2018 14/02/2018

MENÚ N° 11 25

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: CALDO DE POLLO + 03 PANES + INFUSIÓN									
FIDEOS SURTIDOS	80.00	288.00	7.52	0.16	62.56	30.08	1.44	250.24	281.76
PAPA BLANCA	120.00	110.58	2.52	0.12	26.76	10.08	1.08	107.04	118.20
POLLO	100.00	153.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
PAN FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
ACEITE VEGETAL	8.00	70.72	0.00	8.00	0.00	0.00	72.00	0.00	72.00
APIO	20.00	3.99	0.14	0.04	0.96	0.56	0.36	3.84	4.76
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ANIS	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
ZAPALLO	15.00	3.90	0.11	0.03	0.96	0.42	0.27	3.84	4.53
ZANAHORIA	20.00	7.79	0.12	0.10	1.84	0.48	0.90	7.36	8.74
SUB TOTAL		995.88	36.17	18.83	175.08	144.66	169.47	700.30	1014.43
						V.C. DESAYUNO			1014.43
						% DIST. DESAYUNO			33%
ENTRADA: ENROLLADO DE PAPA CON CONSERVA DE PESCADO									
ALMUERZO: ARROZ GRANEADO CON CHANCHO + ZARZA + INFUSION + FRUTA									
ARROZ SUPERIOR	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
CARNE DE CERDO	160.00	285.12	23.04	24.16	0.00	92.16	217.44	0.00	309.60
PAPA BLANCA	100.00	92.15	2.10	0.10	22.30	8.40	0.90	89.20	98.50
ATUN	50.00	140.50	12.10	10.25	0.00	48.40	92.25	0.00	140.65
CEBOLLA	80.00	35.28	1.12	0.16	9.04	4.48	1.44	36.16	42.08
AJI AMARILLO	5.00	1.50	0.05	0.04	0.44	0.18	0.32	1.76	2.26
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
MANDARINA	150.00	43.58	0.90	0.45	12.90	3.60	4.05	51.60	59.25
MENTA	10.00	0.00	0.00	0.00	15.32	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	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
COMINO MOLIDO	30.00	5.64	0.24	0.06	1.29	0.96	0.54	5.16	6.66
SUB TOTAL		1264.82	51.96	40.99	198.26	207.83	368.83	731.75	1308.41
						V. C. ALMUERZO			1308.41
						% DIST. ALMUERZO			42%
CENA: ARROZ A LA CUBANA + HUEVO FRITO + PLATANO + ENSALADA + INFUSIÓN									
ARROZ SUPERIOR	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
HUEVOS	90.00	107.87	12.15	7.56	1.71	48.60	68.04	6.84	123.48
PLATANO FREIR	150.00	114.24	1.80	0.30	44.40	7.20	2.70	177.60	187.50
TOMATE	25.00	4.70	0.20	0.05	1.08	0.80	0.45	4.30	5.55
CEBOLLA	25.00	11.03	0.35	0.05	2.83	1.40	0.45	11.30	13.15
LECHUGA	30.00	5.42	0.45	0.06	1.17	1.80	0.54	4.68	7.02
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
ACEITE VEGETAL	6.00	53.04	0.00	6.00	0.00	0.00	54.00	0.00	54.00
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	18.00	69.12	0.00	0.00	17.69	0.00	0.00	70.78	70.78
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		693.25	22.60	14.52	140.48	90.41	130.68	561.91	783.00
						V. C. CENA			783.00
						% DIST. CENA			25%
	VCT (Gr.)		110.73	74.34	513.82				
	VCT (Kcal.)		442.90	668.98	1993.96				
	VCT (%)		14%	22%	64%				
						V. C. T. MENU	100%		3106

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

01/02/2018 15/02/2018

MENÚ N° 12 26

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO:									
AVENA + 03 PANES CON MILANESA DE POLLO									
AVENA	25.00	86.75	3.33	1.00	18.00	13.30	9.00	72.00	94.30
POLLO CON HUESO	100.00	153.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
PAN FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
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		668.37	29.09	19.38	100.00	116.34	174.42	399.98	690.74
						V.C. DESAYUNO			690.74
						% DIST. DESAYUNO			25%
ENTRADA: ENSALADA									
ALMUERZO:									
TALLARINES ROJOS + GALLINA + ENSALADA + REFRESCO DE (NARANJA) + FRUTA									
FIDEO TALLARIN	150.00	486.00	14.25	0.15	104.40	57.00	1.35	417.60	475.95
ACEITE VEGETAL	20.00	176.80	0.00	20.00	0.00	0.00	180.00	0.00	180.00
CARNE DE GALLINA	160.00	172.80	32.96	5.76	0.00	131.84	51.84	0.00	183.68
BETERRAGA	60.00	21.91	1.02	0.06	5.70	4.08	0.54	22.80	27.42
ZANAHORIA	60.00	23.37	0.36	0.30	5.52	1.44	2.70	22.08	26.22
PAPA BLANCA	100.00	92.15	2.10	0.10	22.30	8.40	0.90	89.20	98.50
AJI PANCA	2.00	5.84	0.14	0.16	1.17	0.56	1.40	4.70	6.66
PIMIENTA MOLIDA	1.00	3.60	0.08	0.08	0.64	0.34	0.72	2.54	3.60
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
PLATANO DE SEDA	150.00	84.66	2.25	0.45	31.50	9.00	4.05	126.00	139.05
NARANJA AGRIA	60.00	15.05	0.30	0.12	4.92	1.20	1.08	19.68	21.96
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
CEBOLLA	10.00	4.41	0.14	0.02	1.13	0.56	0.18	4.52	5.26
SUB TOTAL		1184.45	53.72	27.22	202.66	214.91	244.94	810.63	1270.48
						V. C. ALMUERZO			1270.48
						% DIST. ALMUERZO			46%
CENA:									
CALDO DE FIDEOS CON GALLINA + FRUTA +INFUSIÓN									
FIDEOS SURTIDOS	50.00	180.00	4.70	0.10	39.10	18.80	0.90	156.40	176.10
PAPA BLANCA	180.00	165.87	3.78	0.18	40.14	15.12	1.62	160.56	177.30
PLATANO DE LA ISLA	150.00	92.82	1.35	0.60	35.40	5.40	5.40	141.60	152.40
CARNE DE GALLINA	100.00	108.00	20.60	3.60	0.00	82.40	32.40	0.00	114.80
ACEITE VEGETAL	3.00	26.52	0.00	3.00	0.00	0.00	27.00	0.00	27.00
APIO	25.00	4.99	0.18	0.05	1.20	0.70	0.45	4.80	5.95
PORO	25.00	10.00	0.68	0.20	1.90	2.70	1.80	7.60	12.10
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	26.00	99.84	0.00	0.00	25.56	0.00	0.00	102.23	102.23
ZAPALLO	30.00	7.80	0.21	0.06	1.92	0.84	0.54	7.68	9.06
ZANAHORIA	30.00	11.69	0.18	0.15	2.76	0.72	1.35	11.04	13.11
SUB TOTAL		707.53	31.68	7.94	147.98	126.68	71.46	591.91	790.05
						V. C. CENA			790.05
						% DIST. CENA			29%
						VCT (Gr.)		114.49	54.54
						VCT (Kcal.)		457.93	490.82
						VCT (%)		17%	18%
						V. C. T. MENU			2751

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

**DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO**

02/02/2018 16/02/2018

MENÚ N° 13 27

27/02/2010 10:02:10

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 + FRUTA									
LECHE EVAPORADA	120.00	171.60	8.40	9.72	13.08	33.60	87.48	52.32	173.40
COCOA	10.00	40.40	1.90	1.71	4.78	7.60	15.39	19.12	42.11
QUESO	60.00	103.80	9.78	6.18	2.04	39.12	55.62	8.16	102.90
MANZANA	150.00	72.90	0.45	0.15	21.90	1.80	1.35	87.60	90.75
PAN FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	23.00	88.32	0.00	0.00	22.61	0.00	0.00	90.44	90.44
SUB TOTAL		738.92	28.09	17.94	22.61	112.36	161.46	487.32	761.14
						V.C. DESAYUNO			761.14
						% DIST. DESAYUNO			28%
ALMUERZO: ENTRADA: ENSALADA									
ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + INFUSION + ENSALADA + FRUTA									
ARROZ SUPERIOR	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
LENTEJAS SECAS	80.00	271.20	18.08	0.80	48.80	72.32	7.20	195.20	274.72
ACEITE VEGETAL	8.00	70.72	0.00	8.00	0.00	0.00	72.00	0.00	72.00
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
LECHUGA	100.00	18.05	1.50	0.20	3.90	6.00	1.80	15.60	23.40
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
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
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
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SAL	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		1270.09	68.80	12.90	212.48	275.18	116.08	849.95	1241.21
						V. C. ALMUERZO			1241.21
						% DIST. ALMUERZO			45%
CENA: ARROZ GRANEADO + POLLO FRITO + PAPA FRITA + ENSALADA + INFUSIÓN									
ARROZ SUPERIOR	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
POLLO CON HUESO	100.00	153.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
PEPINILLOS	50.00	4.79	0.25	0.05	1.30	1.00	0.45	5.20	6.65
TOMATE	30.00	5.64	0.24	0.06	1.29	0.96	0.54	5.16	6.66
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
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	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
HIERBA LUISA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		731.65	29.02	15.94	122.61	116.08	143.50	490.46	750.04
						V. C. CENA			750.04
						% DIST. CENA			27%
VCT (Gr.)			125.91	46.78	357.70				
VCT (Kcal.)			503.62	421.04	1827.73				
VCT (%)			18%	15%	66%				
						V. C. T. MENU			2752

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredo
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

03/02/2018 17/02/2018

MENÚ N° 14 28

ALIMENTO	PESO BRUTO (g)	KCAL.	PROT (g)	GRASAS (g)	CARB. (g)	K.CALORIAS PON NUTRIENTES			TOTAL
						PROT	GRASAS	CARB.	
DESAYUNO: KIWICHA + 03 PANES CON SALTADITO DE RES									
KIWICHA	25.00	94.25	3.38	1.78	16.13	13.50	15.98	64.50	93.98
RES SIN HUESO	50.00	47.25	10.65	0.80	0.00	42.60	7.20	0.00	49.80
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
AJI AMARILLO	5.00	1.50	0.05	0.04	0.44	0.18	0.32	1.76	2.26
PAN FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		598.74	21.97	12.86	100.92	87.84	115.66	403.60	607.10
V.C. DESAYUNO									607.10
% DIST. DESAYUNO									22%
ENTRADA: ENSALADA FRESCA									
ALMUERZO: ARROZ GRANEADO +BISTECK ENCEBOLLADO + MENESTRA + ZARZA + REFRESCO DE (PIÑA) + FRUTA									
ARROZ SUPERIOR	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
RES SIN HUESO	120.00	113.40	25.56	1.92	0.00	102.24	17.28	0.00	119.52
FREJOL CASTILLA	80.00	264.00	18.00	1.44	46.64	72.00	12.96	186.56	271.52
AJI PANCA	1.00	2.92	0.07	0.08	0.59	0.28	0.70	2.35	3.33
PIMIENTA MOLIDA	1.00	3.60	0.08	0.08	0.64	0.34	0.72	2.54	3.60
LIMON	3.00	0.46	0.02	0.01	0.29	0.06	0.05	1.16	1.27
LECHUGA	100.00	28.69	1.50	0.20	3.90	6.00	1.80	15.60	23.40
TOMATE	25.00	11.92	0.20	0.05	1.08	0.80	0.45	4.30	5.55
PEPINILLOS	50.00	13.81	0.25	0.05	1.33	1.00	0.45	5.20	6.65
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
LIMA	150.00	36.45	0.90	0.60	8.58	3.60	5.40	35.40	44.40
PIÑA	50.00	12.16	0.20	0.10	4.90	0.80	0.90	19.60	21.30
AJOS	2.00	1.55	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	0.00
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
SUB TOTAL		1225.09	59.61	15.36	213.23	238.45	138.14	853.80	1230.39
V. C. ALMUERZO									1230.39
% DIST. ALMUERZO									45%
CENA: TALLARINES ROJOS + RES + YUCA SANCOCHADA + FRUTA + INFUSION									
FIDEO TALLARIN	120.00	388.80	11.40	0.12	83.52	45.60	1.08	334.08	380.76
YUCA	140.00	226.80	1.12	0.28	55.02	4.48	2.52	220.08	227.08
RES CON HUESO	120.00	107.10	25.56	1.92	0.00	102.24	17.28	0.00	119.52
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
TOMATE	15.00	2.82	0.12	0.03	0.65	0.48	0.27	2.58	3.33
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	19.00	72.96	0.00	0.00	18.68	0.00	0.00	74.71	74.71
LIMA	150.00	36.45	0.90	0.60	8.85	3.60	5.40	35.40	44.40
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
ZANAHORIA	20.00	7.79	0.12	0.10	1.84	0.48	0.90	7.36	8.74
SUB TOTAL		895.74	39.50	8.09	170.82	158.00	72.81	683.25	914.06
V. C. CENA									914.06
% DIST. CENA									33%
VCT (Gr.)		121.08	36.31	484.97					
VCT (Kcal.)		484.29	326.61	1940.65					
VCT (%)		18%	12%	71%					
V. C. T. MENU									2752

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa Caballero Salveredy
LIC. NUTRICIÓN
CNP: 4672

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**RELACION DE MENUS PROPUESTOS PARA INTERNOS (A8) DEL E.P. DE TRUJILLO VARONES
TRUJILLO MUJERES Y PACASMAYO DEL 21 DE ENERO AL 20 DE FEBRERO DE 2018**

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

N° DE MENÚ	FECHA	DETALLE DEL MENÚ	
1	DOMINGO	DESAYUNO	AVENA + 03 PANES CON HUEVO DURO
	21/01/2018	ALMUERZO	TALLARINES ROJOS + YUCA SANCOCHADA + GUISO DE RES (PICADO)
2	LUNES	DESAYUNO	ENSALADA + FRUTA + INFUSION
	22/01/2018	ALMUERZO	ARROZ GRANEADO + PICADILLO DE POLLO CON VERDURAS + INFUSION
3	MARTES	DESAYUNO	QUINUA + 03 PANES CON QUESO
	23/01/2018	ALMUERZO	ARROZ CHAUFA CON HOT DOG + POLLO (PECHUGA) + ENSALADA + FRUTA + INFUSION
4	MIERCOLES	DESAYUNO	ARROZ CON LECHE + 02 PANES
	24/01/2018	ALMUERZO	LECHE DE SOYA + 03 PANES CON MERMELADA
5	JUEVES	DESAYUNO	ARROZ GRANEADO + CHICHARRON DE POTA + MENESTRA + ENSALADA
	25/01/2018	ALMUERZO	FRUTA + INFUSION
6	VIERNES	DESAYUNO	AGUADITO CON POLLO
	26/01/2018	ALMUERZO	QUINUA CON MACA + 03 PANES CON FRUTA (PLATANO)
7	SABADO	DESAYUNO	ARROZ GRANEADO + SALTADITO DE MOLLEJITAS + MENESTRA + ENSALADA
	27/01/2018	ALMUERZO	FRUTA + INFUSION
8	DOMINGO	DESAYUNO	SOPA DE FIDEOS CON VERDURAS + RES CON HUESO
	28/01/2018	ALMUERZO	KIWICHA CON LECHE + 03 PANES CON JAMONADAS
9	LUNES	DESAYUNO	ARROZ GRANEADO + CHANFAINITA A LA CRIOLLA + ENSALADA
	29/01/2018	ALMUERZO	FRUTA + INFUSION
10	MARTES	DESAYUNO	ARROZ A LA JARDINERA CON RES + INFUSION
	30/01/2018	ALMUERZO	LECHE + 03 PANES CON ACEITUNA
11	MIERCOLES	DESAYUNO	ARROZ GRANEADO + ESCABECHE DE PESCADO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + INFUSION
	31/01/2018	ALMUERZO	ARROZ GRANEADO + PICADILLO DE POLLO CON VERDURAS + INFUSION
12	JUEVES	DESAYUNO	CHUFLA + 03 PANES CON HOT DOG FRITO
	01/02/2018	ALMUERZO	ARROZ GRANEADO + POLLO MECHADO + PURE DE PAPA + ENSALADA
13	VIERNES	DESAYUNO	FRUTA + INFUSION
	02/02/2018	ALMUERZO	SOPA DE SEMOLA CON VERDURAS + RES CON HUESO
14	SABADO	DESAYUNO	AVENA + 03 PANES CON HUEVO DURO
	03/02/2018	ALMUERZO	TALLARINES VERDES CON YUCA SANCOCHADA + GUISO DE RES (PICADO)
15	DOMINGO	DESAYUNO	ENSALADA + FRUTA + INFUSION
	04/02/2018	ALMUERZO	ARROZ GRANEADO + SALTADITO DE POLLO CON BROCOLI + INFUSION

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

**RELACION DE MENUS PROPUESTOS PARA INTERNOS (AS) DEL E.P. DE TRUJILLO VARONES
TRUJILLO MUJERES Y PACASMAYO DEL 21 DE ENERO AL 20 DE FEBRERO DE 2018**

MENÚS CON APORTE CALÓRICO MAYOR A 2.500 KILOCALORIAS POR DÍA

Nº DE MENÚ	FECHA	DETALLE DEL MENÚ	
16	LUNES	DESAYUNO	QUINUA + 03 PANES CON QUESO
	05/02/2018	ALMUERZO	ARROZ CHAUFA CON HOT DOG + POLLO (PECHUGA)+ ENSALADA + FRUTA + INFUSION
17	MARTES	CENA	ARROZ CON LECHE + 02 PANES
	08/02/2018	DESAYUNO	LECHE DE SOYA + 03 PANES CON MERMELADA
18	MIERCOLES	ALMUERZO	ARROZ GRANEADO + CHICHARRON DE POTA + MENESTRA + ENSALADA
	07/02/2018	CENA	FRUTA + INFUSION
19	JUEVES	DESAYUNO	QUINUA CON MACA + 03 PANES CON FRUTA (PLATANO)
	08/02/2018	ALMUERZO	ARROZ GRANEADO + SALTADITO DE MOLLEJITAS + MENESTRA + ENSALADA
20	VIERNES	CENA	FRUTA + INFUSION
	09/02/2018	DESAYUNO	AGUADITO CON POLLO
21	SABADO	ALMUERZO	QUINUA CON MACA + 03 PANES CON FRUTA (PLATANO)
	10/02/2018	CENA	ARROZ GRANEADO + SALTADITO DE MOLLEJITAS + MENESTRA + ENSALADA
22	DOMINGO	DESAYUNO	FRUTA + INFUSION
	11/02/2018	ALMUERZO	SOPA DE FIDEOS CON VERDURAS + RES CON HUESO
23	LUNES	DESAYUNO	KIWICHA CON LECHE + 03 PANES CON JAMONADA
	12/02/2018	ALMUERZO	ARROZ GRANEADO + CHANFAINITA A LA CRIOLLA + ENSALADA
24	MARTES	CENA	FRUTA + INFUSION
	13/02/2018	DESAYUNO	ARROZ A LA JARDINERA CON RES + INFUSION
25	MIERCOLES	ALMUERZO	LECHE + 03 PANES CON ACEITUNA
	14/02/2018	CENA	ARROZ GRANEADO + ESCABECHE DE PESCADO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + INFUSION
26	JUEVES	DESAYUNO	ARROZ GRANEADO + PICADILLO DE POLLO CON VERDURAS + INFUSION
	15/02/2018	ALMUERZO	CHUFLA + 03 PANES CON HOT DOG FRITO
27	VIERNES	CENA	ARROZ GRANEADO + POLLO MECHADO + PURE DE PAPA + ENSALADA
	16/02/2018	ALMUERZO	FRUTA + INFUSION
28	SABADO	CENA	SOPA DE SEMOLA CON VERDURAS + RES CON HUESO
	17/02/2018	DESAYUNO	AVENA + 03 PANES CON HUEVO DURO
29	DOMINGO	ALMUERZO	TALLARINES VERDES CON YUCA SANCOCHADA + GUIZO DE RES (PICADO)
	18/02/2018	CENA	ENSALADA + FRUTA + INFUSION
30	LUNES	DESAYUNO	ARROZ GRANEADO + SALTADITO DE POLLO CON BROCOLI + INFUSION
	19/02/2018	ALMUERZO	QUINUA + 03 PANES CON QUESO
31	MARTES	CENA	ARROZ GRANEADO + AJIACO CON POLLO + ENSALADA
	20/02/2018	ALMUERZO	FRUTA + INFUSION
		CENA	MAIZENA CON LECHE + 02 PANES
		DESAYUNO	LECHE DE SOYA + 03 PANES CON FRUTA (PLATANO)
		ALMUERZO	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + ENSALADA
		CENA	FRUTA + INFUSION
		DESAYUNO	SOPA DE TRIGO CON POLLO
		ALMUERZO	QUINUA CON MACA + 03 PANES + CONSERVA DE PESCADO EN SARZA
		CENA	ARROZ GRANEADO + MOLLEJITAS CON VERDURAS + MENESTRA + ENSALADA
		DESAYUNO	FRUTA + INFUSION
		ALMUERZO	CALDO DE FIDEOS CON HUEVOS REVUELTOS
		CENA	AVENA CON LECHE + 03 PANES CON JAMONADA
		DESAYUNO	ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA
		ALMUERZO	FRUTA + INFUSION
		CENA	ARROZ GRANEADO + SALTADITO DE RES CON PAPAS + INFUSION
		DESAYUNO	LECHE + 03 PANES CON ACEITUNA
		ALMUERZO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA +
		CENA	REFRESCO + FRUTA
		DESAYUNO	ARROZ GRANEADO CON SALTADITO DE MOLLEJAS CON PAPA + INFUSION
		ALMUERZO	CHUFLA + 03 PANES CON HOT DOG FRITO
		CENA	ARROZ GRANEADO + POLLO GUISADO + PAPA SANCOCHADA + ENSALADA
		DESAYUNO	FRUTA + INFUSION
		ALMUERZO	SOPA DE FIDEOS CON VERDURAS + MENUENCIA DE POLLO
		CENA	AVENA + 03 PANES CON HUEVO DURO
		DESAYUNO	TALLARINES ROJOS + YUCA SANCOCHADA + GUIZO DE RES (PICADO)
		ALMUERZO	ENSALADA + FRUTA + INFUSION
		CENA	ARROZ GRANEADO + PICADILLO DE POLLO CON VERDURAS + INFUSION
		DESAYUNO	QUINUA + 03 PANES CON QUESO
		ALMUERZO	ARROZ CHAUFA CON HOT DOG + POLLO (PECHUGA)+ ENSALADA +
		CENA	FRUTA + INFUSION
		DESAYUNO	ARROZ CON LECHE + 02 PANES
		ALMUERZO	LECHE DE SOYA + 03 PANES CON MERMELADA
		CENA	ARROZ GRANEADO + CHICHARRON DE POTA + MENESTRA + ENSALADA
		DESAYUNO	FRUTA + INFUSION
		ALMUERZO	AGUADITO CON POLLO

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. TRUJILLO VARONES, TRUJILLO MUJERES Y PAGASMAYO

21/01/2018 04/02/2018 18/02/2018

MENÚ N° 1 15 29

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: Avena + 03 PANES CON HUEVO DURO								
AVENA	25.00	3.33	1.00	18.00	13.30	9.00	72.00	94.30
AZUCAR RUBIA	26.00	0.00	0.00	25.56	0.00	0.00	102.23	102.23
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
HUEVOS	60.00	8.10	5.04	1.05	32.40	45.36	4.56	82.32
SUB TOTAL		18.99	6.22	102.03	75.94	55.98	408.47	540.39
					V.C. DESAYUNO			540.39
					% DIST. DESAYUNO			22%
ALMUERZO: TALLARINES ROJOS + YUCA SANCOCHADA + GUISO DE RES (PICADO) + ENSALADA + FRUTA + INFUSION								
FIDEO TALLARIN	170.00	16.15	0.17	118.32	64.60	1.53	473.28	539.41
RES SIN HUESO	100.00	21.30	1.60	0.00	85.20	14.40	0.00	99.60
YUCA	200.00	1.60	0.40	78.60	6.40	3.60	314.40	324.40
ACEITE VEGETAL	17.00	0.00	17.00	0.00	0.00	153.00	0.00	153.00
ZANAHORIA	30.00	0.18	0.15	2.76	0.72	1.35	11.04	13.11
PEPINILLOS	30.00	0.15	0.03	0.78	0.60	0.27	3.12	3.99
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
CEBOLLA	30.00	0.42	0.06	3.39	1.68	0.54	13.56	15.78
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
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SUB TOTAL		42.67	20.07	265.07	170.70	180.64	1060.27	1411.61
					V. C. ALMUERZO			1411.61
					% DIST. ALMUERZO			56%
CENA: ARROZ GRANEADO + PICADILLO DE POLLO CON VERDURAS + INFUSION								
ARROZ SUPERIOR	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	3.82	4.21
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
BROCOLI	8.00	0.39	0.07	0.46	1.57	0.65	1.82	4.04
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	5.00	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		26.14	15.76	76.64	104.60	141.78	306.56	552.94
					V. C. CENA			552.94
					% DIST. CENA			22%
VCT (Gr.)		87.8	42.05	443.74				
VCT (Kcal.)		351.24	378.4	1775.302				
VCT (%)		14%	15%	71%				
					V. C. T. MENU			2505

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

22/01/2018 05/02/2018 19/02/2018

MENÚ N° 2 16 30

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	25.00	3.40	1.45	16.58	13.60	13.05	66.30	92.95
QUESO	40.00	6.52	4.12	1.36	26.08	37.08	5.44	68.60
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	30.00	0.00	0.00	29.49	0.00	0.00	117.96	117.96
SUB TOTAL		17.48	5.75	104.85	69.92	51.75	419.38	541.05
					V.C. DESAYUNO			541.05
					% DIST. DESAYUNO			22%
ALMUERZO: ARROZ CHAUFIA CON HOT DOG + POLLO (PECHUGA) + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
POLLO	100.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
HUEVOS	30.00	4.05	2.52	0.57	16.20	22.68	2.28	41.16
HOT DOG DE POLLO	25.00	2.75	8.58	0.00	11.00	77.18	0.00	88.18
AZUCAR RUBIA	40.00	0.00	0.00	39.32	0.00	0.00	157.28	157.28
CEBOLLA CHINA	20.00	0.46	0.08	1.50	1.84	0.72	6.00	8.56
CEBOLLA	30.00	0.42	0.06	3.39	1.68	0.54	13.56	15.78
TOMATE	30.00	0.24	0.06	1.29	0.96	0.54	5.16	6.66
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	2.00	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	30.00	0.00	30.00	0.00	0.00	270.00	0.00	270.00
REFRESCO SOBRE	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SUB TOTAL		40.91	52.81	197.30	163.66	475.29	789.20	1428.15
					V. C. ALMUERZO			1428.15
					% DIST. ALMUERZO			57%
CENA: ARROZ CON LECHE + 02 PANES								
ARROZ SUPERIOR	40.00	3.28	0.20	31.12	13.12	1.80	124.48	139.40
PAN FRANCES	60.00	5.04	0.12	38.28	20.16	1.08	153.12	174.36
AZUCAR RUBIA	30.00	0.00	0.00	29.49	0.00	0.00	117.96	117.96
CANELA ENTERA	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LECHE EVAPORADA	70.00	4.90	5.67	7.63	19.60	51.03	30.52	101.15
SUB TOTAL		13.22	5.99	106.52	52.88	53.91	426.08	532.87
					V. C. CENA			532.87
					% DIST. CENA			21%
	VCT (Gr.)	71.61	64.55	408.67				
	VCT (Kcal.)	286.46	580.95	1634.66				
	VCT (%)	11%	23%	65%				
					V. C. T. MENU			2502

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

23/01/2018 06/02/2018 20/02/2018

MENÚ N° 3 17 31

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE DE SOYA + 03 PANES CON MERMELADA								
SOYA	30.00	8.46	5.67	10.71	33.84	51.03	42.840	127.71
MERMELADA	30.00	0.12	0.06	17.58	0.48	0.54	70.320	71.34
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.680	261.54
AZUCAR RUBIA	30.00	0.00	0.00	29.49	0.00	0.00	117.960	117.96
SUB TOTAL		16.14	5.91	115.20	64.56	53.19	460.800	578.55
					V.C. DESAYUNO			578.55
					% DIST. DESAYUNO			23%
ALMUERZO: ARROZ GRANEADO + CHICHARRON DE POTA + MENESTRA + ENSALDA +FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
POTA	180.00	19.08	0.36	0.00	76.32	3.24	0.00	79.56
HUEVOS	35.00	4.73	2.94	0.67	18.90	26.46	2.66	48.02
HARINA DE TRIGO	20.00	2.1	0.40	14.96	8.40	3.60	59.84	71.84
FREJOL CASTILLA	80.00	18.00	1.44	46.64	72.00	12.96	186.56	271.52
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
CEBOLLA	30.00	0.42	0.06	3.39	1.68	0.54	13.56	15.78
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
TOMATE	30.00	0.24	0.06	1.29	0.96	0.54	5.16	6.66
ACEITE VEGETAL	25.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
ANIS	10.00	0.00	0.00	0	0.00	0.00	0	0.00
NARAJA DE MESA	150.00	0.75	0.30	12.3	3.00	2.70	49.20	54.9
SAL	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	30.00	0.00	0.00	29.49	0.00	0.00	117.96	117.96
LIMON	5.00	0.03	0.01	0.49	0.10	0.09	1.94	2.13
SUB TOTAL		57.81	31.38	226.98	231.19	282.34	907.87	1421.40
					V. C. ALMUERZO			1421.40
					% DIST. ALMUERZO			57%
CENA: AGUADITO CON POLLO								
ARROZ SUPERIOR	50.00	4.10	0.25	38.98	16.4	2.25	155.6	174.25
POLLO	60.00	10.92	6.12	0.00	43.68	55.08	0.00	98.76
ZAPALLO	30.00	0.21	0.06	1.92	0.84	0.54	7.68	9.06
APIO	15.00	0.11	0.03	0.72	0.42	0.27	2.88	3.57
PORO	15.00	0.41	0.12	1.14	1.62	1.08	4.56	7.26
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	150.00	3.15	0.15	33.45	12.60	1.35	133.8	147.75
SUB TOTAL		19.35	11.96	78.75	77.36	107.64	314.68	499.68
					V. C. CENA			499.68
					% DIST. CENA			20%
VCT (Gr.)		93.30	49.25	420.93				
VCT (Kcal.)		373.11	443.17	1683.35				
VCT (%)		15%	18%	67%				
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA


 Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO


 Rosa Caballero Salverredy
 LIC. NUTRICIÓN
 CNP: 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

24/01/2018 07/02/2018

MENÚ N° 4 18

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: QUINUA CON MACA + 03 PANES + CON FRUTA (PLATANO)								
QUINUA	25.00	3.40	1.45	16.58	13.60	13.05	66.30	92.95
MACA	25.00	2.95	0.40	16.60	11.80	3.60	66.40	81.8
PLATANO DE SEDA	150.00	2.25	0.45	31.50	9.00	4.05	126.00	139.05
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.3
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
SUB TOTAL		16.16	2.48	146.68	64.64	22.32	586.68	673.64
					V.C. DESAYUNO			673.64
					% DIST. DESAYUNO			27%
ALMUERZO: ARROZ GRANEADO + SALTADITO DE MOLLEJITAS + MENESTRA + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
MOLLEJA	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
AZUCAR RUBIA	24.00	0.00	0.00	23.59	0.00	0.00	94.37	94.37
TOMATE	20.00	0.16	0.04	0.86	0.64	0.36	3.44	4.44
CEBOLLA	30.00	0.42	0.06	3.39	1.68	0.54	13.56	15.78
PEPINILLOS	10.00	0.05	0.01	0.26	0.20	0.09	1.04	1.33
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
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
ACEITE VEGETAL	18.00	0.00	18.00	0.00	0.00	162.00	0.00	162.00
MENTA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PLATANO DE SEDA	150.00	2.25	0.45	31.50	9.00	4.05	126.00	139.05
SUB TOTAL		53.13	28.95	227.66	212.54	260.59	910.65	1383.78
					V. C. ALMUERZO			1383.78
					% DIST. ALMUERZO			55%
CENA: SOPA DE FIDEOS CON VERDURAS + RES CON HUESO								
RES CON HUESO	100.00	21.30	1.60	0.00	85.20	14.40	0.00	99.60
FIDEOS SURTIDOS	35.00	3.29	0.07	27.37	13.16	0.63	109.48	123.27
PAPA BLANCA	160.00	3.36	0.16	35.68	13.44	1.44	142.72	157.60
ZANAHORIA	10.00	0.06	0.05	0.92	0.24	0.45	3.68	4.37
ZAPALLO	15.00	0.11	0.03	0.96	0.42	0.27	3.84	4.53
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
PORO	12.00	0.32	0.10	0.91	1.30	0.86	3.65	5.81
APIO	10.00	0.07	0.02	0.48	0.28	0.18	1.92	2.38
SAL OREGANO SECO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	0.50	0.01	0.00	0.06	0.03	0.02	0.23	0.28
SUB TOTAL		28.52	7.03	66.38	114.07	63.25	265.52	442.84
					V. C. CENA			442.84
					% DIST. CENA			18%
VCT (Gr.)	97.81	38.46	440.72					
VCT (Kcal.)	391.25	346.16	1762.85					
VCT (%)	16%	14%	71%					
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 01 - A

DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU PARA INTERNOS (AS) DEL E.P. TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

25/01/2018 08/02/2018

MENÚ N° 5 19

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: KIWICHA CON LECHE + 03 PANES CON JAMONADA								
KIWICHA	25.00	3.38	1.78	16.13	13.50	15.98	64.50	93.98
LECHE EVAPORADA	70.00	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN FRANCES	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	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		20.55	16.48	105.76	82.18	148.28	423.00	653.46
					V.C. DESAYUNO			653.46
					% DIST. DESAYUNO			26%
ALMUERZO: ARROZ GRANEADO + CHANFAINTA A LA CRIOLLA + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
BOFE DE RES	120.00	16.08	2.64	0.00	64.32	23.76	0.00	88.08
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
ARVEJAS FRESCAS	30.00	2.13	0.18	5.64	8.52	1.62	22.56	32.70
ZANAHORIA	15.00	0.09	0.08	1.38	0.36	0.68	5.52	6.56
TOMATE	15.00	0.12	0.03	0.65	0.48	0.27	2.58	3.33
CEBOLLA	15.00	0.21	0.03	1.70	0.84	0.27	6.78	7.89
CHOCLO DESGRANADO	20.00	0.76	0.20	5.88	3.04	1.80	23.44	28.28
CULANTRO	1.00	0.03	0.01	0.07	0.13	0.12	0.28	0.53
PAPA BLANCA	200.00	4.20	0.20	44.60	16.80	1.80	178.40	197.00
HIERBA BUENA	12.00	0.37	0.12	0.84	1.49	1.08	3.36	5.93
COMINO MOLIDO	1.00	0.11	0.12	0.29	0.46	1.12	1.14	2.72
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
ACEITE VEGETAL	15.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LIMA	160.00	0.96	0.65	9.44	3.84	5.76	37.76	47.36
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		37.47	20.03	212.38	149.93	180.17	849.35	1179.45
					V. C. ALMUERZO			1179.45
					% DIST. ALMUERZO			47%
CENA: ARROZ GRANEADO A LA JARDINERA CON RES + INFUSION								
ARROZ SUPERIOR	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
PAPA BLANCA	100.00	2.10	0.10	22.30	8.40	0.90	89.20	98.50
RES SIN HUESO	50.00	10.65	0.80	0.00	42.60	7.20	0.00	49.80
TOMATE	20.00	0.16	0.04	0.86	0.64	0.36	3.44	4.44
CEBOLLA	20.00	0.28	0.04	2.26	1.12	0.36	9.04	10.52
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	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
ACEITE VEGETAL	10.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
SUB TOTAL		20.62	11.47	120.46	82.46	103.19	481.82	667.47
					V. C. CENA			667.47
					% DIST. CENA			27%
	VCT (Gr.)	78.64	47.98	438.596				
	VCT (Kcal.)	314.57	431.64	1754.17				
	VCT (%)	13%	17%	70%				
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salveredy
LIC. NUTRICION
CNP: 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. TRUJILLO VARONES,
TRUJILLO MUJERES Y PACASMAYO

26/01/2018 09/02/2018

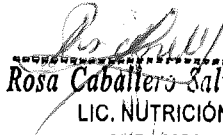
MENÚ N° 6 20

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	173.4
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.680	261.54
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.300	98.30
SUB TOTAL		16.28	22.74	98.00	65.12	204.66	391.98	661.76
					V.C. DESAYUNO			661.76
					% DIST. DESAYUNO			26%
ALMUERZO: ARROZ GRANEADO + ESCABECHE DE PESCADO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
PESCADO	160.00	34.56	6.24	0.48	138.24	56.16	1.92	196.32
CAMOTE	200.00	2.4	0.40	55.2	9.60	3.60	220.8	234.00
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
TOMATE	20.00	0.16	0.04	0.86	0.64	0.36	3.44	4.44
CEBOLLA	20.00	0.28	0.04	2.26	1.12	0.36	9.04	10.52
AJI AMARILLO	10.00	0.09	0.07	0.88	0.36	0.63	3.52	4.51
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
SAL	3.00	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	5.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
AZUCAR RUBIA	20.00	0.00	0.00	14.75	0.00	0.00	58.98	58.98
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LIMA	150.00	0.9	0.60	8.85	3.60	5.40	35.40	44.4
SUB TOTAL		50.89	18.24	201.52	203.59	164.16	806.05	1173.8
					V. C. ALMUERZO			1173.8
					% DIST. ALMUERZO			47%
CENA: ARROZ GRANEADO + PICADILLO DE POLLO CON VERDURAS + INFUSION								
ARROZ SUPERIOR	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
POLLO CON HUESO	100.00	16.40	5.60	1.28	65.60	50.40	5.12	121.12
SILLAO	10.00	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	89.20	98.50
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
CEBOLLA	20.00	0.28	0.04	2.26	1.12	0.36	9.04	10.52
TOMATE	20.00	0.16	0.04	0.86	0.64	0.36	3.44	4.44
AZUCAR RUBIA	25.00	0.00	0.00	17.69	0.00	0.00	70.78	70.78
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		26.32	11.23	114.41	105.28	101.07	457.66	664.01
					V. C. CENA			664.01
					% DIST. CENA			27%
VCT (Gr.)	93.49	52.21	413.93					
VCT (Kcal.)	373.99	469.89	1655.69					
VCT (%)	15%	19%	66%					
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
 LIC. NUTRICIÓN
 CNP/4672

FORMATO N° 01 - A

DOSIFICACION, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

27/01/2018 10/02/2018

MENÚ N° 7 21

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: CHUFLA + 03 PANES CON HOT DOG FRITO								
CHUFLA	30.00	2.70	1.35	22.14	10.80	12.15	88.56	111.51
HOT DOG DE POLLO	40.00	4.40	13.72	0.00	17.60	123.48	0.00	141.08
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		14.66	20.25	104.14	58.64	182.25	416.54	657.43
					V.C. DESAYUNO			657.43
					% DIST. DESAYUNO			26%
ALMUERZO: ARROZ GRANEADO + POLLO MECHADO + PURE DE PAPA + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
POLLO CON HUESO	160.00	29.12	16.32	0.00	116.48	146.88	0.00	263.36
PAPA BLANCA	200.00	4.20	0.20	44.60	16.80	1.80	178.40	197.00
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
MARGARINA	6.00	0.04	4.86	0.02	0.14	43.74	0.07	43.95
CEBOLLA	15.00	0.21	0.03	1.70	0.84	0.27	6.78	7.89
LECHE EVAPORADA	10.00	0.70	0.81	1.09	2.80	7.29	4.36	14.45
TOMATE	20.00	0.16	0.04	0.86	0.64	0.36	3.44	4.44
PEPINILLOS	15.00	0.08	0.02	0.39	0.30	0.14	1.56	2.00
ACEITE VEGETAL	12.00	0.00	12.00	0.00	0.00	108.00	0.00	108.00
MENTA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PLATANO DE SEDA	150.00	2.25	0.45	31.50	9.00	4.05	126.00	139.05
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
SUB TOTAL		49.18	35.50	222.24	196.69	319.46	888.92	1405.07
					V. C. ALMUERZO			1405.07
					% DIST. ALMUERZO			56%
CENA: SOPA DE SEMOLA CON VERDURA + RES CON HUESO								
SEMOLA	40.00	3.12	0.44	31.36	12.48	3.96	125.44	141.88
MENUDENCIA D POLLO	100.00	21.30	1.60	0.00	85.20	14.40	0.00	99.60
PORO	15.00	0.41	0.12	1.14	1.62	1.08	4.56	7.26
APIO	15.00	0.11	0.03	0.72	0.42	0.27	2.88	3.57
OREGANO SECO	1.00	0.02	0.01	0.11	0.06	0.05	0.45	0.56
ZANAHORIA	10.00	0.06	0.05	0.92	0.24	0.45	3.68	4.37
ZAPALLO	10.00	0.07	0.02	0.64	0.28	0.18	2.56	3.02
PAPA BLANCA	180.00	3.78	0.18	40.14	15.12	1.62	160.56	177.30
SAZONADOR BLANCO	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		28.87	2.45	75.03	115.42	22.01	300.13	437.56
					V. C. CENA			437.56
					% DIST. CENA			18%
VCT (Gr.)	92.71	58.2	401.41					
VCT (Kcal.)	370.75	523.72	1605.59					
VCT (%)	15%	21%	64%					
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

28/01/2018 11/02/2018

MENÚ N° 8 22

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: AVENA + 03 PANES CON HUEVO DURO								
AVENA	25.00	3.33	1.00	18.00	13.30	9.00	72.00	94.30
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
HUEVOS	60.00	8.10	5.04	1.14	32.40	45.36	4.56	82.32
SUB TOTAL		18.99	6.22	101.14	75.94	55.98	404.54	536.46
					V.C. DESAYUNO			536.46
					% DIST. DESAYUNO			21%
ALMUERZO: TALLARINES VERDES + YUCA SANCOCHADA + GUIZO DE RES (PICADO) + ENSALADA + FRUTA + INFUSION								
FIDEO TALLARIN	170.00	16.15	0.17	118.32	64.60	1.53	473.28	539.41
RES CON HUESO	100.00	21.30	1.60	0.00	85.20	14.40	0.00	99.60
YUCA	200.00	1.60	0.40	78.60	6.40	3.60	314.40	324.40
ACEITE VEGETAL	16.00	0.00	16.00	0.00	0.00	144.00	0.00	144.00
ALBAHACA ENTERA	20.00	0.58	0.24	1.46	2.32	2.16	5.84	10.32
PEPINILLOS	30.00	0.15	0.03	0.78	0.60	0.27	3.12	3.99
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
CEBOLLA	30.00	0.42	0.06	3.39	1.68	0.54	13.56	15.78
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
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
LIMA	160.00	0.96	0.64	9.44	3.84	5.76	37.76	47.36
SUB TOTAL		41.63	19.32	239.61	166.54	173.89	958.43	1298.86
					V. C. ALMUERZO			1298.86
					% DIST. ALMUERZO			52%
CENA: ARROZ GRANEADO + SALTADITO DE POLLO CON BROCOLI + INFUSION								
ARROZ SUPERIOR	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
PIMIENTA MORRON	8.00	0.12	0.04	0.62	0.48	0.36	2.46	3.30
CEBOLLA	10.00	0.14	0.02	1.13	0.56	0.18	4.52	5.26
ACEITE VEGETAL	8.00	0.00	8.00	0.00	0.00	72.00	0.00	72.00
BROCOLI	15.00	0.74	0.14	0.86	2.94	1.22	3.42	7.58
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		26.58	18.85	97.21	106.30	169.61	388.78	664.69
					V. C. CENA			664.69
					% DIST. CENA			27%
	VCT (Gr.)	87.2	44.39	437.96				
	VCT (Kcal.)	348.78	399.48	1751.75				
	VCT (%)	14%	16%	70%				
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
L.I.C. NUTRICION
CNP: 4672

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

29/01/2018 12/02/2018

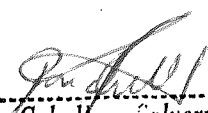
MENÚ N° 9 23

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	25.00	3.40	1.45	16.58	13.60	13.05	66.30	92.95
QUESO	40.00	6.52	4.12	1.36	26.08	37.08	5.44	68.60
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	30.00	0.00	0.00	29.49	0.00	0.00	117.96	117.96
SUB TOTAL		17.48	5.75	104.85	69.92	51.75	419.38	541.05
					V.C. DESAYUNO			541.05
					% DIST. DESAYUNO			22%
ALMUERZO: ARROZ GRANEADO + AJIACO CON POLLO + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
POLLO CON HUESO	100.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
PAPA BLANCA	180.00	3.78	0.18	40.14	15.12	1.62	160.56	177.30
OLLUCO	100.00	1.10	0.10	14.30	4.40	0.90	57.20	62.50
AZUCAR RUBIA	40.00	0.00	0.00	39.32	0.00	0.00	157.28	157.28
CEBOLLA CHINA	20.00	0.46	0.08	1.50	1.84	0.72	6.00	8.56
CEBOLLA	28.00	0.39	0.06	3.16	1.57	0.50	12.66	14.73
TOMATE	30.00	0.24	0.06	1.29	0.96	0.54	5.16	6.66
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
VINAGRE	2.00	0.00	0.00	0.10	0.00	0.00	0.40	0.40
ACEITE VEGETAL	30.00	0.00	30.00	0.00	0.00	270.00	0.00	270.00
MENTA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SUB TOTAL		38.96	41.99	250.94	155.87	377.91	1003.78	1537.56
					V. C. ALMUERZO			1537.56
					% DIST. ALMUERZO			62%
CENA: MAIZENA CON LECHE + 02 PANES								
MAIENA	40.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
PAN FRANCES	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	27.00	0.00	0.00	26.54	0.00	0.00	106.16	106.16
SUB TOTAL		5.28	0.20	99.50	21.12	1.80	398.00	420.92
					V. C. CENA			420.92
					% DIST. CENA			17%
	VCT (Gr.)	61.72	47.94	455.29				
	VCT (Kcal.)	246.91	431.46	1821.16				
	VCT (%)	10%	17%	73%				
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA


 Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO


 Rosa Caballero Salverredy
 LIC. NUTRICION
 CNP: 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

30/01/2018 13/02/2018

MENÚ N° 10

24

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE DE SOYA + 03 PANES CON FRUTA (PLATANO)								
SOYA	30.00	8.46	5.67	10.71	33.84	51.03	42.840	127.71
PLATANO DE SEDA	150.00	2.25	0.45	31.50	9	4.05	126.000	139.05
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.680	261.54
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.300	98.30
SUB TOTAL		18.27	6.30	124.21	73.08	56.70	496.820	626.60
					V.C. DESAYUNO			626.60
					% DIST. DESAYUNO			25%
ALMUERZO: ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + ENSALDA +FRUTA + INFUSION								
ARROZ SUPERIOR	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	18.08	0.8	48.8	72.32	7.2	195.2	274.72
AJOS	3.00	0.17	0.02	0.91	0.67	0.22	3.65	4.54
CEBOLLA	30.00	0.42	0.06	3.39	1.68	0.54	13.56	15.78
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
TOMATE	30.00	0.24	0.08	1.29	0.96	0.54	5.16	6.66
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NARAJA DE MESA	150.00	0.75	0.30	12.3	3.00	2.70	49.20	54.9
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
LIMON	2.00	0.01	0	0.19	0.04	0.04	0.78	0.86
SUB TOTAL		64.18	39.35	208.60	256.69	354.19	834.41	1445.29
					V. C. ALMUERZO			1445.29
					% DIST. ALMUERZO			58%
CENA: SOPA DE TRIGO CON POLLO								
TRIGO	40.00	3.44	0.6	29.48	13.76	5.4	117.92	137.08
POLLO	60.00	10.92	6.12	0.00	43.68	55.08	0.00	98.76
ZAPALLO	10.00	0.07	0.02	0.64	0.28	0.18	2.56	3.02
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	120.00	2.52	0.12	26.76	10.08	1.08	107.04	118.2
SUB TOTAL		18.03	12.27	61.75	72.10	110.47	246.99	429.56
					V. C. CENA			429.56
					% DIST. CENA			17%
VCT (Gr.)	100.48	57.92	394.56					
VCT (Kcal.)	401.87	521.36	1578.22					
VCT (%)	16%	21%	63%					
					V. C. T. MENU			2501

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salveredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

31/01/2018 14/02/2018

MENÚ N° 11 25

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: QUINUA CON MACA + 03 PANES + CONSERVA DE PESCADO EN SARZA								
QUINUA	25.00	3.40	1.45	16.58	13.60	13.05	66.30	92.95
MACA	25.00	2.95	0.40	16.60	11.80	3.60	66.40	81.8
ATUN	30.00	7.26	6.15	0.00	29.04	55.35	0.00	84.39
CEBOLLA	20.00	0.28	0.04	2.26	1.12	0.36	9.04	10.52
LIMON	0.50	0.00	0.00	0.05	0.01	0.01	0.19	0.21
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.3
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
SUB TOTAL		21.45	8.22	117.49	85.81	73.99	469.91	629.71
					V.C. DESAYUNO			629.71
					% DIST. DESAYUNO			25%
ALMUERZO: ARROZ GRANEADO + MOLLEJITAS CON VERDURAS + MENESTRA + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
MOLLEJA	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
AZUCAR RUBIA	28.00	0.00	0.00	27.52	0.00	0.00	110.10	110.10
TOMATE	20.00	0.16	0.04	0.86	0.64	0.36	3.44	4.44
BROCOLI	20.00	0.98	0.18	1.14	3.92	1.62	4.56	10.10
CEBOLLA	25.00	0.35	0.05	2.83	1.40	0.45	11.30	13.15
PEPINILLOS	10.00	0.05	0.01	0.26	0.20	0.09	1.04	1.33
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
SAL	1.00	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
ACEITE VEGETAL	22.00	0.00	22.00	0.00	0.00	198.00	0.00	198.00
MENTA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PLATANO DE SEDA	150.00	2.25	0.45	31.50	9.00	4.05	126.00	139.05
SUB TOTAL		54.04	33.12	232.12	216.18	298.12	928.48	1442.78
					V. C. ALMUERZO			1442.78
					% DIST. ALMUERZO			58%
CENA: CALDO DE FIDEOS + HUEVOS REVUELTOS								
FIDEOS SURTIDOS	40.00	3.76	0.08	31.28	15.04	0.72	125.12	140.88
HUEVOS	35.00	4.73	2.94	0.67	18.90	26.46	2.66	48.02
PAPA BLANCA	180.00	3.78	0.18	40.14	15.12	1.62	160.56	177.30
ZANAHORIA	10.00	0.06	0.05	0.92	0.24	0.45	3.68	4.37
ZAPALLO	15.00	0.11	0.03	0.96	0.42	0.27	3.84	4.53
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
PORO	10.00	0.27	0.08	0.76	1.08	0.72	3.04	4.84
APIO	10.00	0.07	0.02	0.48	0.28	0.18	1.92	2.38
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
OREGANO SECO	0.50	0.01	0.00	0.06	0.03	0.02	0.23	0.28
SUB TOTAL		12.79	8.38	75.27	51.11	75.44	301.05	427.60
					V. C. CENA			427.60
					% DIST. CENA			17%
VCT (Gr.)	88.28	49.72	424.88					
VCT (Kcal.)	353.1	447.55	1699.44					
VCT (%)	14%	18%	68%					
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA


 Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO


 Rosa Caballero Salveredy
 LIC. NUTRICIÓN
 CNP: 4672

FORMATO N° 01 - A

DOSEIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

01/02/2018 15/02/2018

MENÚ N° 12 26

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	30.00	3.99	1.20	21.60	15.96	10.80	86.40	113.16
LECHE EVAPORADA	70.00	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN FRANCES	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	25.00	0.00	0.00	111.23	0.00	0.00	98.30	98.30
SUB TOTAL		21.16	15.90	197.88	84.64	143.10	444.90	672.64
					V.C. DESAYUNO			672.64
					% DIST. DESAYUNO			27%
ALMUERZO: Arroz Graneado + Cau Cau a la Criolla + Ensalada + Fruta + Infusion								
ARROZ SUPERIOR	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	2.46	3.05
ARVEJAS FRESCAS	30.00	2.13	0.18	5.64	8.52	1.62	22.56	32.70
ZANAHORIA	15.00	0.09	0.08	1.38	0.36	0.68	5.52	6.56
TOMATE	15.00	0.12	0.03	0.65	0.48	0.27	2.58	3.33
CEBOLLA	15.00	0.21	0.03	1.70	0.84	0.27	6.78	7.89
CHOCLO DESGRANADO	25.00	0.95	0.25	7.33	3.80	2.25	29.30	35.35
PAPA BLANCA	180.00	3.78	0.18	40.14	15.12	1.62	160.56	177.30
HIERBA BUENA	12.00	0.37	0.12	0.84	1.49	1.08	3.36	5.93
COMINO MOLIDO	1.00	0.11	0.12	0.29	0.46	1.12	1.14	2.72
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
ACEITE VEGETAL	10.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NARANJA DE MESA	150.00	1.80	0.30	16.35	7.20	2.70	65.40	75.30
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		38.87	15.56	216.21	155.52	140.00	864.76	1160.28
					V. C. ALMUERZO			1160.28
					% DIST. ALMUERZO			46%
CENA: Arroz Graneado + Saltadito de Res con Papas + Infusion								
ARROZ SUPERIOR	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
PAPA BLANCA	100.00	2.10	0.10	22.30	8.40	0.90	89.20	98.50
RES SIN HUESO	50.00	10.65	0.80	0.00	42.60	7.20	0.00	49.80
TOMATE	20.00	0.16	0.04	0.86	0.64	0.36	3.44	4.44
CEBOLLA	20.00	0.28	0.04	2.26	1.12	0.36	9.04	10.52
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
ANIS	10.00	0.00	0.00	0.00	G	0.00	0.00	0.00
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
ACEITE VEGETAL	10.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		20.62	11.47	120.46	82.46	103.19	481.82	667.47
					V. C. CENA			667.47
					% DIST. CENA			27%
	VCT (Gr.)	80.65	42.93	534.55				
	VCT (Kcal.)	322.62	386.29	1791.48				
	VCT (%)	13%	15%	72%				
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero-Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

02/02/2018 16/02/2018

MENÚ N° 13 27

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	173.4
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.680	261.54
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.300	98.30
SUB TOTAL		16.28	22.74	98.00	65.12	204.66	391.98	661.76
					V.C. DESAYUNO			661.76
					% DIST. DESAYUNO			26%
ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
PESCADO	160.00	34.56	6.24	0.48	138.24	56.16	1.92	196.32
ARVEJITA 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
TOMATE	15.00	0.12	0.03	0.65	0.48	0.27	2.58	3.33
CEBOLLA	15.00	0.21	0.03	1.7	0.84	0.27	6.78	7.89
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
SAL	3.00	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	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
AZUCAR RUBIA	20.00	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	10.00	0.00	0.00	0	0.00	0.00	0	0
LIMA	150.00	0.9	0.6	8.85	3.60	5.4	35.40	44.4
SUB TOTAL		65.65	15.31	198.46	262.63	137.79	793.79	1194.21
					V. C. ALMUERZO			1194.21
					% DIST. ALMUERZO			48%
CENA: ARROZ GRANEADO CON SALTADITO DE MOLLEJAS CON PAPA + INFUSION								
ARROZ SUPERIOR	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
MOLLEJAS	80.00	16.4	5.60	1.28	65.60	50.40	5.12	121.12
PAPA BLANCA	120.00	2.52	0.12	26.76	10.08	1.08	107.04	118.2
ACEITE VEGETAL	3.00	0.00	3.00	0.00	0.00	27.00	0.00	27
CEBOLLA	15.00	0.21	0.03	1.70	0.84	0.27	6.78	7.89
TOMATE	15.00	0.12	0.03	0.65	0.48	0.27	2.58	3.33
AZUCAR RUBIA	15.00	0.00	0.00	14.75	0.00	0.00	58.98	58.98
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		26.63	9.23	115.16	106.52	83.07	460.58	650.17
					V. C. CENA			650.17
					% DIST. CENA			26%
	VCT (Gr.)	108.56	47.28	411.62				
	VCT (Kcal.)	434.27	425.52	1646.35				
	VCT (%)	17%	17%	66%				
					V. C. T. MENU			2506

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

03/02/2018 17/02/2018

MENÚ N° 14 28

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: CHUFLA + 03 PANES CON HOT DOG FRITO								
CHUFLA	30.00	2.70	1.35	22.14	10.80	12.15	88.56	111.51
HOT DOG DE POLLO	40.00	4.40	13.72	0.00	17.60	123.48	0.00	141.08
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		14.66	20.25	104.14	58.64	182.25	416.54	657.43
					V.C. DESAYUNO			657.43
					% DIST. DESAYUNO			26%
ALMUERZO: ARROZ GRANEADO + POLLO GUISADO + PAPA SANCOCHADA + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
POLLO CON HUESO	160.00	29.12	16.32	0.00	116.48	146.88	0.00	263.36
PAPA BLANCA	200.00	4.20	0.20	44.60	16.80	1.80	178.40	197.00
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
CEBOLLA	15.00	0.21	0.03	1.70	0.84	0.27	6.78	7.89
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
TOMATE	20.00	0.16	0.04	0.86	0.64	0.36	3.44	4.44
PEPINILLOS	15.00	0.08	0.02	0.39	0.30	0.14	1.56	2.00
ACEITE VEGETAL	15.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
MENTA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PLATANO DE SEDA	150.00	2.25	0.45	31.50	9.00	4.05	126.00	139.05
SAL	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	26.00	0.00	0.00	25.56	0.00	0.00	102.23	102.23
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
SUB TOTAL		48.49	32.87	222.55	193.93	295.75	890.18	1379.86
					V. C. ALMUERZO			1379.86
					% DIST. ALMUERZO			55%
CENA: SOPA DE FIDEOS CON VERDURA + MENUDENCIA DE POLLO								
FIDEOS SURTIDO	50.00	4.70	0.10	39.10	18.80	0.90	156.40	176.10
MENUDENCIA POLLO	60.00	12.30	4.20	0.96	49.20	37.80	3.84	90.84
PORO	15.00	0.41	0.12	1.14	1.62	1.08	4.56	7.26
APIO	15.00	0.11	0.03	0.72	0.42	0.27	2.88	3.57
OREGANO SECO	1.00	0.02	0.01	0.11	0.06	0.05	0.45	0.56
ZANAHORIA	10.00	0.06	0.05	0.92	0.24	0.45	3.68	4.37
ZAPALLO	10.00	0.07	0.02	0.64	0.28	0.18	2.56	3.02
PAPA BLANCA	180.00	3.78	0.18	40.14	15.12	1.62	160.56	177.30
SAZONADOR BLANCO	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		21.45	4.71	83.73	85.74	42.35	334.93	463.02
					V. C. CENA			463.02
					% DIST. CENA			19%
	VCT (Gr.)	84.6	57.83	410.42				
	VCT (Kcal.)	338.31	520.35	1641.65				
	VCT (%)	14%	21%	66%				
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
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CNP: 4672

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RELACION DE MENÚS PROPUESTOS PARA NIÑOS DEL E.P. TRUJILLO MUJERES Y PACASMAYO
DEL 21 DE ENERO AL 20 DE FEBRERO DE 2018

MENÚ CON APOORTE MÍNIMO DE 750 KILOCALORIAS POR DÍA

Nº	FECHA	DESAYUNO	MEDIA MAÑANA	ALMUERZO	MEDIA TARDE	CENA
1	DOMINGO	LECHE + 01 PAN CON PESCADO FRITO	COMPOTA DE MANZANA	ARROZ GRANEADO + CERDO A LA PARRILLA + CAMOTE + ENSALADA + INFUSION	MAZAMORRA MORADA	SOPA DE TRIGO + POLLO + INFUSION INFUSION
	21/01/2018					
2	LUNES	QUINUA CON LECHE + 01 PAN CON HOT DOG	JUGO DE MANGO	ARROZ GRANEADO + PESCADO FRITO + PURE DE ZAPALLO + ENSALADA + FRUTA + INFUSION	MAZAMORRA DE NARANJA	ARROZ GRANEADO + LOCRO DE ZAPALLO + INFUSION
	22/01/2018					
3	MARTES	KIWICHA CON LECHE + 01 PAN CON QUESO	FRESA CON LECHE	ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSION	MANZANA AL ALMIBAR	ARROZ GRANEADO + PESCADO A LA PLANCHA CON YUCA + INFUSION
	23/01/2018					
4	MIERCOLES	AVENA CON LECHE + 01 PAN CON MERMELEDA	JUGO DE PAPAYA	ARROZ GRANEADO + ASADO DE RES + MENESTRA + LIMONADA	PLATANO DE SEDA	SOPA DE FIDEO + POLLO + INFUSION
	24/01/2018					
5	JUEVES	SOYA + 01 PAN CON HUEVO SANCOCHADO	LECHE	ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	25/01/2018					
6	VIERNES	LECHE + 01 PAN CON POLLO	PLATANO DE LA ISLA PICADO	ARROZ GRANEADO + GALLINA AL SILLAO CON PAPA + ENSALADA + INFUSION	MAIZENA CON LECHE	ARROZ GRANEADO + TORTILLA DE ESPINACA + INFUSION
	26/01/2018					
7	SABADO	AVENA CON LECHE + 01 PAN CON ACEITUNA	JUGO DE PAPAYA	ARROZ GRANEADO + POLLO A LA PLANCHA + PAPA FRITA + ENSALADA + LIMONADA	MANZANA PICADA EN ALMIBAR	LECHE EVAPORADA
	27/01/2018					
8	DOMINGO	LECHE CON + 01 PAN CON ATUN	MANGO CON LECHE	ARROZ GRANEADO + HIGADO FRITO + PURE DE ESPINACA + ENSALADA + INFUSION	COMPOTA DE MANZANA	SOPA DE SEMOLA + POLLO + INFUSION
	28/01/2018					
9	LUNES	LECHE + 01 PAN CON HUEVO DURO	JUGO DE MANGO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSION	PIÑA EN ALMIBAR	AGUADITO CON MENUENCIA DE POLLO + INFUSION
	29/01/2018					
10	MARTES	KIWICHA CON LECHE + 01 PAN CON QUESO	FRESA CON LECHE	ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSION	MANZANA EN ALMIBAR	SOPA A LA MINUTA CON POLLO + INFUSION
	30/01/2018					
11	MIERCOLES	LECHE CON AVENA + 01 PAN CON MANJAR BLANCO	PAPAYA LICUADA	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + LIMONADA	PLATANO DE SEDA	SOPA DE AVENA + POLLO + INFUSION
	31/01/2018					
12	JUEVES	SOYA + 01 PAN CON JAMONADA	LECHE	ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	01/02/2018					
13	VIERNES	LECHE + 01 PAN CON PALTA	PLATANO DE SEDA PICADO	ARROZ GRANEADO + GALLINA GUIADA CON PAPA + ENSALADA + INFUSION	MAZAMORRA DE NARANJA	SOPA DE SEMOLA + CARNE DE RES + INFUSION
	02/02/2018					
14	SABADO	AVENA CON LECHE + 01 PAN CON ACEITUNA	JUGO DE PAPAYA	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + LIMONADA	MANZANA PICADA EN ALMIBAR	LECHE EVAPORADA
	03/02/2018					
15	DOMINGO	LECHE + 01 PAN CON PESCADO FRITO	COMPOTA DE MANZANA	ARROZ GRANEADO + CERDO A LA PARRILLA + CAMOTE + ENSALADA + INFUSION	MAZAMORRA MORADA	SOPA DE TRIGO + POLLO + INFUSION INFUSION
	04/02/2018					

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
 LIC. NUTRICION
 CNP: 4672

757

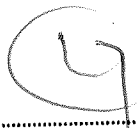
RELACIÓN DE MENÚS PROPUESTOS PARA NIÑOS DEL E.P. TRUJILLO MUJERES Y PACASMAYO
DEL 21 DE ENERO AL 20 DE FEBRERO DE 2018

MENÚ CON APOORTE MÍNIMO DE 750 KILOCALORIAS POR DÍA

Nº	FECHA	DESAYUNO	MEDIA MAÑANA	ALMUERZO	MEDIA TARDE	CENA
16	LUNES	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
	05/02/2018					
17	MARTES	KIWICHA CON LECHE + 01 PAN CON QUESO	FRESA CON LECHE	ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSION	MANZANA AL ALMIBAR	ARROZ GRANEADO + PESCADO A LA PLANCHA CON YUCA + INFUSION
	06/02/2018					
18	MIÉRCOLES	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
	07/02/2018					
19	JUEVES	SOYA + 01 PAN CON HUEVO SANCOCHADO	LECHE	ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	08/02/2018					
20	VIERNES	LECHE + 01 PAN CON POLLO	PLATANO DE LA ISLA PICADO	ARROZ GRANEADO + GALLINA AL SILLAO CON PAPA + ENSALADA + INFUSION	MAIZENA CON LECHE	ARROZ GRANEADO + TORTILLA DE ESPINACA + INFUSION
	09/02/2018					
21	SABADO	AVENA CON LECHE + 01 PAN CON ACEITUNA	JUGO DE PAPAYA	ARROZ GRANEADO + POLLO A LA PLANCHA + PAPA FRITA + ENSALADA + LIMONADA	MANZANA PICADA EN ALMIBAR	LECHE EVAPORADA
	10/02/2018					
22	DOMINGO	LECHE CON + 01 PAN CON ATUN	MANGO CON LECHE	ARROZ GRANEADO + HIGADO FRITO + PURE DE ESPINACA + ENSALADA + INFUSION	COMPOTA DE MANZANA	SOPA DE SEMOLA + POLLO + INFUSION
	11/02/2018					
23	LUNES	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
	12/02/2018					
24	MARTES	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
	13/02/2018					
25	MIÉRCOLES	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
	14/02/2018					
26	JUEVES	SOYA + 01 PAN CON JAMONADA	LECHE	ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	15/02/2018					
27	VIERNES	LECHE + 01 PAN CON POLLO	PLATANO DE LA ISLA PICADO	ARROZ GRANEADO + GALLINA AL SILLAO CON PAPA + ENSALADA + INFUSION	MAIZENA CON LECHE	ARROZ GRANEADO + TORTILLA DE ESPINACA + INFUSION
	16/02/2018					
28	SABADO	AVENA CON LECHE + 01 PAN CON ACEITUNA	JUGO DE PAPAYA	ARROZ GRANEADO + POLLO A LA PLANCHA + PAPA FRITA + ENSALADA + LIMONADA	MANZANA PICADA EN ALMIBAR	LECHE EVAPORADA
	17/02/2018					
29	DOMINGO	LECHE CON + 01 PAN CON ATUN	MANGO CON LECHE	ARROZ GRANEADO + HIGADO FRITO + PURE DE ESPINACA + ENSALADA + INFUSION	COMPOTA DE MANZANA	SOPA DE SEMOLA + POLLO + INFUSION
	18/02/2018					
30	LUNES	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
	19/02/2018					
31	MARTES	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
	20/02/2018					

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
 LIC. NUTRICIÓN
 CNP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO MUJERES Y PACASMAYO

MENÚ N° 1 15 29

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: LECHE + 01 PAN CON PESCADO FRITO									
LECHE EVAPORADA	100.00	143.00	7.00	8.10	10.90	28.00	72.90	43.60	144.50
PAN FRANCES	30.00	87.30	2.52	0.06	19.14	10.08	0.54	78.56	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		261.02	20.32	10.11	38.05	81.28	90.99	152.22	324.49
						VCT. DES.	324.49		20%

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

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

MEDIA TARDE MAZAMORRA MORADA									
PAPAYA	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	5.00	0.00	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		159.45	1.95	0.89	41.31	7.78	8.01	165.22	181.01
						VCT. DES.	181.01		11%

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	80.00	122.41	14.56	8.16	0.00	58.24	73.44	0.00	131.68
PAPA AMARILLA	25.00	24.46	0.50	0.10	5.83	2.00	0.90	23.30	26.20
AZUCAR REFINADA	18.00	69.12	0.00	0.00	17.69	0.00	0.00	70.78	70.78
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		309.49	17.43	8.69	43.31	69.72	78.21	173.22	321.15
						VCT. CEN	321.15		20%

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

VCT. MENU	1611	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salveredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO MUJERES Y PACASMAYO

MENÚ N° 2 16 30

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: QUINUA ON LECHE + 01 PAN CON HOT DOG									
QUINUA	20.00	74.80	2.72	1.16	13.26	10.88	10.44	53.04	74.36
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN FRANCES	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
HOT DOG DE POLLO	20.00	0.00	2.20	6.86	0.00	8.80	61.74	0.00	70.54
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		273.72	12.34	13.75	42.98	49.38	123.75	171.92	345.03
						VCT. DES.	345.03	20%	

MEDIA MAÑANA JUGO DE MANGO									
MANGO	140.00	69.72	0.58	0.28	22.26	2.24	2.52	89.04	93.80
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		146.52	0.58	0.28	41.92	2.24	2.52	167.68	172.44
						VCT. DES.	172		10%

ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + PURE DE ZAPALLO + ENSALADA + FRUTA + INFUSIÓN									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	20.00	176.80	0.00	20.00	0.00	0.00	180.00	0.00	180.00
PESCADO	80.00	92.88	17.28	3.12	0.24	69.12	28.08	0.96	98.16
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
TOMATE	20.00	3.76	0.16	0.04	0.86	0.64	0.36	3.44	4.44
NARANJA DE MESA	60.00	17.10	0.60	0.10	5.45	2.40	0.90	21.80	25.10
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
PAPA AMARILLA	35.00	34.25	0.70	0.14	8.16	2.80	1.26	32.62	36.68
MARGARINA	7.00	50.40	0.04	5.67	0.02	0.17	51.03	0.08	51.28
ZAPALLO	20.00	5.20	0.14	0.04	1.28	0.56	0.36	5.12	6.04
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		623.81	24.12	28.45	69.87	96.49	285.05	279.44	640.98
						VCT. ALM.	640.98		38%

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

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

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

VCT. MENU	1692.56	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO MUJERES Y PACASMAYO

MENÚ N° 3 17 31

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			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 FRANCES	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		21%

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
AZUCAR 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		12%

ALMUERZO: ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSIÓN									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
CARNE DE RES	70.00	66.15	14.91	1.12	0.00	59.64	10.08	0.00	69.72
CEBOLLA	5.00	2.21	0.07	0.01	0.57	0.28	0.09	2.26	2.63
TOMATE	5.00	0.94	0.04	0.01	0.22	0.16	0.09	0.86	1.11
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
AZUCAR REFINADA	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		551.50	33.50	7.04	88.89	134.00	63.38	355.90	553.26
						VCT. ALM.	553.26		37%

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	10.00	0.00	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		72.90	0.45	0.15	31.73	1.80	1.35	126.92	130.07
						VCT. DES.	130.07		9%

CENA ARROZ GRANEADO + PESCADO A LA PLANCHA CON YUCA + INFUSIÓN									
ARROZ SUPERIOR	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
YUCA	25.00	40.50	0.20	0.05	0.80	0.80	0.45	39.30	40.55
PESCADO	60.00	69.66	12.96	2.34	51.84	51.84	21.06	0.72	73.62
TOMATE	5.00	0.94	0.04	0.01	0.16	0.16	0.09	0.86	1.11
CEBOLLA	5.00	2.21	0.07	0.01	0.28	0.28	0.09	2.26	2.63
ACEITE VEGETAL	2.00	17.68	0.00	2.00	0.00	0.00	18.00	0.00	18.00
AZUCAR REFINADA	5.00	19.20	0.00	0.00	0.00	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		329.69	17.37	4.66	91.98	69.48	41.94	218.40	329.82
						VCT. CEN	329.82		22%

VCT (Gr.)	70.58	27.85	281.01
VCT (Kcal.)	282.32	250.65	974.44
VCT (%)	19%	17%	65%

VCT. MENU	1507	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO MUJERES Y PACASMAYO

MENÚ N° 4 18

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			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 FRANCES	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
MERMELADA	7.00	14.98	0.30	0.01	4.10	0.11	0.13	16.41	16.65
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		290.98	10.38	6.54	50.19	40.43	58.90	200.75	300.08
						VCT. DES.	300.08	20%	

MEDIA MAÑANA JUGO DE PAPAYA									
PAPAYA	140.00	40.32	0.56	0.14	11.48	2.24	1.26	45.92	49.42
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	76.64	76.64
SUB TOTAL		117.12	0.56	0.14	31.14	2.24	1.26	124.56	128.08
						VCT. DES.	128.06		9%

ALMUERZO: ARROZ GRANEADO + ASADO DE RES + MENESTRA + LIMONADA									
ARROZ SUPERIOR	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
ACEITE VEGETAL	8.00	70.72	0.00	8.00	0.00	0.00	72.00	0.00	72.00
CARNE DE RES	70.00	66.15	14.91	1.12	0.00	59.64	10.08	0.00	69.72
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
TOMATE	5.00	0.94	0.04	0.01	0.22	0.16	0.09	0.86	1.11
AZUCAR REFINADA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	96.30	96.30
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
CEBOLLA	5.00	2.21	0.07	0.01	0.57	0.28	0.09	2.26	2.63
SUB TOTAL		619.23	32.69	9.99	101.06	130.76	89.95	404.20	624.91
						VCT. ALM.	624.91		42%

MEDIA TARDE PLATANÓ 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		9%

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	80.00	122.40	14.56	8.16	0.00	58.24	73.44	0.00	131.68
AZUCAR REFINADA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
HIERBA LUISA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		279.40	17.00	8.31	36.91	68.00	74.81	147.64	290.45
						VCT. GEN	290.45		20%

VCT (Gr.)	62.88	25.43	250.80
VCT (Kcal.)	182.43	154.16	855.51
VCT (%)	12%	10%	58%

VCT. MENU	1483	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICION
CNP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO
MUJERES Y PACASMAYO

MENÚ N° 5 18

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: SOPA + 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 FRANCES	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
HUEVOS ROSADOS	50.00	0.00	6.75	4.20	0.95	27.00	37.80	3.80	68.60
AZUCAR REFINADA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
SUB TOTAL		225.10	14.91	8.04	41.98	59.64	72.38	167.90	289.90
						VCT. DES.	289.90		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	135.28
						VCT. DES.	135.28		9%

ALMUERZO: ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION									
ARROZ SUPERIOR	50.00	179.50	4.10	0.25	38.90	18.40	2.25	155.60	174.25
ACEITE VEGETAL	8.00	70.72	0.00	8.00	0.00	0.00	72.00	0.00	72.00
TOMATE	15.00	2.82	0.12	0.03	0.65	0.48	0.27	2.58	3.33
CEBOLLA	15.00	6.62	0.21	0.03	1.70	0.84	0.27	6.78	7.89
POLLO	120.00	183.60	21.84	12.24	0.00	87.36	110.16	0.00	197.52
FREJOL CANARIO	25.00	84.75	5.48	0.53	15.05	21.90	4.73	60.20	86.83
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		604.81	31.75	21.08	75.96	128.98	189.68	303.80	620.46
						VCT. ALM.	620.46		41%

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	3.00	0.00	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		141.60	1.58	0.72	35.53	6.32	6.48	142.12	154.92
						VCT. DES.	154.92		10%

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 FRANCES	3.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
AZUCAR REFINADA	8.00	30.72	0.00	0.00	7.86	0.00	0.00	31.46	31.46
SUB TOTAL		296.77	11.27	10.19	40.63	45.08	91.67	162.52	299.27
						VCT. CEN	299.27		20%

VCT (Kcal.)	260.42	418.51	830.88
VCT (%)	17%	28%	55%

VCT. MENU	1510	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salveredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO
MUJERES Y PACASMAYO

MENÚ N° 6 20

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

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		9%

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

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	69.38	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		12%

CENA ARROZ GRANEADO + TORTILLA DE ESPINACA + INFUSIÓN									
ARROZ SUPERIOR	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	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		289.27	11.12	7.53	45.83	44.48	67.77	183.30	295.55
						VCT. CEN	295.55		20%

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

VCT. MENU	1509	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Cáballeo Salverredy
LIC. NUTRICIÓN
ONP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO
MUJERES Y PACASMAYO

MENÚ N° 7 21

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			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 FRANCES	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	11.46	2.24	1.26	45.92	49.42
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		117.12	0.56	0.14	31.12	2.24	1.26	124.56	128.06
VCT. DES.							128.06		7%

ALMUERZO: ARROZ GRANEADO + POLLO A LA PLANCHA + PAPA FRITA + ENSALADA + LIMONADA									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	20.00	176.80	0.00	20.00	0.00	0.00	180.00	0.00	180.00
POLLO	120.00	183.60	21.84	12.24	0.00	87.36	110.16	0.00	197.52
PAPA BLANCA	35.00	32.25	0.74	0.04	7.81	2.94	0.32	31.22	34.48
TOMATE	15.00	2.82	0.12	0.03	0.65	0.48	0.27	2.58	3.33
CEBOLLA	15.00	6.62	0.21	0.03	1.70	0.84	0.27	6.78	7.89
AZUCAR REFINADA	28.00	107.52	0.00	0.00	27.52	0.00	0.00	110.10	110.10
LIMON	5.00	0.77	0.03	0.01	0.49	0.10	0.09	1.94	2.13
SUB TOTAL		725.78	27.88	32.65	84.85	111.40	293.81	339.34	744.55
VCT. ALM.							744.55		43%

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	20.00	76.80	0.00	0.00	19.66	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		10%

CENA LECHE EVAPORADA									
LECHE EVAPORADA	125.00	178.75	8.75	10.13	13.63	35.00	91.13	54.50	180.63
PAN FRANCES	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		342.85	11.27	10.19	52.43	45.08	91.67	209.70	348.45
VCT. GEN							348.45		20%

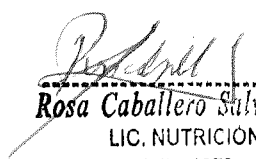
VCT (Gr.)	50.42	57.69	255.91
VCT (Kcal.)	201.64	519.09	1023.62
VCT (%)	12%	30%	59%

VCT. MENU	1744	100%
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CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Silverredy
LIC. NUTRICION
CNP: 4672

67

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO MUJERES Y PACASMAYO

MENÚ N° 8 22

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

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	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
AZUCAR REFINADA	4.00	15.36	0.00	0.00	3.93	0.00	0.00	15.73	15.73
SUB TOTAL		185.18	5.46	5.95	33.82	21.84	53.55	135.29	210.68
VCT. DES.							210.68		12%

ALMUERZO: ARROZ GRANEADO + HIGADO FRITO + CON PURE DE ESPINACA + ENSALADA + INFUSIÓN									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	20.00	176.80	0.00	20.00	0.00	0.00	180.00	0.00	180.00
HIGADO DE RES	80.00	101.60	16.00	3.68	0.00	64.00	33.12	0.00	97.12
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
PAPA BLANCA	25.00	23.04	0.53	0.03	5.58	2.10	0.23	22.30	24.63
TOMATE	20.00	3.76	0.16	0.04	0.86	0.64	0.36	3.44	4.44
ESPINACA	20.00	4.48	0.38	0.12	1.26	1.52	1.08	5.04	7.64
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		610.70	22.27	24.21	76.30	89.08	217.85	305.18	612.09
VCT. ALM.							612.09		38%

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	12.00	0.00	0.00	0.00	11.80	0.00	0.00	47.18	47.18
SUB TOTAL		145.26	0.55	0.18	51.31	2.21	1.66	205.24	209.11
VCT. DES.							209.11		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	80.00	122.40	14.56	8.16	0.00	58.24	73.44	0.00	131.68
AZUCAR REFINADA	2.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		321.78	17.38	8.63	46.63	69.43	77.63	186.52	333.58
VCT. CEN							333.58		20%

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

VCT. MENU	1704	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO
MUJERES Y PACASMAYO

MENÚ N° 9 23

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			DIST. CAL % POR MENU
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: LECHE + 01 PAN CON HUEVO DURO									
PAN FRANCES	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
LECHE EVAPORADA	100.00	143.00	7.00	8.10	10.90	28.00	72.90	43.60	144.50
HUEVOS ROSADOS	50.00	0.00	6.75	4.20	0.95	27.00	37.80	3.80	68.60
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		249.50	18.27	12.36	35.91	65.08	111.24	143.82	319.94
						VCT. DES.	319.94	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	8.00	30.72	0.00	0.00	7.86	0.00	0.00	31.46	31.46
SUB TOTAL		105.42	0.60	0.30	31.71	2.40	2.70	126.86	131.96
						VCT. DES.	132		8%

ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSIÓN									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	6.00	53.04	0.00	6.00	0.00	0.00	54.00	0.00	54.00
PESCADO	80.00	92.88	17.28	3.12	0.24	69.12	28.08	0.96	98.16
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
TOMATE	20.00	3.76	0.16	0.04	0.88	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	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
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		697.60	38.28	11.52	116.73	145.04	103.68	486.90	715.62
						VCT. ALM.	715.62		45%

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	8.00	30.72	0.00	0.00	7.86	0.00	0.00	31.46	31.46
SUB TOTAL		64.77	0.56	0.28	21.58	2.24	2.52	86.34	91.10
						VCT. DES.	91.10		6%

CENA AGUADITO CON MENUDENCIA DE POLLO + INFUSION									
ARROZ SUPERIOR	20.00	71.80	1.64	0.10	15.56	6.56	0.90	62.24	69.70
PAPA AMARILLA	25.00	24.46	0.50	0.10	5.83	2.00	0.90	23.30	26.20
HIGADO DE POLLO	80.00	125.60	16.40	5.60	1.28	65.60	50.40	5.12	121.12
ZANAHORIA	15.00	5.84	0.09	0.08	1.38	0.36	0.68	5.52	6.56
PORO	15.00	6.00	0.41	0.12	1.14	1.62	1.08	4.56	7.26
APIO	15.00	2.99	0.11	0.03	0.72	0.42	0.27	2.88	3.57
ZAPALLO	15.00	3.90	0.11	0.03	0.96	0.42	0.27	3.84	4.53
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		317.39	18.28	6.06	48.53	76.98	54.50	186.10	317.58
						VCT. CEN	317.58		20%

VCT (Gr.)	72.95	30.52	252.46
VCT (Kcal)	291.74	274.64	1009.82
VCT (%)	19%	17%	64%

VCT. MENU	1576.20	100%
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CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

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FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO
MUJERES Y PACASMAYO

MENÚ N° 10 24

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			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
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN FRANCES	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
QUESO	20.00	0.00	3.26	2.06	0.68	13.04	18.54	2.72	34.30
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		282.00	13.38	9.21	45.27	53.52	82.89	181.08	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	8.00	30.72	0.00	0.00	7.86	0.00	0.00	31.46	31.46
SUB TOTAL		188.22	5.88	6.79	27.95	23.52	61.11	111.82	196.45
						VCT. DES.	196		12%

ALMUERZO: ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSIÓN									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	12.00	106.08	0.00	12.00	0.00	0.00	108.00	0.00	108.00
CARNE DE RES	70.00	66.15	14.91	1.12	0.00	59.64	10.08	0.00	69.72
CEBOLLA	15.00	6.62	0.21	0.03	1.70	0.84	0.27	6.78	7.89
TOMATE	15.00	2.82	0.12	0.03	0.65	0.48	0.27	2.58	3.33
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
AZÚCAR REFINADA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
MANZANILLA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		658.07	33.72	14.08	100.38	134.88	126.72	401.46	663.08
						VCT. ALM.	663.08		41%

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	5.00	0.00	0.00	0.00	0.00	0.00	0.00	19.66	19.66
SUB TOTAL		72.90	0.45	0.15	21.90	1.80	1.35	107.26	110.41
						VCT. DES.	110.41		7%

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	80.00	91.80	10.92	6.12	0.00	43.68	55.08	0.00	98.76
PORO	10.00	4.00	0.27	0.08	0.76	1.08	0.72	3.04	4.84
APIO	10.00	2.00	0.07	0.02	0.48	0.28	0.18	1.92	2.38
ZANAHORIA	10.00	3.90	0.06	0.05	0.92	0.24	0.45	3.68	4.37
AZÚCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		305.38	14.51	6.36	50.29	58.04	57.24	201.16	316.44
						VCT. CEN	316.44		20%

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

VCT. MENU	1604	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Cabañero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO MUJERES Y PACASMAYO

MENÚ N° 11 25

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			DIST. CAL % POR MENU
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: LECHE CON AVENA + 01 PAN CON MANJAR BLANCO									
AVENA	20.00	69.40	2.66	0.80	14.40	10.64	7.20	57.60	75.44
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN FRANCES	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	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		298.54	10.83	7.17	49.85	42.53	64.57	199.38	306.48
						VCT. DES.	306.48		20%

MEDIA MAÑANA PAPAYA PICADA									
PAPAYA	140.00	40.32	0.56	0.14	11.48	2.24	1.26	45.92	49.42
AZÚCAR REFINADA	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		78.72	0.56	0.14	21.31	2.24	1.26	85.24	88.74
						VCT. DES.	88.74		6%

ALMUERZO: ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + LIMONADA									
ARROZ SUPERIOR	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
ACEITE VEGETAL	2.00	17.68	0.00	2.00	0.00	0.00	18.00	0.00	18.00
PAVITA	120.00	289.44	24.12	24.24	0.00	96.48	218.16	0.00	314.64
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
TOMATE	5.00	0.94	0.04	0.01	0.22	0.16	0.09	0.86	1.11
AZÚCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
CEBOLLA	5.00	2.21	0.07	0.01	0.57	0.28	0.09	2.26	2.63
SUB TOTAL		705.00	41.90	27.11	79.43	167.60	244.03	317.70	729.33
						VCT. ALM.	729.33		48%

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		6%

CENA SOPA DE AVENA + POLLO + INFUSION									
AVENA	20.00	69.40	2.66	0.80	14.40	10.64	7.20	57.60	75.44
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
POLLO	80.00	122.40	14.56	8.16	0.00	58.24	73.44	0.00	131.68
AZÚCAR REFINADA	16.00	61.44	0.00	0.00	15.73	0.00	0.00	62.91	62.91
HIERBA LUISA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		297.44	17.22	13.96	30.13	68.88	125.64	120.51	315.03
						VCT. CEN	315.03		20%

VCT (Gr.)	72.41	48.80	210.12
VCT (Kcal.)	220.77	313.64	719.92
VCT (%)	14%	20%	46%

VCT. MENU	1569	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salteredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO
MUJERES Y PACASMAYO

MENÚ N° 12 26

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			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 FRANCES	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 SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
CEBOLLA	10.00	4.41	0.14	0.02	1.13	0.56	0.18	4.52	5.26
POLLO	80.00	122.40	14.56	8.16	0.00	58.24	73.44	0.00	131.68
FREJOL CANARIO	25.00	84.75	5.48	0.53	15.05	21.90	4.73	60.20	86.83
AZUCAR REFINADA	12.00	46.80	0.00	0.00	11.80	0.00	0.00	47.18	47.18
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		519.84	25.18	14.03	75.09	100.70	128.23	300.34	527.27
						VCT. ALM.	527.27		38%

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 FRANCES	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 (Kcal.)	225.30	384.94	840.20
VCT (%)	16%	27%	58%

VCT. MENU	1450	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO MUJERES Y PACASMAYO

MENÚ N° 13 27

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO:									
LECHE + 01 PAN CON PALTA									
LECHE EVAPORADA	100.00	143.00	7.00	8.10	10.90	28.00	72.90	43.60	144.50
PAN FRANCES	30.00	87.30	2.52	0.60	19.14	10.08	0.54	76.56	87.18
PALTA	25.00	0.00	0.43	3.13	1.40	1.70	28.13	5.60	35.43
AZUCAR REFINADA	5.00	0.00	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		230.30	9.95	11.83	36.36	39.78	101.57	145.42	288.77
						VCT. DES.	286.77	20%	

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

ALMUERZO:									
ARROZ GRANEADO + GALLINA GUISADA CON PAPA + ENSALADA + INFUSION									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
CARNE DE GALLINA	120.00	129.60	24.72	4.32	0.00	98.88	38.88	0.00	137.76
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
LIMON	1.00	0.15	0.01	0.00	0.10	0.02	0.02	0.39	0.43
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
PAPA AMARILLA	40.00	39.14	0.80	0.16	9.32	3.20	1.44	37.28	41.92
AZUCAR REFINADA	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		521.79	30.81	14.84	66.62	123.22	133.58	274.47	531.27
						VCT. ALM.	531.27		38%

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

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

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

VCT. MENU	1404	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Caballero Salveredy
NUTRICION
CNP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO MUJERES Y PACASMAYO

MENÚ N° 14 28

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			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 FRENCES	30.00	0.00	2.52	0.06	19.14	10.08	0.54	76.56	87.18
ACEITUNA	25.00	0.00	0.20	8.03	1.83	0.80	72.23	7.30	80.33
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		181.02	10.28	14.56	45.95	41.12	131.00	183.78	355.90
						VCT. DES.	355.90		20%

MEDIA MAÑANA									
JUGO DE PAPAYA									
PAPAYA	140.00	40.32	0.56	0.14	11.48	2.24	1.26	45.92	49.42
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		117.12	0.56	0.14	31.14	2.24	1.26	124.56	128.06
						VCT. DES.	128.06		7%

ALMUERZO:									
ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + LIMONADA									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
POLLO	120.00	183.60	21.84	12.24	0.00	87.36	110.16	0.00	197.52
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
TOMATE	20.00	3.76	0.16	0.04	0.86	0.64	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		800.15	40.79	23.23	111.47	163.14	209.07	445.84	818.05
						VCT. ALM.	818.05		46%

MEDIA TARDE									
MANZANA PICADA EN ALMIBAR									
MANZANA	150.00	72.90	0.45	0.15	21.90	1.80	1.35	87.60	90.75
AZUCAR REFINADA	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		111.30	0.45	0.15	31.73	1.80	1.35	126.92	130.07
						VCT. DES.	130.07		7%

CENA									
LECHE EVAPORADA									
LECHE EVAPORADA	125.00	178.75	8.75	10.13	13.63	35.00	91.13	54.50	180.63
PAN FRANCES	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. GEN.	354.31		20%

VCT (Gr.)	63.35	48.27	274.69
VCT (Kcal.)	253.38	434.35	1098.66
VCT (%)	14%	24%	62%

VCT. MENU	1786	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Cely Salverredy
NUTRICIÓN
P: 4672

**RELACIÓN DE MENÚS PROPUESTOS PARA NIÑOS DEL E.P. TRUJILLO MUJERES Y PACASMAYO
DEL 18 DE ENERO AL 20 DE ENERO DE 2018**

MENÚ CON APOORTE MÍNIMO DE 750 KILOCALORIAS POR DÍA

Nº	FECHA	DESAYUNO	MEDIA MAÑANA	ALMUERZO	MEDIA TARDE	CENA
1	JUEVES	SOYA + 01 PAN CON JAMONADA	LECHE	ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	18/01/2018					
2	VIERNES	LECHE + 01 PAN CON PALTA	PLATANO DE SEDA PICADO	ARROZ GRANEADO + GALLINA GUISADA CON PAPA + ENSALADA + INFUSION	MAZAMORRA DE NARANJA	SOPA DE SEMOLA + CARNE DE RES + INFUSION
	19/01/2018					
3	SABADO	<u>AVENA CON LECHE</u> <u>+ 01 PAN CON</u> <u>ACEITUNA</u>	<u>JUGO DE</u> <u>PAPAYA</u>	<u>ARROZ GRANEADO + POLLO</u> <u>AL SILLAO + MENESTRA +</u> <u>ENSALADA + LIMONADA</u>	<u>MANZANA PICADA</u> <u>EN ALMIBAR</u>	<u>LECHE EVAPORADA</u>
	20/01/2018					

CONTRATISTA



Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


 Rosa Caballero Salverredy
 LIC. NUTRICIÓN
 CNP: 4672

No considerar
 Se modificó verficar folio
 N° 116.

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO MUJERES Y PACASMAYO

MENÚ N° 1

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			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 FRANCES	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	72.00	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	72.00	75.06	175.96
						VCT. DES.	175.96		12%

ALMUERZO: ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
CEBOLLA	10.00	4.41	0.14	0.02	1.13	0.56	0.18	4.52	5.20
POLLO	80.00	122.40	14.56	8.16	0.00	58.24	73.44	0.00	131.68
FREJOL CANARIO	25.00	84.75	5.48	0.53	15.05	21.90	4.73	60.20	86.83
AZUCAR REFINADA	12.00	46.80	0.00	0.00	11.80	0.00	0.00	47.18	47.18
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		519.84	25.18	14.03	75.09	109.70	126.23	300.34	527.27
						VCT. ALM.	527.27		38%

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	1.48	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	1.68	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	100.63
PAN FRANCES	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 (Kcal.)	225.30	384.94	840.20
VCT (%)	16%	27%	58%

VCT. MENU	1450	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

No Considerar
Se modificó, Verificar
Folio N° 115.

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO
MUJERES Y PACASMAYO

MENÚ N° 2

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: LECHE + 01 PAN CON PALTA									
LECHE EVAPORADA	100.00	143.00	7.00	8.10	10.90	28.00	72.90	43.60	144.50
PAN FRANCES	30.00	87.30	2.52	0.60	19.14	10.08	0.54	76.56	87.18
PALTA	25.00	0.00	0.43	3.13	1.40	1.70	28.13	5.60	35.43
AZUCAR REFINADA	5.00	0.00	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		230.30	9.95	11.83	38.36	39.78	101.57	145.42	286.77
						VCT. DES.	286.77		20%

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

ALMUERZO: ARROZ GRANEADO + GALLINA GUISADA CON PAPA + ENSALADA + INFUSION									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
CARNE DE GALLINA	120.00	129.60	24.72	4.32	0.00	98.88	38.88	0.00	137.76
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
LIMON	1.00	0.15	0.01	0.00	0.10	0.02	0.02	0.39	0.43
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
PAPA AMARILLA	40.00	39.14	0.80	0.16	9.32	3.20	1.44	37.28	41.92
AZUCAR REFINADA	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		521.79	30.81	14.84	66.62	123.22	133.58	274.47	531.27
						VCT. ALM.	531.27		38%

MEDIA TARDE MAZAMORRA DE NARANJA									
MAIZENA	25.00	87.75	0.15	0.05	21.68	0.60	0.45	66.70	87.75
NARANJA	100.00	34.20	1.20	0.20	10.90	4.80	1.80	43.80	50.20
AZUCAR REFINADA	6.00	23.04	0.00	0.00	5.90	0.00	0.00	23.59	23.59
SUB TOTAL		144.99	1.35	0.25	38.48	5.40	2.25	153.89	161.54
						VCT. DES.	161.54		12%

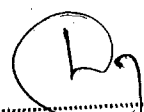
CENA SOPA DE SEMOLA + CARNE DE RES + INFUSION									
SEMOLA	20.00	72.40	1.56	0.22	15.68	6.24	1.98	62.72	70.94
CARNE DE RES	50.00	47.25	10.65	0.80	0.00	42.60	7.20	0.00	49.80
PAPA AMARILLA	25.00	24.48	0.50	0.10	5.83	2.00	0.90	23.30	26.20
ZAPALLO	10.00	2.60	0.07	0.02	0.64	0.28	0.18	2.56	3.02
ZANAHORIA	10.00	3.90	0.06	0.05	0.92	0.24	0.45	3.69	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	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
SUB TOTAL		278.93	12.84	9.19	37.82	51.36	82.71	151.24	285.31
						VCT. CEN.	285.31		20%

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

VCT. MENU	1404	100%
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CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

no considerar
se modificó, verifíco
fouo no 114

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO
MUJERES Y PACASMAYO

MENÚ N° 3

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNÓ: 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 FRENCES	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	14.58	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	1.28	45.92	49.42
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		117.12	0.56	0.14	31.14	2.24	1.28	124.56	128.06
						VCT. DES.	128.06		7%
ALMUERZO: ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + LIMONADA									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
POLLO	120.00	183.60	21.84	12.24	0.00	87.36	110.16	0.00	197.52
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
TOMATE	20.00	3.76	0.16	0.04	0.88	0.84	0.36	3.44	4.44
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
SILLAO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR REFINADA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
LIMON	5.00	0.77	0.03	0.01	0.49	0.10	0.09	1.94	2.13
SUB TOTAL		800.15	40.79	23.23	111.47	163.14	209.07	445.84	818.05
						VCT. ALM.	818.05		46%
MEDIA TARDE MANZANA PICADA EN ALMIBAR									
MANZANA	160.00	72.90	0.45	0.15	21.90	1.80	1.35	87.60	90.75
AZUCAR REFINADA	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		111.30	0.45	0.15	31.73	1.80	1.35	126.92	130.07
						VCT. DES.	130.07		7%
CENA LECHE EVAPORADA									
LECHE EVAPORADA	125.00	178.75	8.75	10.13	13.63	35.00	91.13	54.50	180.63
PAN FRANCES	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%

CONTRATISTA

NUTRICIONISTA


Lauriano Garcia Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salveredy
LIC. NUTRICIÓN
CNP: 4672

No Considerar
Se modifico, verif con
folio N° 113.

**RELACIÓN DE MENÚS PROPUESTOS PARA EL PERSONAL INPE DE LOS E.P DE TRUJILLO VARONES
TRUJILLO MUJERES Y PACASMAYO DEL 18 DE ENERO AL 20 DE ENERO DE 2018**

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

N° DE MENÚ	FECHA	DETALLE DEL MENÚ	
1	JUEVES 18/01/2018	DESAYUNO	AVENA + 03 PANES CON MILANESA DE POLLO
		ENTRADA	ENSALADA
		SEGUNDO	TALLARINES ROJOS + GALLINA + ENSALADA + REFresco DE (NARANJA) + FRUTA
2	VIERNES 19/01/2018	CENA	CALDO DE FIDEOS CON GALLINA + FRUTA + INFUSION
		DESAYUNO	LECHE CON COCOA + 03 PANES CON QUESO + FRUTA
		ENTRADA	ENSALADA
3	SABADO 20/01/2018	SEGUNDO	ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + INFUSION + FRUTA
		CENA	ARROZ GRANEADO + POLLO FRITO + PAPA FRITA + ENSALADA + INFUSIÓN
		DESAYUNO	KIWICHA + 03 PANES CON SALTADITO DE RES
		ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + BISTECK ENCEBOLLADO + MENESTRA + ZARZA + REFresco DE (PINA) + FRUTA
		CENA	TALLARINES ROJOS + RES + YUCA SANCOCHADA + FRUTA + INFUSION

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4872

No Considerar
Se Modificó, Verificar
Folio N° 120

FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

18/01/2018

MENÚ N° 1

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO:									
AVENA + 03 PANES CON MILANESA DE POLLO									
AVENA	25.00	86.75	3.33	1.00	18.00	13.30	9.00	72.00	94.30
POLLO CON HUESO	100.00	153.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
PAN FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
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		668.37	29.09	19.38	100.00	116.34	174.42	399.98	690.74
						V.C. DESAYUNO			690.74
						% DIST. DESAYUNO			25%
ENTRADA: ENSALADA									
ALMUERZO:									
TALLARINES ROJOS + GALLINA + ENSALADA + REFRESCO DE (NARANJA) + FRUTA									
FIDEO TALLARIN	150.00	486.00	14.25	0.15	104.40	57.00	1.35	417.60	475.95
ACEITE VEGETAL	20.00	176.80	0.00	20.00	0.00	0.00	180.00	0.00	180.00
CARNE DE GALLINA	160.00	172.80	32.96	5.76	0.00	131.84	51.84	0.00	183.68
BETERRAGA	60.00	21.91	1.02	0.06	5.70	4.08	0.54	22.80	27.42
ZANAHORIA	60.00	23.37	0.38	0.30	5.52	1.44	2.70	22.08	26.22
PAPA BLANCA	100.00	92.15	2.10	0.10	22.30	8.40	0.90	89.20	98.50
AJI PANCA	2.00	5.84	0.14	0.16	1.17	0.56	1.40	4.70	6.66
PIMIENTA MOLIDA	1.00	3.60	0.08	0.08	0.64	0.34	0.72	2.54	3.60
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
PLATANO DE SEDA	150.00	84.66	2.25	0.45	31.50	9.00	4.05	126.00	139.05
NARANJA AGRIA	60.00	15.05	0.30	0.12	4.92	1.20	1.08	19.68	21.96
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
CEBOLLA	10.00	4.41	0.14	0.02	1.13	0.56	0.18	4.52	5.26
SUB TOTAL		1184.45	53.72	27.22	202.66	214.91	244.94	810.63	1270.48
						V. C. ALMUERZO			1270.48
						% DIST. ALMUERZO			46%
CENA:									
CALDO DE FIDEOS CON GALLINA + FRUTA +INFUSIÓN									
FIDEOS SURTIDOS	50.00	180.00	4.70	0.10	39.10	18.80	0.90	156.40	176.10
PAPA BLANCA	180.00	165.87	3.78	0.18	40.14	15.12	1.62	160.56	177.30
PLATANO DE LA ISLA	150.00	92.82	1.35	0.60	35.40	5.40	5.40	141.60	152.40
CARNE DE GALLINA	100.00	108.00	20.60	3.60	0.00	82.40	32.40	0.00	114.80
ACEITE VEGETAL	3.00	26.52	0.00	3.00	0.00	0.00	27.00	0.00	27.00
APIO	25.00	4.99	0.18	0.05	1.20	0.70	0.45	4.80	5.95
PORO	25.00	10.00	0.68	0.20	1.90	2.70	1.80	7.60	12.10
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	26.00	99.84	0.00	0.00	25.56	0.00	0.00	102.23	102.23
ZAPALLO	30.00	7.80	0.21	0.06	1.92	0.84	0.54	7.68	9.06
ZANAHORIA	30.00	11.69	0.18	0.15	2.76	0.72	1.35	11.04	13.11
SUB TOTAL		707.53	31.68	7.94	147.98	126.68	71.46	591.91	790.05
						V. C. CENA			790.05
						% DIST. CENA			29%
VCT (Gr.)			114.49	54.54	450.64				
VCT (Kcal.)			457.93	490.82	1802.52				
VCT (%)			17%	18%	66%				
						V. C. T. MENU			2751

CONTRATISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


Rosa Caballero Salveredy
LIC. NUTRICIÓN

No Considerar
Se modificó,
verificar folio N°
119.

**DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO**

19/01/2018

MENÚ N° 2

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 + FRUTA									
LECHE EVAPORADA	120.00	171.60	8.40	9.72	13.08	33.60	87.48	52.32	173.40
COCOA	10.00	40.40	1.90	1.71	4.78	7.60	15.39	19.12	42.11
QUESO	60.00	103.80	9.78	6.18	2.04	39.12	55.62	8.16	102.90
MANZANA	150.00	72.90	0.45	0.15	21.90	1.80	1.35	87.60	90.75
PAN FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	23.00	88.32	0.00	0.00	22.61	0.00	0.00	90.44	90.44
SUB TOTAL		738.92	28.09	17.94	22.61	112.36	161.46	487.32	761.14
						V.C. DESAYUNO			761.14
						% DIST. DESAYUNO			28%
ALMUERZO:									
ENTRADA: ENSALADA									
ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + INFUSION + ENSALADA + FRUTA									
ARROZ SUPERIOR	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
TEJAS SECAS	80.00	271.20	18.08	0.80	48.80	72.32	7.20	195.20	274.72
ACEITE VEGETAL	8.00	70.72	0.00	8.00	0.00	0.00	72.00	0.00	72.00
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
LECHUGA	100.00	18.05	1.50	0.20	3.90	6.00	1.80	15.60	23.40
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
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
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
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SAL	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		1270.09	68.80	12.90	212.48	275.18	116.08	849.95	1241.21
						V. C. ALMUERZO			1241.21
						% DIST. ALMUERZO			45%
CENA:									
ARROZ GRANEADO + POLLO FRITO + PAPA FRITA + ENSALADA + INFUSION									
ARROZ SUPERIOR	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
POLLO CON HUESO	100.00	153.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
PEPINILLOS	50.00	4.79	0.25	0.05	1.30	1.00	0.45	5.20	6.65
TOMATE	30.00	5.64	0.24	0.06	1.29	0.96	0.54	5.16	6.66
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
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	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
HIERBA LUISA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		731.65	29.02	15.94	122.61	116.08	143.50	490.46	750.04
						V. C. CENA			750.04
						% DIST. CENA			27%
VCT (Gr.)		125.91	46.78	357.70					
VCT (Kcal.)		503.62	421.04	1827.73					
VCT (%)		18%	15%	66%					
						V. C. T. MENU			2752

CONTRATISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

No Considerar
Se modificó
Verificar Folio No
118

**DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO**

20/01/2018

MENÚ N° 3

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO:									
KIWICHA + 03 PANES CON SALTADITO DE RES									
KIWICHA	25.00	94.25	3.38	1.78	16.13	13.50	15.98	64.50	93.98
RES SIN HUESO	50.00	47.25	10.65	0.80	0.00	42.60	7.20	0.00	49.80
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
AJI AMARILLO	5.00	1.50	0.05	0.04	0.44	0.18	0.32	1.76	2.26
PAN FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		598.74	21.97	12.86	100.92	87.84	115.66	403.60	607.10
						V.C. DESAYUNO			607.10
						% DIST. DESAYUNO			22%
ENTRADA: ENSALADA FRESCA									
ALMUERZO:									
ARROZ GRANEADO +BISTECK ENCEBOLLADO + MENESTRA + ZARZA + REFresco DE (PIÑA) + FRUTA									
ARROZ SUPERIOR	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
RES SIN HUESO	120.00	113.40	25.56	1.92	0.00	102.24	17.28	0.00	119.52
FREJOL CASTILLA	80.00	264.00	18.00	1.44	46.64	72.00	12.96	186.56	271.52
AJI PANCA	1.00	2.92	0.07	0.08	0.59	0.28	0.70	2.35	3.33
PIMIENTA MOLIDA	1.00	3.60	0.08	0.08	0.64	0.34	0.72	2.54	3.60
LIMON	3.00	0.46	0.02	0.01	0.29	0.06	0.05	1.16	1.27
LECHUGA	100.00	28.69	1.50	0.20	3.90	6.00	1.80	15.60	23.40
TOMATE	25.00	11.92	0.20	0.05	1.08	0.80	0.45	4.30	5.55
PEPINILLOS	50.00	13.81	0.25	0.05	1.33	1.00	0.45	5.20	6.65
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
LIMA	150.00	36.45	0.90	0.60	8.58	3.60	5.40	35.40	44.40
PIÑA	50.00	12.16	0.20	0.10	4.90	0.80	0.90	19.60	21.30
AJOS	2.00	1.55	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	0.00
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
SUB TOTAL		1225.09	59.61	15.36	213.23	238.45	138.14	853.80	1230.39
						V.C. ALMUERZO			1230.39
						% DIST. ALMUERZO			45%
CENA:									
TALLARINES ROJOS + RES + YUCA SANCOCHADA + FRUTA + INFUSION									
FIDEO TALLARIN	120.00	388.80	11.40	0.12	83.52	45.60	1.08	334.08	380.76
YUCA	140.00	226.80	1.12	0.28	55.02	4.48	2.52	220.08	227.08
RES CON HUESO	120.00	107.10	25.56	1.92	0.00	102.24	17.28	0.00	119.52
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
TOMATE	15.00	2.82	0.12	0.03	0.65	0.48	0.27	2.58	3.33
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AJOS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	19.00	72.96	0.00	0.00	18.68	0.00	0.00	0.00	0.00
LIMA	150.00	36.45	0.90	0.60	8.55	3.60	5.40	35.40	44.40
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
ZANAHORIA	20.00	7.79	0.12	0.10	1.84	0.48	0.90	7.36	8.74
SUB TOTAL		895.74	39.50	8.09	170.82	158.00	72.81	683.25	914.06
						V.C. CENA			914.06
						% DIST. CENA			33%
						VCT (Gr.)		121.08	36.31
						VCT (Kcal.)		484.29	326.61
						VCT (%)		18%	12%
						V.C. T. MENU			2752

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa Caballero Salveredy
LIC. NUTRICIÓN
CNP: 4672

No Considerar
Se modificó,
Verificar Folio No
117

52

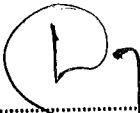
**RELACIÓN DE MENÚS PROPUESTOS PARA INTERNOS (AS) DEL E.P. DE TRUJILLO VARONES
TRUJILLO MUJERES Y PACASMAYO DEL 18 DE ENERO AL 20 DE ENERO DE 2018**

MENÚS CON APORTE CALÓRICO MAYOR A 2.500 KILOCALORIAS POR DÍA

N° DE MENÚ	FECHA	DETALLE DEL MENÚ	
1	JUEVES	DESAYUNO	AVENA CON LECHE + 03 PANES CON JAMONADA
	18/01/2018	ALMUERZO	ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA
2	VIERNES	CENA	FRUTA + INFUSION
	19/01/2018	DESAYUNO	ARROZ GRANEADO + SALTADITO DE RES CON PAPAS + INFUSION
3	SABADO	ALMUERZO	LECHE + 03 PANES CON ACEITUNA
	20/01/2018	CENA	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSION
3	SABADO	DESAYUNO	ARROZ GRANEADO + SALTADITO DE MOLLEJAS CON PAPA + INFUSION
	20/01/2018	ALMUERZO	CHUFLE + 03 PANES CON HOT DOG FRITO
3	SABADO	CENA	ARROZ GRANEADO + POLLO GUISADO + PAPA SANCOCHADA + ENSALADA
	20/01/2018	CENA	FRUTA + INFUSION
3	SABADO	CENA	SOPA DE FIDEOS CON VERDURAS + MENUENCIA DE POLLO

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

No Considerar
Se modificó, verificar
Folio No 112

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

18/01/2018

MENÚ N° 1

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	30.00	3.99	1.20	21.60	15.96	10.80	86.40	113.16
LECHE EVAPORADA	70.00	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN FRANCES	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	25.00	0.00	0.00	111.23	0.00	0.00	98.30	98.30
SUB TOTAL		21.16	15.90	197.88	84.64	143.10	444.90	672.64
					V.C. DESAYUNO			672.64
					% DIST. DESAYUNO			27%
ALMUERZO: ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	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	2.46	3.05
ARVEJAS FRESCAS	30.00	2.13	0.18	5.64	8.52	1.62	22.56	32.70
ZANAHORIA	15.00	0.09	0.08	1.38	0.36	0.68	5.52	6.56
TOMATE	15.00	0.12	0.03	0.85	0.48	0.27	2.58	3.33
CEBOLLA	15.00	0.21	0.03	1.70	0.84	0.27	6.78	7.89
CHOCLO DESGRANADO	25.00	0.95	0.25	7.33	3.80	2.25	29.30	35.35
PAPA BLANCA	180.00	3.78	0.18	40.14	15.12	1.62	160.56	177.30
HIERBA BUENA	12.00	0.37	0.12	0.84	1.49	1.08	3.36	5.93
COMINO MOLIDO	1.00	0.11	0.12	0.29	0.46	1.12	1.14	2.72
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
ACEITE VEGETAL	10.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NARANJA DE MESA	150.00	1.80	0.30	16.35	7.20	2.70	65.40	75.30
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		38.87	15.56	216.21	155.52	140.00	864.76	1160.28
					V. C. ALMUERZO			1160.28
					% DIST. ALMUERZO			46%
CENA: ARROZ GRANEADO + SALTADITO DE RES CON PAPAS + INFUSION								
ARROZ SUPERIOR	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
PAPA BLANCA	100.00	2.10	0.10	22.30	8.40	0.90	89.20	98.50
RES SIN HUESO	50.00	10.65	0.80	0.00	42.60	7.20	0.00	49.80
TOMATE	20.00	0.16	0.04	0.86	0.64	0.36	3.44	4.44
CEBOLLA	20.00	0.28	0.04	2.26	1.12	0.36	9.04	10.52
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
ANIS	10.00	0.00	0.00	0.00	G	0.00	0.00	0.00
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
ACEITE VEGETAL	10.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		20.62	11.47	120.46	82.46	103.19	481.82	667.47
					V. C. CENA			667.47
					% DIST. CENA			27%
VCT (Gr.)	80.65	42.93	534.55					
VCT (Kcal.)	322.62	386.29	1791.48					
VCT (%)	13%	15%	72%					
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salveredy
LIC. NUTRICIÓN
CNP: 4672

No Considerar
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Verificar folio N°
111

FORMATO N° 01 - A

DOBIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

19/01/2018

MENÚ N° 2

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	173.4
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.680	261.54
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.300	98.30
SUB TOTAL		16.28	22.74	98.00	65.12	204.66	391.98	661.76
					V.C. DESAYUNO			661.76
					% DIST. DESAYUNO			26%
ALMUERZO:								
ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
PESCADO	160.00	34.56	6.24	0.48	138.24	56.16	1.92	196.32
ARVEJITA 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
TOMATE	15.00	0.12	0.03	0.65	0.48	0.27	2.58	3.33
CEBOLLA	15.00	0.21	0.03	1.7	0.84	0.27	6.78	7.89
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
SAL	3.00	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	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
AZUCAR RUBIA	20.00	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	10.00	0.00	0.00	0	0.00	0.00	0	0
LIMA	150.00	0.9	0.6	8.85	3.60	5.4	35.40	44.4
SUB TOTAL		65.65	15.31	198.46	262.63	137.79	793.79	1194.21
					V. C. ALMUERZO			1194.21
					% DIST. ALMUERZO			48%
CENA:								
ARROZ GRANEADO CON SALTADITO DE MOLLEJAS CON PAPA + INFUSION								
ARROZ SUPERIOR	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
MOLLEJAS	80.00	16.4	5.60	1.28	65.60	50.40	5.12	121.12
PAPA BLANCA	120.00	2.52	0.12	26.76	10.08	1.08	107.04	118.2
ACEITE VEGETAL	3.00	0.00	3.00	0.00	0.00	27.00	0.00	27
CEBOLLA	15.00	0.21	0.03	1.70	0.84	0.27	6.78	7.89
TOMATE	15.00	0.12	0.03	0.65	0.48	0.27	2.58	3.33
AZUCAR RUBIA	15.00	0.00	0.00	14.75	0.00	0.00	58.98	58.98
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		26.63	9.23	115.16	106.52	83.07	460.58	650.17
					V. C. CENA			650.17
					% DIST. CENA			26%
	VCT (Gr.)	108.56	47.28	411.62				
	VCT (Kcal.)	434.27	425.52	1648.35				
	VCT (%)	17%	17%	66%				
					V. C. T. MENU			2506

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salveredy
LIC. NUTRICIÓN
CNP: 4672

No Considerar
Se modificó
Verificar folio
140 110

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

20/01/2018

MENÚ N° 3

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: CHUFLA + 03 PANES CON HOT DOG FRITO								
CHUFLA	30.00	2.70	1.35	22.14	10.80	12.15	88.56	111.51
HOT DOG DE POLLO	40.00	4.40	13.72	0.00	17.60	123.48	0.00	141.08
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		14.66	20.25	104.14	58.64	182.25	416.54	657.43
					V.C. DESAYUNO			657.43
					% DIST. DESAYUNO			26%
ALMUERZO: ARROZ GRANEADO + POLLO GUISADO + PAPA SANCOCHADA + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
POLLO CON HUESO	160.00	29.12	16.32	0.00	116.48	146.88	0.00	263.36
PAPA BLANCA	200.00	4.20	0.20	44.60	16.80	1.80	178.40	197.00
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
CEBOLLA	15.00	0.21	0.03	1.70	0.84	0.27	6.78	7.89
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
TOMATE	20.00	0.16	0.04	0.88	0.64	0.36	3.44	4.44
PEPINILLOS	15.00	0.08	0.02	0.39	0.30	0.14	1.56	2.00
ACEITE VEGETAL	15.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
MENTA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PLATANO DE SEDA	150.00	2.25	0.45	31.50	9.00	4.05	126.00	139.05
SAL	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	26.00	0.00	0.00	25.56	0.00	0.00	102.23	102.23
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
SUB TOTAL		48.49	32.87	222.55	193.93	295.75	890.18	1379.86
					V. C. ALMUERZO			1379.86
					% DIST. ALMUERZO			55%
CENA: SOPA DE FIDEOS CON VERDURA + MENUDENCIA DE POLLO								
FIDEOS SURTIDO	50.00	4.70	0.10	39.10	18.80	0.90	156.40	176.10
MENUDENCIA POLLO	60.00	12.30	4.20	0.96	49.20	37.80	3.84	90.84
PORO	15.00	0.41	0.12	1.14	1.62	1.08	4.56	7.26
APIO	15.00	0.11	0.03	0.72	0.42	0.27	2.88	3.57
OREGANO SECO	1.00	0.02	0.01	0.11	0.06	0.05	0.45	0.56
ZANAHORIA	10.00	0.06	0.05	0.92	0.24	0.45	3.68	4.37
ZAPALLO	10.00	0.07	0.02	0.64	0.28	0.18	2.56	3.02
PAPA BLANCA	180.00	3.78	0.18	40.14	15.12	1.62	160.56	177.30
SAZONADOR BLANCO	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		21.45	4.71	83.73	85.74	42.35	334.93	463.02
					V. C. CENA			463.02
					% DIST. CENA			19%
	VCT (Gr.)	84.6	57.83	410.42				
	VCT (Kcal.)	338.31	520.35	1641.65				
	VCT (%)	14%	21%	66%				
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA


Lauriano García Hrogo
REPRESENTANTE DEL CONSORCIO

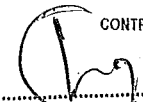

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

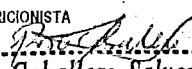
No Considerar
Se modificó
Verificar folio
N° 109.

**RELACIÓN DE MENÚS PROPUESTOS PARA EL PERSONAL INPE DE LOS E.P DE TRUJILLO VARONES
TRUJILLO MUJERES Y PACASMAYO DEL 18 DE ENERO AL 20 DE FEBRERO DE 2018**

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

Nº DE MENÚ	FECHA	DETALLE DEL MENÚ	
31	JUEVES	DESAYUNO	AVENA + 03 PANES CON MILANESA DE POLLO
	18/01/2018	ENTRADA	ENSALADA
		SEGUNDO	TALLARINES ROJOS + GALLINA + ENSALADA + REFresco DE (NARANJA) + FRUTA
32	VIERNES	CENA	CALDO DE FIDEOS CON GALLINA + FRUTA + INFUSIÓN
		DESAYUNO	LECHE CON COCOA + 03 PANES CON QUESO + FRUTA
		ENTRADA	ENSALADA
33	SABADO	SEGUNDO	ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + INFUSION + FRUTA
		CENA	ARROZ GRANEADO + POLLO FRITO + PAPA FRITA + ENSALADA + INFUSIÓN
		DESAYUNO	KIWICHA + 03 PANES CON SALTADITO DE RES
1	DOMINGO	ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + BISTECK ENCEBOLLADO + MENESTRA + ZARZA + REFresco DE (PIÑA) + FRUTA
		CENA	TALLARINES ROJOS + RES + YUCA SANCOCHADA + FRUTA + INFUSION
2	LUNES	DESAYUNO	QUINUA + 03 PANES CON ENCEBOLLADO DE PESCADO
		ENTRADA	ENSALADA MIXTA
		SEGUNDO	ARROZ GRANEADO + ORO DE ZAPALLO + POLLO + ENSALADA + REFresco DE (PIÑA) + FRUTA
3	MARTES	CENA	ARROZ GRANEADO + PESCADO FRITO + LENTEJITA + SARZA + INFUSIÓN
		DESAYUNO	QUINUA CON LECHE + 03 PANES CON SALTADITO DE POLLO
		ENTRADA	SOPA DE VERDURA CON MENUDENCIA DE POLLO
4	MIÉRCOLES	SEGUNDO	ARROZ GRANEADO + ESCABECHE DE PESCADO + CAMOTE SANCOCHADO + REFERESCO DE MAIZ MORADO CON (MANZANA) + FRUTA
		CENA	ARROZ GRANEADO + ASADO DE RES + PURE DE PAPA + ENSALADA + INFUSIÓN
		DESAYUNO	LECHE DE SOYA + 03 PANES CON HUEVO FRITO
5	JUEVES	ENTRADA	SOPA DE SEMOLA + RES CON HUESO
		SEGUNDO	ARROZ GRANEADO + CHULETA DE CERDO + MENESTRA + ENSALADA + REFresco DE (LIMA) + FRUTA
		CENA	SOPA DE TRIGO + RES CON HUESO + FRUTA + INFUSIÓN
6	VIERNES	DESAYUNO	CALDO DE POLLO + 01 PAN + INFUSION
		ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + SECO DE CABRITO + YUCA SANCOCHADA + SARZA + REFresco DE (MANZANA) + FRUTA
7	SABADO	CENA	ARROZ GRANEADO + PAVITA MECHADA + MENESTRA + ENSALADA + INFUSIÓN
		DESAYUNO	AVENA + 03 PANES CON YUCA SANCOCHADA + SALTADITO DE POLLO
		ENTRADA	ENSALADA RUSA
8	DOMINGO	SEGUNDO	TALLARINES VERDES + POLLO + ENSALADA + REFresco DE (NARANJA) + FRUTA
		CENA	YUCA SANCOCHADA + PESCADO FRITO + ENSALADA + INFUSION
		DESAYUNO	LECHE CON CAFE + 03 PANES CON QUESO FRESCO
9	LUNES	ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + ESTOFADO DE GALLINA + MENESTRA + ENSALADA + REFresco DE (PIÑA) + FRUTA
		CENA	ARROZ GRANEADO + SALTADITO DE POLLO + PAPA FRITA + ENSALADA + INFUSIÓN
10	MARTES	DESAYUNO	KIWICHA + 03 PANES CON MILANESA DE POLLO
		ENTRADA	SOPA A LA MINUTA
		SEGUNDO	ARROZ GRANEADO + OLLUQUITO CON PAPA + CARNE DE RES + SARZA + INFUSION + FRUTA
11	MIÉRCOLES	CENA	CALDO DE POLLO + FRUTA + INFUSIÓN
		DESAYUNO	QUINUA CON LECHE + 03 PANES CON PESCADO FRITO + ENSALADA
		ENTRADA	ENSALADA MIXTA
12	JUEVES	SEGUNDO	ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + INFUSION + FRUTA
		CENA	ARROZ GRANEADO + PAVITA A LA OLLA + PAPA EN RODAJAS + ENSALADA + INFUSIÓN
		DESAYUNO	QUINUA CON LECHE + 03 PANES CON SALTADITO DE POLLO
13	VIERNES	ENTRADA	SOPA DE VERDURA CON POLLO
		SEGUNDO	ARROZ GRANEADO + PESCADO FRITO + ENSALADA + MENESTRA + FRUTA + REFresco DE (NARANJA)
		CENA	ARROZ GRANEADO + GALLINA ESTOFADA + PURE DE PAPA + ENSALADA + INFUSIÓN
14	SABADO	DESAYUNO	QUINUA CON MACA + 03 PANES CON HUEVO DURO
		ENTRADA	CEVICHE DE TOYO CON CAMOTE SANCOCHADO
		SEGUNDO	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + REFERESCO DE (LIMA) + FRUTA
15	DOMINGO	CENA	ARROZ GRANEADO + LOMITO SALTADO + FRUTA + INFUSIÓN
		DESAYUNO	CALDO DE POLLO + 01 PAN + INFUSION
		ENTRADA	ENROLLADO DE PAPA CON CONSERVA DE PESCADO
16	LUNES	SEGUNDO	ARROZ GRANEADO CON CHANCHO + SARZA + INFUSION + FRUTA
		CENA	ARROZ A LA CUBANA + HUEVO FRITO + PLATANO + ENSALADA + + INFUSIÓN
		DESAYUNO	AVENA + 03 PANES CON MILANESA DE POLLO
17	MARTES	ENTRADA	ENSALADA
		SEGUNDO	TALLARINES ROJOS + GALLINA + ENSALADA + REFresco DE (NARANJA) + FRUTA
		CENA	CALDO DE FIDEOS CON GALLINA + FRUTA + INFUSIÓN
18	MIÉRCOLES	DESAYUNO	LECHE CON COCOA + 03 PANES CON QUESO + FRUTA
		ENTRADA	ENSALADA
		SEGUNDO	ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + INFUSION + FRUTA
19	JUEVES	CENA	ARROZ GRANEADO + POLLO FRITO + PAPA FRITA + ENSALADA + INFUSIÓN
		DESAYUNO	KIWICHA + 03 PANES CON SALTADITO DE RES
		ENTRADA	ENSALADA FRESCA
20	VIERNES	SEGUNDO	ARROZ GRANEADO + BISTECK ENCEBOLLADO + MENESTRA + ZARZA + REFresco DE (PIÑA) + FRUTA
		CENA	TALLARINES ROJOS + RES + YUCA SANCOCHADA + FRUTA + INFUSION

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

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**RELACION DE MENÚS PROPUESTOS PARA EL PERSONAL INPE DE LOS E.P DE TRUJILLO VARONES
TRUJILLO MUJERES Y PACASMAYO DEL 18 DE ENERO AL 20 DE FEBRERO DE 2018**

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

Nº DE MENÚ	FECHA	DETALLE DEL MENÚ	
15	DOMINGO 04/02/2018	DESAYUNO	QUINUA + 03 PANES CON ENCEBOLLADO DE PESCADO
		ENTRADA	ENSALADA MIXTA
		SEGUNDO	ARROZ GRANEADO + LLOCRO DE ZAPALLO + POLLO + ENSALADA + REFRESCO DE (PIÑA) + FRUTA
16	LUNES 05/02/2018	CENA	ARROZ GRANEADO + PESCADO FRITO + LENTEJITA + SARZA + INFUSIÓN
		DESAYUNO	QUINUA CON LECHE + 03 PANES CON SALTADITO DE POLLO
		ENTRADA	SOPA DE VERDURA CON MENUDENCIA DE POLLO
17	MARTES 06/02/2018	SEGUNDO	ARROZ GRANEADO + ESCABECHE DE PESCADO + CAMOTE SANCOCHADO + REFERESCO DE MAIZ MORADO CON (MANZANA) + FRUTA
		CENA	ARROZ GRANEADO + ASADO DE RES + PURE DE PAPA + ENSALADA + INFUSIÓN
		DESAYUNO	LECHE DE SOYA + 03 PANES CON HUEVO FRITO
18	MIÉRCOLES 07/02/2018	ENTRADA	SOPA DE SEMOLA + RES CON HUESO
		SEGUNDO	ARROZ GRANEADO + CHULETA DE CERDO + MENESTRA + ENSALADA + REFRESCO DE (LIMA) + FRUTA
		CENA	SOPA DE TRIGO + RES CON HUESO + FRUTA + INFUSIÓN
19	JUEVES 08/02/2018	DESAYUNO	CALDO DE POLLO + 01 PAN + INFUSIÓN
		ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + SECO DE CABRITO + YUCA SANCOCHADA + SARZA + REFRESCO DE (MANZANA) + FRUTA
20	VIERNES 09/02/2018	CENA	ARROZ GRANEADO + PAVITA MECHADA + MENESTRA + ENSALADA + INFUSIÓN
		DESAYUNO	AVENA + 03 PANES CON YUCA SANCOCHADA + SALTADITO DE POLLO
		ENTRADA	ENSALADA RUSA
21	SABADO 10/02/2018	SEGUNDO	TALLARINES VERDES + POLLO + ENSALADA + REFRESCO DE (NARANJA) + FRUTA
		CENA	YUCA SANCOCHADA + PESCADO FRITO + ENSALADA + INFUSIÓN
		DESAYUNO	LECHE CON CAFE + 03 PANES CON QUESO FRESCO
22	DOMINGO 11/02/2018	ENTRADA	ENSALADA FRESCA
		SEGUNDO	ARROZ GRANEADO + ESTOFADO DE GALLINA + MENESTRA + ENSALADA + REFRESCO DE (PIÑA) + FRUTA
		CENA	ARROZ GRANEADO + SALTADITO DE POLLO + PAPA FRITA + ENSALADA + INFUSIÓN
23	LUNES 12/02/2018	DESAYUNO	KIWICHA + 03 PANES CON MILANESA DE POLLO
		ENTRADA	SOPA A LA MINUTA
		SEGUNDO	ARROZ GRANEADO + OLLUQUITO CON PAPA + CARNE DE RES + SARZA + INFUSION + FRUTA
24	MARTES 13/02/2018	CENA	CALDO DE POLLO + FRUTA + INFUSIÓN
		DESAYUNO	QUINUA CON LECHE + 03 PANES CON PESCADO FRITO + ENSALADA
		ENTRADA	ENSALADA MIXTA
25	MIÉRCOLES 14/02/2018	SEGUNDO	ARROZ GRANEADO + MONDONGO A LA ITALIANA + ENSALADA + INFUSION + FRUTA
		CENA	ARROZ GRANEADO + PAVITA A LA OLLA + PAPA EN RODAJAS + ENSALADA + INFUSIÓN
		DESAYUNO	QUINUA CON LECHE + 03 PANES CON SALTADITO DE POLLO
26	JUEVES 15/02/2018	ENTRADA	SOPA DE VERDURA CON POLLO
		SEGUNDO	ARROZ GRANEADO + PESCADO FRITO + ENSALADA + MENESTRA + FRUTA + REFRESCO DE (NARANJA)
		CENA	ARROZ GRANEADO + GALLINA ESTOFADA + PURE DE PAPA + ENSALADA + INFUSIÓN
27	VIERNES 16/02/2018	DESAYUNO	QUINUA CON MACA + 03 PANES CON HUEVO DURO
		ENTRADA	CEVICHE DE TOYO CON CAMOTE SANCOCHADO
		SEGUNDO	ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + REFERESCO DE (LIMA) + FRUTA
28	SABADO 17/02/2018	CENA	ARROZ GRANEADO + LOMITO SALTADO + FRUTA + INFUSIÓN
		DESAYUNO	CALDO DE POLLO + 01 PAN + INFUSIÓN
		ENTRADA	ENROLLADO DE PAPA CON CONSERVA DE PESCADO
29	DOMINGO 18/02/2018	SEGUNDO	ARROZ GRANEADO CON CHANCHO + SARZA + INFUSION + FRUTA
		CENA	ARROZ A LA CUBANA + HUEVO FRITO + PLATANO + ENSALADA + + INFUSIÓN
		DESAYUNO	AVENA + 03 PANES CON MILANESA DE POLLO
30	LUNES 19/02/2018	ENTRADA	ENSALADA
		SEGUNDO	TALLARINES ROJOS + GALLINA + ENSALADA + REFRESCO DE (NARANJA) + FRUTA
		CENA	CALDO DE FIDEOS CON GALLINA + FRUTA + INFUSIÓN
31	MARTES 20/02/2018	DESAYUNO	LECHE CON COCOA + 03 PANES CON QUESO + FRUTA
		ENTRADA	ENSALADA
		SEGUNDO	ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + ENSALADA + INFUSION + FRUTA
32	MIÉRCOLES 21/02/2018	CENA	ARROZ GRANEADO + POLLO FRITO + PAPA FRITA + ENSALADA + INFUSIÓN
		DESAYUNO	KIWICHA + 03 PANES CON SALTADITO DE RES
		ENTRADA	ENSALADA FRESCA
33	JUEVES 22/02/2018	SEGUNDO	ARROZ GRANEADO + BISTECK ENCEBOLLADO + MENESTRA + SARZA + REFRESCO DE (PIÑA) + FRUTA
		CENA	TALLARINES ROJOS + RES + YUCA SANCOCHADA + FRUTA + INFUSION
		DESAYUNO	QUINUA + 03 PANES CON ENCEBOLLADO DE PESCADO
34	VIERNES 23/02/2018	ENTRADA	ENSALADA MIXTA
		SEGUNDO	ARROZ GRANEADO + LLOCRO DE ZAPALLO + POLLO + ENSALADA + REFRESCO DE (PIÑA) + FRUTA
		CENA	ARROZ GRANEADO + PESCADO FRITO + LENTEJITA + SARZA + INFUSIÓN
35	SABADO 24/02/2018	DESAYUNO	QUINUA CON LECHE + 03 PANES CON SALTADITO DE POLLO
		ENTRADA	SOPA DE VERDURA CON MENUDENCIA DE POLLO
		SEGUNDO	ARROZ GRANEADO + ESCABECHE DE PESCADO + CAMOTE SANCOCHADO + REFERESCO DE MAIZ MORADO CON (MANZANA) + FRUTA
36	DOMINGO 25/02/2018	CENA	ARROZ GRANEADO + ASADO DE RES + PURE DE PAPA + ENSALADA + INFUSIÓN
		DESAYUNO	LECHE DE SOYA + 03 PANES CON HUEVO FRITO
		ENTRADA	SOPA DE SEMOLA + RES CON HUESO
37	LUNES 26/02/2018	SEGUNDO	ARROZ GRANEADO + CHULETA DE CERDO + MENESTRA + ENSALADA + REFRESCO DE (LIMA) + FRUTA
		CENA	SOPA DE TRIGO + RES CON HUESO + FRUTA + INFUSIÓN
		DESAYUNO	QUINUA CON LECHE + 03 PANES CON SALTADITO DE POLLO

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 03 - C

DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

21/01/2018 04/02/2018 18/02/2018

MENÚ N° 1 15 29

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: QUINUA + 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
PAN FRANCES	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		605.28	23.49	11.94	102.07	93.94	107.48	408.23	609.65
						V.C. DESAYUNO			609.65
						% DIST. DESAYUNO			22%
ENTRADA: ENSALADA MIXTA									
ALMUERZO: ARROZ GRANEADO + LOGRO DE ZAPALLO + POLLO + ENSALADA + FRUTA + REFRESCO DE FRUTA (PIÑA)									
ARROZ SUPERIOR	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
POLLO CON HUESO	160.00	244.80	29.12	16.32	0.00	116.48	146.88	0.00	263.36
ZANAHORIA	30.00	11.69	0.18	0.15	2.76	0.72	1.35	11.04	13.11
CHOCLO DESGRANADO	15.00	22.50	0.57	0.15	4.40	2.28	1.35	17.58	21.21
AJI AMARILLO	1.00	0.30	0.01	0.01	0.09	0.04	0.06	0.35	0.45
ZAPALLO	30.00	7.80	0.21	0.06	1.92	0.84	0.54	7.68	9.06
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
PAPA BLANCA	120.00	110.58	2.52	0.12	26.76	10.08	1.08	107.04	118.20
ARVEJAS FRESCAS	20.00	16.96	1.42	0.12	3.76	5.68	1.08	15.04	21.80
TOMATE	40.00	7.52	0.32	0.08	1.72	1.28	0.72	6.88	8.88
PIÑA	40.00	9.73	0.16	0.08	3.92	0.64	0.72	15.68	17.04
SAZONADOR BLANCO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NARANJA DE MESA	150.00	51.30	1.80	0.30	16.35	7.20	2.70	65.40	75.30
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		1144.23	48.72	23.16	198.65	194.89	208.37	794.56	1197.82
						V. C. ALMUERZO			1197.82
						% DIST. ALMUERZO			44%
CENA: ARROZ GRANEADO + PESCADO FRITO + LENTEJITA + SARZA + INFUSIÓN									
ARROZ SUPERIOR	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	40.00	7.52	0.32	0.08	1.72	1.28	0.72	6.88	8.88
LENTEJAS SECAS	80.00	271.20	18.08	0.80	48.80	72.32	7.20	195.20	274.72
CEBOLLA	80.00	35.28	1.12	0.16	9.04	4.48	1.44	36.16	42.08
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	7.00	61.88	0.00	7.00	0.00	0.00	63.00	0.00	63.00
AZUCAR RUBIA	21.00	80.64	0.00	0.00	20.64	0.00	0.00	82.57	82.57
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		930.55	54.98	13.56	150.61	219.92	122.04	602.45	944.41
						V. C. CENA			944.41
						% DIST. CENA			34%
VCT (Gr.)			127.19	48.66	451.33				
VCT (Kcal.)			508.75	437.89	1805.24				
VCT (%)			18%	16%	66%				
						V. C. T. MENU			2752

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

22/01/2018 05/02/2018 19/02/2018

MENÚ N° 2 16 30

ALIMENTO	PESO (g)	KCAL.	PROT (g)	GRASAS (g)	CARB. (g)	K.CALORIAS PON NUTRIENTES			TOTAL
						PROT	GRASAS	CARB.	
DESAYUNO:									
QUINUA CON LECHE + 03 PANES CON SALTADITO DE POLLO									
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 FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
POLLO CON HUESO	80.00	122.40	14.56	8.16	0.00	58.24	73.44	0.00	131.68
TOMATE	8.00	1.50	0.06	0.02	0.34	0.26	0.14	1.38	1.78
CEBOLLA	8.00	3.53	0.11	0.02	0.90	0.45	0.14	3.62	4.21
ACEITE VEGETAL	4.00	35.36	0.00	4.00	0.00	0.00	36.00	0.00	36.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		714.29	30.59	19.50	107.45	122.39	175.42	429.80	727.61
V.C. DESAYUNO									727.61
% DIST. DESAYUNO									26%
ENTRADA: SOPA DE VERDURA CON MENUDENCIA DE POLLO									
ALMUERZO: ARROZ GRANEADO + ESCABECHE DE PESCADO + CAMOTE SANCOCHADO + FRUTA + REFRESCO DE MAIZ MORADO CON (MANZANA)									
ARROZ SUPERIOR	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
PESCADO	160.00	185.76	34.56	6.24	0.48	138.24	56.16	1.92	196.32
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
ACEITE VEGETAL	15.00	132.60	0.00	15.00	0.00	0.00	135.00	0.00	135.00
PAPA BLANCA	80.00	73.72	1.68	0.08	17.84	6.72	0.72	71.36	78.80
VINAGRE	1.00	0.12	0.00	0.00	0.05	0.00	0.00	0.20	0.20
AJI AMARILLO	4.00	1.20	0.04	0.03	0.35	0.14	0.25	1.41	1.80
SAZONADOR BLANCO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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
APIO	15.00	2.99	0.11	0.03	0.72	0.42	0.27	2.88	3.57
PORO	15.00	6.00	0.41	0.12	1.14	1.62	1.08	4.56	7.26
BROCOLI	10.00	4.00	0.49	0.09	0.57	1.96	0.81	2.28	5.05
MAIZ MORADO	20.00	71.40	1.46	0.68	15.24	5.84	6.12	60.96	72.92
AZUCAR RUBIA	30.00	115.20	0.00	0.00	29.49	0.00	0.00	117.96	117.96
MANZANA	40.00	43.20	0.12	0.04	5.84	0.48	0.36	23.36	24.20
NARANJA DE MESA	150.00	135.00	1.80	0.30	16.35	7.20	2.70	65.40	75.30
ZAPALLO	15.00	3.90	0.11	0.03	0.96	0.42	0.27	3.84	4.53
MENUDENCIA DE POLLO	50.00	76.50	9.10	5.10	0.00	36.40	45.90	0.00	82.30
SUB TOTAL		1401.08	62.62	28.57	208.69	250.41	257.07	834.72	1342.20
V. C. ALMUERZO									1342.20
% DIST. ALMUERZO									47%
CENA: ARROZ GRANEADO + ASADO DE RES + ENSALADA + PURE DE PAPA + INFUSIÓN									
RES SIN HUESO	80.00	75.60	17.04	1.28	0.00	68.16	11.52	0.00	79.68
TOMATE	30.00	5.64	0.24	0.06	1.29	0.96	0.54	5.16	6.66
ARROZ SUPERIOR	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
LECHUGA	330.00	5.42	0.45	0.06	1.17	1.80	0.54	4.68	7.02
PEPINILLOS	20.00	1.91	0.10	0.02	0.52	0.40	0.18	2.08	2.66
PAPA BLANCA	120.00	110.58	2.52	0.12	26.76	10.08	1.08	107.04	118.20
MARGARINA	5.00	36.00	0.03	4.05	0.02	0.12	36.45	0.06	36.63
LECHE EVAPORADA	20.00	28.6	1.40	1.62	2.18	5.60	14.58	8.72	28.90
ACEITE VEGETAL	6.00	53.04	0.00	6.00	0.00	0.00	54.00	0.00	54.00
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		722.07	29.69	13.74	130.54	118.77	123.62	522.11	764.50
V. C. CENA									764.50
% DIST. CENA									27%
VCT (Gr.)			122.90	61.81	446.68				
VCT (Kcal.)			491.57	556.11	1786.63				
VCT (%)			17%	20%	63%				
V. C. T. MENU									100%
									2834

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salveredy
LIC/NUTRICIÓN
CNP: 4672

FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

23/01/2018 06/02/2018 20/02/2018

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:									
LECHE DE SOYA + 03 PANES CON HUEVO FRITO									
SOYA	25.00	100.25	7.05	4.73	8.93	28.20	42.53	35.70	106.43
PAN FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
HUEVOS	60.00	71.91	8.10	5.04	1.14	32.40	45.36	4.56	82.32
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		574.26	22.71	14.95	92.07	90.84	134.51	368.24	593.59
						V.C. DESAYUNO			593.59
						% DIST. DESAYUNO			22%
ENTRADA: SOPA DE SEMOLA + RES CON HUESO									
ALMUERZO:									
ARROZ GRANEADO + CHULETA DE CERDO + MENESTRA + ENSALADA + FRUTA + REFresco DE (LIMA)									
ARROZ SUPERIOR	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
PAPA BLANCA	40.00	36.86	0.84	0.04	8.92	3.36	0.36	35.68	39.40
CARNE DE CERDO	160.00	285.12	23.04	24.16	0.00	92.16	217.44	0.00	309.60
SEMOLA	30.00	108.60	2.34	0.33	23.52	9.36	2.97	94.08	106.41
PORO	15.00	6.00	0.41	0.12	1.14	1.62	1.08	4.56	7.26
FREJOL PANAMITO	60.00	201.60	12.90	1.02	36.42	51.60	9.18	145.68	206.46
APIO	15.00	2.99	0.11	0.03	0.72	0.42	0.27	2.88	3.57
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PEPINILLOS	40.00	3.83	0.20	0.04	1.04	0.80	0.36	4.16	5.32
LECHUGA	60.00	10.83	0.90	0.12	2.34	3.60	1.08	9.36	14.04
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
RES CON HUESO	50.00	44.63	10.65	0.80	0.00	42.60	7.20	0.00	49.80
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LIMA	40.00	9.72	0.24	0.16	2.36	0.96	1.44	9.44	11.84
ACEITE VEGETAL	8.00	61.88	0.00	7.00	0.00	0.00	63.00	0.00	63.00
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
LIMA	150.00	36.45	0.90	0.60	8.85	3.60	5.40	35.40	44.40
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	22.00	76.80	0.00	0.00	19.66	0.00	0.00	78.61	78.61
SUB TOTAL		1427.55	65.03	35.21	222.90	260.09	316.89	891.58	1468.56
						V. C. ALMUERZO			1468.56
						% DIST. ALMUERZO			53%
CENA:									
SOPA DE TRIGO + RES CON HUESO + FRUTA + INFUSION									
ARROZ SUPERIOR	50.00	168.00	4.30	0.75	36.85	17.20	6.75	147.40	171.35
RES CON HUESO	120.00	113.40	25.56	1.92	0.00	102.24	17.28	0.00	119.52
PAPA BLANCA	100.00	92.15	2.10	0.10	22.30	8.40	0.90	89.20	98.50
AZUCAR RUBIA	20.00	88.32	0.00	0.00	22.61	0.00	0.00	90.44	90.44
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	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
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
PLATANO DE LA ISLA	150.00	92.82	1.35	0.60	35.40	5.40	5.40	141.60	152.40
SUB TOTAL		606.44	33.76	8.49	119.01	135.05	76.37	476.03	687.45
						V. C. CENA			687.45
						% DIST. CENA			25%
VCT (Gr.)			121.50	58.65	433.98				
VCT (Kcal.)			485.98	527.77	1735.85				
VCT (%)			18%	19%	63%				
						V. C. T. MENU			2750

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

AL POLLO

FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

24/01/2018 07/02/2018

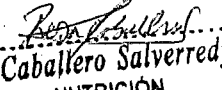
MENÚ N° 4 18

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: CALDO DE POLLO + 03 PANES + INFUSIÓN									
FIDEOS SURTIDOS	80.00	288.00	7.52	0.16	62.56	30.08	1.44	250.24	281.76
PAPA BLANCA	120.00	110.58	2.52	0.12	26.76	10.08	1.08	107.04	118.20
POLLO	100.00	153.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
PAN FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
ACEITE VEGETAL	8.00	70.72	0.00	8.00	0.00	0.00	72.00	0.00	72.00
APIO	20.00	3.99	0.14	0.04	0.96	0.56	0.36	3.84	4.76
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ANIS	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
ZAPALLO	15.00	3.90	0.11	0.03	0.96	0.42	0.27	3.84	4.53
ZANAHORIA	20.00	7.79	0.12	0.10	1.84	0.48	0.90	7.36	8.74
SUB TOTAL		995.88	36.17	18.83	175.08	144.66	169.47	700.30	1014.43
						V.C. DESAYUNO			1014.43
						% DIST. DESAYUNO			31.3%
ENTRADA: ENSALADA FRESCA									
ALMUERZO: ARROZ GRANEADO + SECO DE CABRITO + YUCA SANCOCHADA ZARZA + REFRESCO DE (MANZANA)+ FRUTA									
ARROZ SUPERIOR	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
YUCA	120.00	194.40	0.96	0.24	47.16	3.84	2.16	188.64	194.64
TOMATE	50.00	9.41	0.40	0.10	2.15	1.60	0.90	8.60	11.10
CEBOLLA	50.00	22.05	0.70	0.10	5.65	2.80	0.90	22.60	26.30
AJI AMARILLO	3.00	0.90	0.03	0.02	0.26	0.11	0.19	1.06	1.36
ACEITE VEGETAL	4.00	35.36	0.00	4.00	0.00	0.00	36.00	0.00	36.00
CULANTRO	10.00	2.86	0.33	0.13	0.70	1.32	1.17	2.80	5.29
VINAGRE	2.00	0.24	0.00	0.00	0.10	0.00	0.00	0.40	0.40
MANDARINA	150.00	43.58	0.90	0.45	12.90	3.60	4.05	51.60	59.25
MANZANA	40.00	19.44	0.12	0.04	5.84	0.48	0.36	23.36	24.20
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
COMINO MOLIDO	1.00	2.53	0.11	0.12	0.29	0.46	1.12	1.14	2.72
SUB TOTAL		1260.58	43.16	36.37	202.19	172.66	327.34	808.75	1308.75
						V. C. ALMUERZO			1308.75
						% DIST. ALMUERZO			40.3%
CENA: ARROZ GRANEADO + PAVITA MECHADA + MENESTRA + ENSALADA +INFUSIÓN									
CARNE DE PAVITA	100.00	241.20	20.10	20.20	0.00	80.40	181.80	0.00	262.20
ARROZ SUPERIOR	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
ARVEJITA PARTIDA	60.00	210.60	13.02	1.92	36.66	52.08	17.28	146.64	216.00
TOMATE	30.00	5.64	0.24	0.06	1.29	0.96	0.54	5.16	6.66
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
LECHUGA	40.00	7.22	0.60	0.08	1.56	2.40	0.72	6.24	9.36
ACEITE VEGETAL	4.00	35.36	0.00	4.00	0.00	0.00	36.00	0.00	36.00
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		895.50	41.87	26.79	128.28	167.49	241.07	513.09	921.65
						V. C. CENA			921.65
						% DIST. CENA			28.4%
VCT (Gr.)			121.20	81.99	505.55				
VCT (Kcal.)			484.81	737.88	2022.14				
VCT (%)			15%	23%	62%				
						V. C. T. MENU			3245

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Caballero Salverredy
I.C. NUTRICIÓN
ID: 4672

FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

25/01/2018 08/02/2018

MENÚ N° 5 19

23/07/2010 00:02:20

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)						(g)	(g)	
DESAYUNO: AVENA + 03 PANES + YUCA SANCOCHADA CON SALTADITO DE POLLO									
AVENA	25.00	86.75	3.33	1.00	18.00	13.30	9.00	72.00	94.30
POLLO CON HUESO	50.00	76.50	9.10	5.10	0.00	36.40	45.90	0.00	82.30
PAN FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
YUCA	100.00	162.00	0.80	0.20	39.30	3.20	1.80	157.20	162.20
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		753.87	20.79	14.48	139.30	83.14	130.32	557.18	770.64
						V.C. DESAYUNO			770.64
						% DIST. DESAYUNO			28%
ENTRADA: ENSALADA RUSA									
ALMUERZO: TALLARINES VERDES + POLLO + ENSALADA + REFRESCO DE (NARANJA)+ FRUTA									
FIDEO TALLARIN	150.00	486.00	14.25	0.15	104.40	57.00	1.35	417.60	475.95
ACEITE VEGETAL	12.00	106.08	0.00	12.00	0.00	0.00	108.00	0.00	108.00
POLLO CON HUESO	160.00	244.80	29.12	16.32	0.00	116.48	146.88	0.00	263.36
BETERRAGA	30.00	10.96	0.51	0.03	2.85	2.04	0.27	11.40	13.71
ZANAHORIA	30.00	11.69	0.18	0.15	2.76	0.72	1.35	11.04	13.11
PAPA BLANCA	60.00	55.29	1.26	0.06	13.38	5.04	0.54	53.52	59.10
ALBAHACA ENTERA	20.00	8.60	0.58	0.24	1.46	2.32	2.16	5.84	10.32
PIMIENTA MOLIDA	1.00	3.60	0.08	0.08	0.64	0.34	0.72	2.54	3.60
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
PLATANO DE SEDA	150.00	84.66	2.25	0.45	31.50	9.00	4.05	126.00	139.05
NARANJA AGRIA	40.00	10.03	0.20	0.08	3.28	0.80	0.72	13.12	14.64
AJOS	2.00	1.55	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	0.00
CEBOLLA	40.00	17.64	0.56	0.08	4.52	2.24	0.72	18.08	21.04
SUB TOTAL		1137.21	49.11	29.66	190.17	196.47	266.94	760.65	1224.06
						V. C. ALMUERZO			1224.06
						% DIST. ALMUERZO			45%
CENA: YUCA SANCOCHADA + PESCADO FRITO + ENSALADA + INFUSION									
YUCA	200.00	324.00	1.60	0.40	78.60	6.40	3.60	314.40	324.40
PESCADO	130.00	150.93	28.08	5.07	0.39	112.32	45.63	1.56	159.51
ACEITE VEGETAL	10.00	106.08	0.00	12.00	0.00	0.00	108.00	0.00	108.00
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
PEPINILLOS	30.00	2.87	0.15	0.03	0.78	0.60	0.27	3.12	3.99
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	33.00	126.72	0.00	0.00	32.44	0.00	0.00	129.76	129.76
SUB TOTAL		735.76	30.71	17.66	118.45	122.84	158.94	473.80	755.58
						V. C. CENA			755.58
						% DIST. CENA			27%
						VCT (Gr.)	100.61	61.80	447.92
						VCT (Kcal.)	402.45	556.20	1791.63
						VCT (%)	15%	20%	65%
						V. C. T. MENU			2750

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Cáballeiro Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 03 - C

DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

26/01/2018 09/02/2018

MENÚ N° 6 20

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE CON CAFE + 03 PANES CON QUESO FRESCO									
LECHE EVAPORADA	120.00	171.60	8.40	9.72	13.08	33.60	87.48	52.32	173.40
CAFE	10.00	0.20	0.03	0.01	0.08	0.12	0.09	0.32	0.53
QUESO	60.00	103.80	9.78	6.18	2.04	39.12	55.62	8.16	102.90
PAN FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	30.00	115.20	0.00	0.00	29.49	0.00	0.00	117.96	117.96
SUB TOTAL		652.70	25.77	16.09	102.11	103.08	144.81	408.44	656.33
						V.C. DESAYUNO			656.33
						% DIST. DESAYUNO			24%
ENTRADA: ENSALADA FRESCA									
ALMUERZO: ARROZ GRANEADO + ESTOFADO DE GALLINA + MENESTRA + REFRESCO DE (PIÑA) + ENSALADA + FRUTA									
ARROZ SUPERIOR	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
CARNE DE GALLINA	160.00	172.80	32.96	5.76	0.00	131.84	51.84	0.00	183.68
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
ACEITE VEGETAL	12.00	106.08	0.00	12.00	0.00	0.00	108.00	0.00	108.00
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
TOMATE	30.00	5.64	0.24	0.06	1.29	0.96	0.54	5.16	6.66
PEPINILLOS	25.00	2.39	0.13	0.03	0.65	0.50	0.23	2.60	3.33
LECHUGA	60.00	10.83	0.90	0.12	2.34	3.60	1.08	9.36	14.04
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
LIMON	3.00	0.46	0.02	0.01	0.29	0.06	0.05	1.16	1.27
AJI AMARILLO	4.00	1.20	0.04	0.03	0.35	0.14	0.25	1.41	1.80
PALILLO MOLIDO	1.00	0.54	0.00	0.04	0.06	0.02	0.32	0.23	0.57
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
PIÑA	40.00	9.73	0.16	0.08	3.92	0.64	0.72	15.68	17.04
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SAL	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		1287.23	62.64	19.86	207.13	250.53	178.56	828.49	1257.58
						V. C. ALMUERZO			1257.58
						% DIST. ALMUERZO			46%
CENA: ARROZ GRANEADO + SALTADITO DE POLLO + PAPA FRITA + ENSALADA + INFUSIÓN									
ARROZ SUPERIOR	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
POLLO CON HUESO	100.00	153.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
TOMATE	50.00	9.41	0.40	0.10	2.15	1.60	0.90	8.60	11.10
CEBOLLA	50.00	22.05	0.70	0.10	5.65	2.80	0.90	22.60	26.30
PEPINILLOS	50.00	4.79	0.25	0.05	1.30	1.00	0.45	5.20	6.65
PAPA BLANCA	150.00	138.23	3.15	0.15	33.45	12.60	1.35	133.80	147.75
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		815.78	30.08	21.05	132.23	120.32	189.45	528.92	838.69
						V. C. CENA			838.69
						% DIST. CENA			30%
VCT (Gr.)		118.49	57.00	441.47					
VCT (Kcal.)		473.93	512.82	1765.85					
VCT (%)		17%	19%	64%					
						V. C. T. MENU			2753

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 03 - C

DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

27/01/2018 10/02/2018

MENÚ N° 7 21

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: KIWICHA + 03 PANES CON MILANESA DE POLLO									
KIWICHA	25.00	86.75	3.33	1.00	18.00	13.30	9.00	72.00	94.30
POLLO CON HUESO	100.00	153.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
PAN FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
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		668.37	29.09	19.38	100.00	116.34	174.42	399.98	690.74
						V.C. DESAYUNO			690.74
						% DIST. DESAYUNO			25%
ENTRADA: SOPA A LA MINUTA									
ALMUERZO: ARROZ GRANEADO + OLLUQUITO CON PAPÁ + CARNE DE RES + SARZA + INFUSION + FRUTA									
ARROZ SUPERIOR	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
ACEITE VEGETAL	12.00	106.08	0.00	12.00	0.00	0.00	108.00	0.00	108.00
RES SIN HUESO	100.00	94.50	21.30	1.60	0.00	85.20	14.40	0.00	99.60
FIDEOS SURTIDOS	30.00	108.00	2.82	0.06	23.46	11.28	0.54	93.84	105.66
PAPA BLANCA	40.00	36.86	0.84	0.04	8.92	3.36	0.36	35.68	39.40
RES SIN HUESO	40.00	37.80	8.52	0.64	0.00	34.08	5.76	0.00	39.84
OLLUCO	120.00	74.40	1.32	0.12	17.16	5.28	1.08	68.64	75.00
PAPA BLANCA	120.00	110.58	2.52	0.12	26.76	10.08	1.08	107.04	118.20
PIMIENTA MOLIDA	1.00	3.60	0.08	0.08	0.64	0.34	0.72	2.54	3.60
LIMON	5.00	0.77	0.03	0.01	0.49	0.10	0.09	1.94	2.13
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
PLATANO DE SEDA	150.00	84.66	2.25	0.45	31.50	9.00	4.05	126.00	139.05
MENTA	10.00	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
SAL	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
SUB TOTAL		1302.12	52.37	15.93	253.08	209.49	143.33	1012.25	1365.07
						V. C. ALMUERZO			1365.07
						% DIST. ALMUERZO			50%
CENA: CALDO DE POLLO + FRUTA + INFUSIÓN									
FIDEOS SURTIDOS	50.00	180.00	4.70	0.10	39.10	18.80	0.90	156.40	176.10
PAPA BLANCA	100.00	92.15	2.10	0.10	22.30	8.40	0.90	89.20	98.50
POLLO	100.00	153.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
NARANJA DE MESA	150.00	51.30	1.80	0.30	16.35	7.20	2.70	65.40	75.30
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
APIO	20.00	3.99	0.14	0.04	0.96	0.56	0.36	3.84	4.76
PORO	20.00	8.00	0.54	0.16	1.52	2.16	1.44	6.08	9.68
BROCOLI	15.00	6.00	0.74	0.14	0.86	2.94	1.22	3.42	7.58
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
ZAPALLO	20.00	5.20	0.14	0.04	1.28	0.56	0.36	5.12	6.04
ZANAHORIA	20.00	7.79	0.12	0.10	1.84	0.48	0.90	7.36	8.74
SUB TOTAL		647.63	28.48	16.18	108.79	113.90	145.58	435.12	694.60
						V. C. CENA			694.60
						% DIST. CENA			25%
						VCT (Gr.)		109.94	461.87
						VCT (Kcal.)		439.73	1847.35
						VCT (%)		16%	67%
						V. C. T. MENU			2750

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa Caballero Salveredy
LIC. NUTRICION
CNP: 4672

FORMATO N° 03 - C

IDENTIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

28/01/2018 11/02/2018

MENÚ N° 8 22

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 PESCADO FRITO + ENSALADA									
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 FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
PESCADO	80.00	92.88	17.28	3.12	0.24	69.12	28.08	0.96	98.16
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
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		698.02	33.47	15.48	108.80	133.88	139.32	435.12	708.32
						V.C. DESAYUNO			708.32
						% DIST. DESAYUNO			26%
ENTRADA: ENSALADA MIXTA									
ALMUERZO: ARROZ GRANEADO + MONDONGOITO A LA ITALIANA + ENSALADA + FRUTA + INFUSION									
ARROZ SUPERIOR	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
MONDONGO DE RES	150.00	156.00	25.35	5.25	0.00	101.40	47.25	0.00	148.65
ZANAHORIA	20.00	7.79	0.12	0.10	1.84	0.48	0.90	7.36	8.74
AJI AMARILLO	5.00	1.50	0.05	0.04	0.44	0.18	0.32	1.76	2.26
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	14.00	123.76	0.00	14.00	0.00	0.00	0.00	0.00	0.00
PAPA BLANCA	200.00	184.30	4.20	0.20	44.60	16.80	1.80	178.40	197.00
TOMATE	60.00	11.29	0.48	0.12	2.58	1.92	1.08	10.32	13.32
CEBOLLA	60.00	26.46	0.84	0.12	6.78	3.36	1.08	27.12	31.56
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NARANJA DE MESA	150.00	51.30	1.80	0.30	16.35	7.20	2.70	65.40	75.30
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		1179.25	45.25	20.90	209.56	180.99	188.02	838.23	1207.24
						V. C. ALMUERZO			1207.24
						% DIST. ALMUERZO			44%
CENA: ARROZ GRANEADO + PAVITA A LA OLLA + PAPA EN RODAJAS + ENSALADA + INFUSION									
ARROZ SUPERIOR	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
PAPA BLANCA	115.00	105.97	2.42	0.12	25.65	9.66	1.04	102.58	113.28
AJI AMARILLO	3.00	0.90	0.03	0.02	0.26	0.11	0.19	1.06	1.36
PEPINILLOS	40.00	3.83	0.20	0.04	1.04	0.80	0.36	4.16	5.32
LIMON	2.00	0.31	0.01	0.00	0.90	0.04	0.04	0.78	0.86
CEBOLLA	35.00	15.44	0.49	0.07	3.96	1.96	0.63	15.82	18.41
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	3.00	26.52	0.00	3.00	0.00	0.00	27.00	0.00	27.00
AZUCAR RUBIA	22.00	84.48	0.00	0.00	21.63	0.00	0.00	86.50	86.50
TORONJIL	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		808.33	30.91	23.97	124.97	123.61	215.74	497.00	836.35
						V. C. CENA			836.35
						% DIST. CENA			30%
	VCT (Gr.)	109.63	60.35	443.33					
	VCT (Kcal.)	438.48	543.08	1770.35					
	VCT (%)	16%	20%	64%					
	V. C. T. MENU								2752

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICION
CNP: 4672

FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

29/01/2018 12/02/2018

MENÚ N° 9 23

29/01/2018 12:02/2018

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 SALTADITO DE POLLO									
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 FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
POLLO CON HUESO	80.00	122.40	14.56	8.16	0.00	58.24	73.44	0.00	131.68
TOMATE	8.00	1.50	0.06	0.02	0.34	0.26	0.14	1.38	1.78
CEBOLLA	8.00	3.53	0.11	0.02	0.90	0.45	0.14	3.62	4.21
ACEITE VEGETAL	4.00	35.36	0.00	4.00	0.00	0.00	36.00	0.00	36.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		714.29	30.59	19.50	107.45	122.39	175.42	429.80	727.61
V.C. DESAYUNO									727.61
% DIST. DESAYUNO									25%
ENTRADA: SOPA DE VERDURA CON POLLO									
ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + ENSALADA + MENESTRA + FRUTA + REFRESCO DE (NARANJA)									
ARROZ SUPERIOR	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	5.85	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	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
PAPA BLANCA	50.00	46.08	1.05	0.05	11.15	4.20	0.45	44.60	49.25
FREJOL PANAMITO	60.00	201.60	12.90	1.02	36.42	51.60	9.18	145.68	206.46
AJI AMARILLO	5.00	1.50	0.05	0.04	0.44	0.18	0.32	1.76	2.26
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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
APIO	10.00	2.00	0.07	0.02	0.48	0.28	0.18	1.92	2.38
PORO	10.00	4.00	0.27	0.08	0.76	1.08	0.72	3.04	4.84
NARANJA AGRIA	40.00	13.20	0.20	0.08	3.28	0.80	0.72	13.12	14.64
FIDEOS SURTIDOS	30.00	216.00	2.82	0.06	23.46	11.28	0.54	93.84	105.66
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
LIMA	150.00	81.00	0.90	0.60	8.85	3.60	5.40	35.40	44.40
ZAPALLO	10.00	2.60	0.07	0.02	0.64	0.28	0.18	2.56	3.02
POLLO	50.00	76.50	9.10	5.10	0.00	36.40	45.90	0.00	82.30
SUB TOTAL		1511.14	73.34	18.89	230.70	293.35	169.93	922.79	1386.07
V. C. ALMUERZO									1386.07
% DIST. ALMUERZO									48%
CENA: ARROZ GRANEADO + GALLINA ESTOFADA + PURE DE PAPA + ENSALADA + INFUSIÓN									
CARNE DE GALLINA	100.00	108.00	20.60	3.60	0.00	82.40	32.40	0.00	114.80
ARROZ SUPERIOR	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	25.00	4.70	0.20	0.05	1.08	0.80	0.45	4.30	5.55
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	26.78	10.08	1.08	107.04	118.20
MARGARINA	5.00	36.00	0.03	4.05	0.02	0.12	36.45	0.06	36.63
LECHE EVAPORADA	30.00	42.90	2.10	2.43	3.27	8.40	21.87	13.08	43.35
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	22.00	84.40	0.00	0.00	21.63	0.00	0.00	86.50	86.50
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		771.82	33.67	15.91	127.37	134.69	143.19	509.43	787.31
V. C. CENA									787.31
% DIST. CENA									27%
VCT (Gr.)									137.60
VCT (Kcal.)									550.43
VCT (%)									19%
V. C. T. MENU									100%
									2901

CONTRATISTA

NUTRICIONISTA

Mauriano Garcia Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

30/01/2018 13/02/2018

MENÚ N° 10 24

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 HUEVO DURO									
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 FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
HUEVOS	55.00	65.92	7.43	4.62	1.05	29.70	41.58	4.18	75.46
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		595.82	21.34	6.65	116.23	85.34	59.85	464.86	610.05
						V.C. DESAYUNO			610.05
						% DIST. DESAYUNO			22%
ENTRADA:CEVICHE DE TOYO CON CAMOTE									
ALMUERZO: ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + FRUTA + REFRESCO DE (LIMA)									
ARROZ SUPERIOR	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
CAMOTE	80.00	92.80	0.96	0.16	22.08	3.84	1.44	88.32	93.60
FREJOL CASTILLA	60.00	198.00	13.50	1.08	34.98	54.00	9.72	139.92	203.64
TOMATE	50.00	9.41	0.40	0.10	2.15	1.60	0.90	8.60	11.10
CEBOLLA	70.00	30.87	0.98	0.14	7.91	3.92	1.26	31.64	36.82
ROCOTO	10.00	3.60	0.12	0.50	0.82	0.48	4.50	3.28	8.28
SAL	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SILLAO	15.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PIMIENTOS	20.00	1.91	0.10	0.02	0.52	0.40	0.18	2.08	2.66
SAZONADOR BLANCO	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
LIMA	40.00	9.72	0.24	0.16	2.36	0.96	1.44	9.44	11.84
LIMA	150.00	36.45	0.90	0.60	8.85	3.60	5.40	35.40	44.40
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		1387.75	81.22	25.35	217.61	324.89	228.11	870.43	1423.43
						V. C. ALMUERZO			1423.43
						% DIST. ALMUERZO			52%
CENA: ARROZ GRANEADO + LOMITO SALTADO + FRUTA +.INFUSIÓN									
ARROZ SUPERIOR	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
RES SIN HUESO	80.00	75.60	17.04	1.28	0.00	68.16	11.52	0.00	79.68
PAPA BLANCA	100.00	92.15	2.10	0.10	22.30	8.40	0.90	89.20	98.50
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
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
MANZANA	150.00	72.90	0.45	0.15	21.90	1.80	1.35	87.60	90.75
TORONJIL	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
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
SUB TOTAL		695.74	27.41	7.06	136.84	109.65	63.50	547.31	720.46
						V. C. CENA			720.46
						% DIST. CENA			26%
VCT (Gr.)			129.97	39.06	470.68				
VCT (Kcal.)			519.88	351.46	1882.60				
VCT (%)			19%	13%	68%				
						V. C. T. MENU			2754

CONTRATISTA

NUTRICIONISTA

Lauriano García Ibarrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

31/01/2018 14/02/2018

MENÚ N° 11 25

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: CALDO DE POLLO + 03 PANES + INFUSIÓN									
FIDEOS SURTIDOS	80.00	288.00	7.52	0.16	62.56	30.08	1.44	250.24	281.76
PAPA BLANCA	120.00	110.58	2.52	0.12	26.76	10.08	1.08	107.04	118.20
POLLO	100.00	153.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
PAN FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
ACEITE VEGETAL	8.00	70.72	0.00	8.00	0.00	0.00	72.00	0.00	72.00
APIO	20.00	3.99	0.14	0.04	0.96	0.56	0.36	3.84	4.76
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ANIS	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
ZAPALLO	15.00	3.90	0.11	0.03	0.96	0.42	0.27	3.84	4.53
ZANAHORIA	20.00	7.79	0.12	0.10	1.84	0.48	0.90	7.36	8.74
SUB TOTAL		995.88	36.17	18.83	175.08	144.66	169.47	700.30	1014.43
						V.C. DESAYUNO			1014.43
						% DIST. DESAYUNO			33%
ENTRADA: ENROLLADO DE PAPA CON CONSERVA DE PESCADO									
ALMUERZO: ARROZ GRANEADO CON CHANCHO + ZARZA + INFUSION + FRUTA									
ARROZ SUPERIOR	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
CARNE DE CERDO	160.00	285.12	23.04	24.16	0.00	92.16	217.44	0.00	309.60
PAPA BLANCA	100.00	92.15	2.10	0.10	22.30	8.40	0.90	89.20	98.50
ATUN	50.00	140.50	12.10	10.25	0.00	48.40	92.25	0.00	140.65
CEBOLLA	80.00	35.28	1.12	0.16	9.04	4.48	1.44	36.16	42.08
AJI AMARILLO	5.00	1.50	0.05	0.04	0.44	0.18	0.32	1.76	2.26
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
MANDARINA	150.00	43.58	0.90	0.45	12.90	3.60	4.05	51.60	59.25
MENTA	10.00	0.00	0.00	0.00	15.32	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	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
COMINO MOLIDO	30.00	5.64	0.24	0.06	1.29	0.96	0.54	5.16	6.66
SUB TOTAL		1264.82	51.96	40.99	198.26	207.83	368.83	731.75	1308.41
						V. C. ALMUERZO			1308.41
						% DIST. ALMUERZO			42%
CENA: ARROZ A LA CUBANA + HUEVO FRITO + PLATANO + ENSALADA + INFUSIÓN									
ARROZ SUPERIOR	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
HUEVOS	90.00	107.87	12.15	7.56	1.71	48.60	68.04	6.84	123.48
PLATANO FREIR	150.00	114.24	1.80	0.30	44.40	7.20	2.70	177.60	187.50
TOMATE	25.00	4.70	0.20	0.05	1.08	0.80	0.45	4.30	5.55
CEBOLLA	25.00	11.03	0.35	0.05	2.83	1.40	0.45	11.30	13.15
LECHUGA	30.00	5.42	0.45	0.06	1.17	1.80	0.54	4.68	7.02
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
ACEITE VEGETAL	6.00	53.04	0.00	6.00	0.00	0.00	54.00	0.00	54.00
AJOS	2.00	1.55	0.11	0.02	0.61	0.45	0.14	2.43	3.02
AZUCAR RUBIA	18.00	69.12	0.00	0.00	17.69	0.00	0.00	70.78	70.78
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		693.25	22.60	14.52	140.48	90.41	130.68	561.91	783.00
						V. C. CENA			783.00
						% DIST. CENA			25%
	VCT (Gr.)		110.73	74.34	513.82				
	VCT (Kcal.)		442.90	668.98	1993.96				
	VCT (%)		14%	22%	64%				
						V. C. T. MENU		100%	3106

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 03 - C

DOSIFICACION, COMPOSICION Y VALOR CALORICO TOTAL DEL MENU REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

01/02/2018 15/02/2018

MENÚ N° 12 26

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: Avena + 03 Panes con Milanesa de Pollo									
AVENA	25.00	86.75	3.33	1.00	18.00	13.30	9.00	72.00	94.30
POLLO CON HUESO	100.00	153.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
PAN FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
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		668.37	29.09	19.38	100.00	116.34	174.42	399.98	690.74
						V.C. DESAYUNO			690.74
						% DIST. DESAYUNO			25%
ENTRADA: ENSALADA									
ALMUERZO: TALLARINES ROJOS + GALLINA + ENSALADA + REFRESCO DE (NARANJA) + FRUTA									
FIDEO TALLARIN	150.00	486.00	14.25	0.15	104.40	57.00	1.35	417.60	475.95
ACEITE VEGETAL	20.00	176.80	0.00	20.00	0.00	0.00	180.00	0.00	180.00
CARNE DE GALLINA	160.00	172.80	32.96	5.76	0.00	131.84	51.84	0.00	183.68
BETERRAGA	60.00	21.91	1.02	0.06	5.70	4.08	0.54	22.80	27.42
ZANAHORIA	60.00	23.37	0.36	0.30	5.52	1.44	2.70	22.08	26.22
PAPA BLANCA	100.00	92.15	2.10	0.10	22.30	8.40	0.90	89.20	98.50
AJI PANCA	2.00	5.84	0.14	0.16	1.17	0.56	1.40	4.70	6.66
PIMIENTA MOLIDA	1.00	3.60	0.08	0.08	0.64	0.34	0.72	2.54	3.60
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
PLATANO DE SEDA	150.00	84.66	2.25	0.45	31.50	9.00	4.05	126.00	139.05
NARANJA AGRIA	60.00	15.05	0.30	0.12	4.92	1.20	1.08	19.68	21.96
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
CEBOLLA	10.00	4.41	0.14	0.02	1.13	0.56	0.18	4.52	5.26
SUB TOTAL		1184.45	53.72	27.22	202.66	214.91	244.94	810.63	1270.48
						V. C. ALMUERZO			1270.48
						% DIST. ALMUERZO			46%
CENA: CALDO DE FIDEOS CON GALLINA + FRUTA +INFUSION									
FIDEOS SURTIDOS	50.00	180.00	4.70	0.10	39.10	18.80	0.90	156.40	176.10
PAPA BLANCA	180.00	165.87	3.78	0.18	40.14	15.12	1.62	160.56	177.30
PLATANO DE LA ISLA	150.00	92.82	1.35	0.60	35.40	5.40	5.40	141.60	152.40
CARNE DE GALLINA	100.00	108.00	20.60	3.60	0.00	82.40	32.40	0.00	114.80
ACEITE VEGETAL	3.00	26.52	0.00	3.00	0.00	0.00	27.00	0.00	27.00
APIO	25.00	4.99	0.18	0.05	1.20	0.70	0.45	4.80	5.95
PORO	25.00	10.00	0.68	0.20	1.90	2.70	1.80	7.60	12.10
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	26.00	99.84	0.00	0.00	25.56	0.00	0.00	102.23	102.23
ZAPALLO	30.00	7.80	0.21	0.06	1.92	0.84	0.54	7.68	9.06
ZANAHORIA	30.00	11.69	0.18	0.15	2.76	0.72	1.35	11.04	13.11
SUB TOTAL		707.53	31.68	7.94	147.98	126.68	71.46	591.91	790.05
						V. C. CENA			790.05
						% DIST. CENA			29%
		VCT (Gr.)	114.49	54.54	450.64				
		VCT (Kcal.)	457.93	490.82	1802.52				
		VCT (%)	17%	18%	66%				
						V. C. T. MENU			2751

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosa Caballero Salveredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 03 - C

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

02/02/2018 16/02/2018

MENÚ N° 13 27

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 + FRUTA									
LECHE EVAPORADA	120.00	171.60	8.40	9.72	13.08	33.60	87.48	52.32	173.40
COCOA	10.00	40.40	1.90	1.71	4.78	7.60	15.39	19.12	42.11
QUESO	60.00	103.80	9.78	6.18	2.04	39.12	55.62	8.16	102.90
MANZANA	150.00	72.90	0.45	0.15	21.90	1.80	1.35	87.60	90.75
PAN FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	23.00	88.32	0.00	0.00	22.61	0.00	0.00	90.44	90.44
SUB TOTAL		738.92	28.09	17.94	22.61	112.36	161.46	487.32	761.14
						V.C. DESAYUNO			761.14
						% DIST. DESAYUNO			28%

ENTRADA: ENSALADA									
ALMUERZO: ARROZ GRANEADO + ESTOFADO DE RES + MENESTRA + INFUSION + ENSALADA + FRUTA									
ARROZ SUPERIOR	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
LENTEJAS SECAS	80.00	271.20	18.08	0.80	48.80	72.32	7.20	195.20	274.72
ACEITE VEGETAL	8.00	70.72	0.00	8.00	0.00	0.00	72.00	0.00	72.00
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
LECHUGA	100.00	18.05	1.50	0.20	3.90	6.00	1.80	15.60	23.40
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
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
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
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SAL	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		1270.09	68.80	12.90	212.48	275.18	116.08	849.95	1241.21
V. C. ALMUERZO									1241.21
% DIST. ALMUERZO									45%

CENA: ARROZ GRANEADO + POLLO FRITO + PAPA FRITA + ENSALADA + INFUSIÓN									
ARROZ SUPERIOR	90.00	323.10	7.38	0.45	70.02	29.52	4.05	280.08	313.65
POLLO CON HUESO	100.00	153.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
PEPINILLOS	50.00	4.79	0.25	0.05	1.30	1.00	0.45	5.20	6.65
TOMATE	30.00	5.64	0.24	0.06	1.29	0.96	0.54	5.16	6.66
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
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	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
HIERBA LUISA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		731.65	29.02	15.94	122.61	116.08	143.50	490.46	750.04
V. C. CENA									750.04
% DIST. CENA									27%
VCT (Gr.)		125.91	46.78	357.70					
VCT (Kcal.)		503.62	421.04	1827.73					
VCT (%)		18%	15%	66%					
V. C. T. MENU									2752

CONTRATISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA

Rosá Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 03 - C

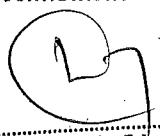
DOSIFICACION, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ REFERENCIAL PARA PERSONAL DEL EP. TRUJILLO
VARONES, TRUJILLO MUJERES Y PACASMAYO

03/02/2018 17/02/2018

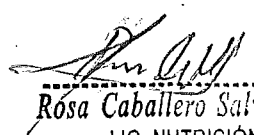
MENÚ N° 14 28

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)		(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: KIWICHA + 03 PANES CON SALTADITO DE RES									
KIWICHA	25.00	94.25	3.38	1.78	16.13	13.50	15.98	64.50	93.98
RES SIN HUESO	50.00	47.25	10.65	0.80	0.00	42.60	7.20	0.00	49.80
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
AJI AMARILLO	5.00	1.50	0.05	0.04	0.44	0.18	0.32	1.76	2.26
PAN FRANCES	90.00	261.90	7.56	0.18	57.42	30.24	1.62	229.68	261.54
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		598.74	21.97	12.86	100.92	87.84	115.66	403.60	607.10
						V.C. DESAYUNO			607.10
						% DIST. DESAYUNO			22%
ENTRADA: ENSALADA FRESCA									
ALMUERZO: ARROZ GRANEADO +BISTECK ENCEBOLLADO + MENESTRA + ZARZA + REFRESCO DE (PIÑA) + FRUTA									
ARROZ SUPERIOR	150.00	538.50	12.30	0.75	116.70	49.20	6.75	466.80	522.75
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
RES SIN HUESO	120.00	113.40	25.56	1.92	0.00	102.24	17.28	0.00	119.52
FREJOL CASTILLA	80.00	264.00	18.00	1.44	46.64	72.00	12.96	186.56	271.52
AJI PANCA	1.00	2.92	0.07	0.08	0.59	0.28	0.70	2.35	3.33
PIMIENTA MOLIDA	1.00	3.60	0.08	0.08	0.64	0.34	0.72	2.54	3.60
LIMON	3.00	0.46	0.02	0.01	0.29	0.06	0.05	1.16	1.27
LECHUGA	100.00	28.69	1.50	0.20	3.90	6.00	1.80	15.60	23.40
TOMATE	25.00	11.92	0.20	0.05	1.08	0.80	0.45	4.30	5.55
PEPINILLOS	50.00	13.81	0.25	0.05	1.33	1.00	0.45	5.20	6.65
AZUCAR RUBIA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
LIMA	150.00	36.45	0.90	0.60	8.58	3.60	5.40	35.40	44.40
PIÑA	50.00	12.16	0.20	0.10	4.90	0.80	0.90	19.60	21.30
AJOS	2.00	1.55	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	0.00
CEBOLLA	30.00	13.23	0.42	0.06	3.39	1.68	0.54	13.56	15.78
SUB TOTAL		1225.09	59.61	15.36	213.23	238.45	138.14	853.80	1230.39
						V. C. ALMUERZO			1230.39
						% DIST. ALMUERZO			45%
CENA: TALLARINES ROJOS + RES + YUCA SANCOCHADA + FRUTA + INFUSION									
FIDEO TALLARIN	120.00	388.80	11.40	0.12	83.52	45.60	1.08	334.08	380.76
YUCA	140.00	226.80	1.12	0.28	55.02	4.48	2.52	220.08	227.08
RES CON HUESO	120.00	107.10	25.56	1.92	0.00	102.24	17.28	0.00	119.52
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
TOMATE	15.00	2.82	0.12	0.03	0.65	0.48	0.27	2.58	3.33
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	19.00	72.96	0.00	0.00	18.68	0.00	0.00	74.71	74.71
LIMA	150.00	36.45	0.90	0.60	8.85	3.60	5.40	35.40	44.40
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
ZANAHORIA	20.00	7.79	0.12	0.10	1.84	0.48	0.90	7.36	8.74
SUB TOTAL		895.74	39.50	8.09	170.82	158.00	72.81	683.25	914.06
						V. C. CENA			914.06
						% DIST. CENA			33%
						VCT (Gr.)		121.08	36.31
						VCT (Kcal.)		484.29	326.61
						VCT (%)		18%	12%
						V. C. T. MENU			2752

CONTRATISTA


 Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


 Rosa Caballero Salverredy
 LIC. NUTRICIÓN
 CNP: 4672

32

**RELACIÓN DE MENÚS PROPUESTOS PARA INTERNOS (AS) DEL E.P. DE TRUJILLO VARONES
TRUJILLO MUJERES Y PACASMAYO DEL 21 DE ENERO AL 20 DE FEBRERO DE 2018**

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

N° DE MENÚ	FECHA	DETALLE DEL MENÚ	
1	DOMINGO	DESAYUNO	AVENA + 03 PANES CON HUEVO DURO
	21/01/2018	ALMUERZO	TALLARINES ROJOS + YUCA SANCOCHADA + GUIZO DE RES (PICADO)
2	LUNES	DESAYUNO	ENSALADA + FRUTA + INFUSION
	22/01/2018	ALMUERZO	ARROZ GRANEADO + PICADILLO DE POLLO CON VERDURAS + INFUSION
3	MARTES	DESAYUNO	QUINUA + 03 PANES CON QUESO
	23/01/2018	ALMUERZO	ARROZ CHAUFA CON HOT DOG + POLLO (PECHUGA)+ ENSALADA+
4	MIÉRCOLES	DESAYUNO	FRUTA + INFUSION
	24/01/2018	ALMUERZO	ARROZ CON LECHE + 02 PANES
5	JUEVES	DESAYUNO	LECHE DE SOYA + 03 PANES CON MERMELADA
	25/01/2018	ALMUERZO	ARROZ GRANEADO + CHICHARRON DE POTA + MENESTRA + ENSALADA
6	VIERNES	DESAYUNO	FRUTA + INFUSION
	26/01/2018	ALMUERZO	AGUADITO CON POLLO
7	SABADO	DESAYUNO	QUINUA CON MACA + 03 PANES CON FRUTA (PLATANO)
	27/01/2018	ALMUERZO	ARROZ GRANEADO + SALTADITO DE MOLLEJITAS + MENESTRA + ENSALADA
8	DOMINGO	DESAYUNO	FRUTA + INFUSION
	28/01/2018	ALMUERZO	SOPA DE FIDEOS CON VERDURAS + RES CON HUESO
9	LUNES	DESAYUNO	KIWICHA CON LECHE + 03 PANES CON JAMONADAS
	29/01/2018	ALMUERZO	ARROZ GRANEADO + CHANFAINITA A LA CRIOLLA + ENSALADA
10	MARTES	DESAYUNO	FRUTA + INFUSION
	30/01/2018	ALMUERZO	ARROZ A LA JARDINERA CON RES + INFUSION
11	MIÉRCOLES	DESAYUNO	LECHE + 03 PANES CON ACEITUNA
	31/01/2018	ALMUERZO	ARROZ GRANEADO + ESCABECHE DE PESCADO + CAMOTE SANCOCHADO +
12	JUEVES	DESAYUNO	ENSALADA + FRUTA + INFUSION
	01/02/2018	ALMUERZO	ARROZ GRANEADO + PICADILLO DE POLLO CON VERDURAS + INFUSION
13	VIERNES	DESAYUNO	CHUFULA + 03 PANES CON HOT DOG FRITO
	02/02/2018	ALMUERZO	ARROZ GRANEADO + POLLO MECHADO + PURE DE PAPA + ENSALADA
14	SABADO	DESAYUNO	FRUTA + INFUSION
	03/02/2018	ALMUERZO	SOPA DE SEMOLA CON VERDURAS + RES CON HUESO
15	DOMINGO	DESAYUNO	AVENA + 03 PANES CON HUEVO DURO
	04/02/2018	ALMUERZO	TALLARINES VERDES CON YUCA SANCOCHADA + GUIZO DE RES (PICADO)
		CENA	ENSALADA + FRUTA + INFUSION
		CENA	ARROZ GRANEADO + PICADILLO DE POLLO CON VERDURAS + INFUSION

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

38

**RELACIÓN DE MENÚS PROPUESTOS PARA INTERNOS (AS) DEL E.P. DE TRUJILLO VARONES
TRUJILLO MUJERES Y PACASMAYO DEL 21 DE ENERO AL 20 DE FEBRERO DE 2018**

MENÚS CON APOORTE CALÓRICO MAYOR A 2.500 KILOCALORIAS POR DÍA

N° DE MENÚ	FECHA	DETALLE DEL MENÚ	
16	LUNES	DESAYUNO	QUINUA + 03 PANES CON QUESO
	05/02/2018	ALMUERZO	ARROZ CHAUF A CON HOT DOG + POLLO (PECHUGA)+ ENSALADA + FRUTA + INFUSION
17	MARTES	CENA	ARROZ CON LECHE + 02 PANES
	06/02/2018	DESAYUNO	LECHE DE SOYA + 03 PANES CON MERMELADA
18	MARTES	ALMUERZO	ARROZ GRANEADO + CHICHARRON DE POTA + MENESTRA + ENSALADA
	06/02/2018	CENA	FRUTA + INFUSION
19	MIERCOLES	DESAYUNO	AGUADITO CON POLLO
	07/02/2018	ALMUERZO	QUINUA CON MACA + 03 PANES CON FRUTA (PLATANO)
20	MIERCOLES	CENA	ARROZ GRANEADO + SALTADITO DE MOLLEJITAS + MENESTRA + ENSALADA
	07/02/2018	ALMUERZO	FRUTA + INFUSION
21	JUEVES	DESAYUNO	SOPA DE FIDEOS CON VERDURAS + RES CON HUESO
	08/02/2018	ALMUERZO	KIWICHA CON LECHE + 03 PANES CON JAMONADA
22	JUEVES	CENA	ARROZ GRANEADO + CHANFAINITA A LA CRIOLLA + ENSALADA
	08/02/2018	ALMUERZO	FRUTA + INFUSION
23	VIERNES	DESAYUNO	ARROZ A LA JARDINERA CON RES + INFUSION
	09/02/2018	ALMUERZO	LECHE + 03 PANES CON ACEITUNA
24	VIERNES	CENA	ARROZ GRANEADO + ESCABECHE DE PESCADO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + INFUSION
	09/02/2018	ALMUERZO	ARROZ GRANEADO + PICADILLO DE POLLO CON VERDURAS + INFUSION
25	SABADO	DESAYUNO	CHUF LA + 03 PANES CON HOT DOG FRITO
	10/02/2018	ALMUERZO	ARROZ GRANEADO + POLLO MECHADO + PURE DE PAPA + ENSALADA
26	SABADO	CENA	FRUTA + INFUSION
	10/02/2018	ALMUERZO	SOPA DE SEMOLA CON VERDURAS + RES CON HUESO
27	DOMINGO	DESAYUNO	AVENA + 03 PANES CON HUEVO DURO
	11/02/2018	ALMUERZO	TALLARINES VERDES CON YUCA SANCOCHADA + GUIZO DE RES (PICADO)
28	DOMINGO	CENA	ENSALADA + FRUTA + INFUSION
	11/02/2018	ALMUERZO	ARROZ GRANEADO + SALTADITO DE POLLO CON BROCOLI + INFUSION
29	LUNES	DESAYUNO	QUINUA + 03 PANES CON QUESO
	12/02/2018	ALMUERZO	ARROZ GRANEADO + AJIACO CON POLLO + ENSALADA
30	LUNES	CENA	FRUTA + INFUSION
	12/02/2018	ALMUERZO	MAIZENA CON LECHE + 02 PANES
31	MARTES	DESAYUNO	LECHE DE SOYA + 03 PANES CON FRUTA (PLATANO)
	13/02/2018	ALMUERZO	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + ENSALADA
32	MARTES	CENA	FRUTA + INFUSION
	13/02/2018	ALMUERZO	SOPA DE TRIGO CON POLLO
33	MIERCOLES	DESAYUNO	QUINUA CON MACA + 03 PANES + CONSERVA DE PESCADO EN SARZA
	14/02/2018	ALMUERZO	ARROZ GRANEADO + MOLLEJITAS CON VERDURAS + MENESTRA + ENSALADA
34	MIERCOLES	CENA	FRUTA + INFUSION
	14/02/2018	ALMUERZO	CALDO DE FIDEOS CON HUEVOS REVUELTOS
35	JUEVES	DESAYUNO	AVENA CON LECHE + 03 PANES CON JAMONADA
	15/02/2018	ALMUERZO	ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA
36	JUEVES	CENA	FRUTA + INFUSION
	15/02/2018	ALMUERZO	ARROZ GRANEADO + SALTADITO DE RES CON PAPAS + INFUSION
37	VIERNES	DESAYUNO	LECHE + 03 PANES CON ACEITUNA
	16/02/2018	ALMUERZO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + REFRESCO + FRUTA
38	VIERNES	CENA	ARROZ GRANEADO CON SALTADITO DE MOLLEJAS CON PAPA + INFUSION
	16/02/2018	ALMUERZO	CHUF LA + 03 PANES CON HOT DOG FRITO
39	SABADO	DESAYUNO	ARROZ GRANEADO + POLLO GUIADO + PAPA SANCOCHADA + ENSALADA
	17/02/2018	ALMUERZO	FRUTA + INFUSION
40	SABADO	CENA	SOPA DE FIDEOS CON VERDURAS + MENUDENCIA DE POLLO
	17/02/2018	ALMUERZO	AVENA + 03 PANES CON HUEVO DURO
41	DOMINGO	DESAYUNO	TALLARINES ROJOS + YUCA SANCOCHADA + GUIZO DE RES (PICADO)
	18/02/2018	ALMUERZO	ENSALADA + FRUTA + INFUSION
42	DOMINGO	CENA	ARROZ GRANEADO + PICADILLO DE POLLO CON VERDURAS + INFUSION
	18/02/2018	ALMUERZO	QUINUA + 03 PANES CON QUESO
43	LUNES	DESAYUNO	ARROZ CHAUF A CON HOT DOG + POLLO (PECHUGA)+ ENSALADA + FRUTA + INFUSION
	19/02/2018	ALMUERZO	ARROZ CON LECHE + 02 PANES
44	LUNES	CENA	ARROZ CON LECHE + 02 PANES
	19/02/2018	ALMUERZO	LECHE DE SOYA + 03 PANES CON MERMELADA
45	MARTES	DESAYUNO	ARROZ GRANEADO + CHICHARRON DE POTA + MENESTRA + ENSALADA
	20/02/2018	ALMUERZO	FRUTA + INFUSION
46	MARTES	CENA	AGUADITO CON POLLO
	20/02/2018	ALMUERZO	AGUADITO CON POLLO

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

21/01/2018 04/02/2018 18/02/2018

MENÚ N° 1 15 29

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: AVENA + 03 PANES CON HUEVO DURO								
AVENA	25.00	3.33	1.00	18.00	13.30	9.00	72.00	94.30
AZUCAR RUBIA	26.00	0.00	0.00	25.56	0.00	0.00	102.23	102.23
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
HUEVOS	60.00	8.10	5.04	1.05	32.40	45.36	4.56	82.32
SUB TOTAL		18.99	6.22	102.03	75.94	55.98	408.47	540.39
					V.C. DESAYUNO			540.39
					% DIST. DESAYUNO			22%
ALMUERZO: TALLARINES ROJOS + YUCA SANCOCHADA + GUISO DE RES (PICADO) + ENSALADA + FRUTA + INFUSION								
FIDEO TALLARIN	170.00	16.15	0.17	118.32	64.60	1.53	473.28	539.41
RES SIN HUESO	100.00	21.30	1.60	0.00	85.20	14.40	0.00	99.60
YUCA	200.00	1.60	0.40	78.60	6.40	3.60	314.40	324.40
ACEITE VEGETAL	17.00	0.00	17.00	0.00	0.00	153.00	0.00	153.00
ZANAHORIA	30.00	0.18	0.15	2.76	0.72	1.35	11.04	13.11
PEPINILLOS	30.00	0.15	0.03	0.78	0.60	0.27	3.12	3.99
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
CEBOLLA	30.00	0.42	0.06	3.39	1.68	0.54	13.56	15.78
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
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SUB TOTAL		42.67	20.07	265.07	170.70	180.64	1060.27	1411.61
					V. C. ALMUERZO			1411.61
					% DIST. ALMUERZO			56%
CENA: ARROZ GRANEADO + PICADILLO DE POLLO CON VERDURAS + INFUSION								
ARROZ SUPERIOR	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
POLLO CON HUESO	100.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
TOMATE	8.00	0.06	0.02	0.34	0.26	0.14	1.38	1.78
CEBOLLA	8.00	0.11	0.02	0.90	0.45	0.14	3.62	4.21
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
BROCOLI	8.00	0.39	0.07	0.46	1.57	0.65	1.82	4.04
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	5.00	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		26.14	15.76	76.64	104.60	141.78	306.56	552.94
					V. C. CENA			552.94
					% DIST. CENA			22%
	VCT (Gr.)	87.8	42.05	443.74				
	VCT (Kcal.)	351.24	378.4	1775.302				
	VCT (%)	14%	15%	71%				
					V. C. T. MENU			2505

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

22/01/2018 05/02/2018 19/02/2018

MENÚ N° 2 16 30

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	25.00	3.40	1.45	16.58	13.60	13.05	66.30	92.95
QUESO	40.00	6.52	4.12	1.36	26.08	37.08	5.44	68.60
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	30.00	0.00	0.00	29.49	0.00	0.00	117.96	117.96
SUB TOTAL		17.48	5.75	104.85	69.92	51.75	419.38	541.05
					V.C. DESAYUNO			541.05
					% DIST. DESAYUNO			22%
ALMUERZO: ARROZ CHAUFA CON HOT DOG + POLLO (PECHUGA) + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
POLLO	100.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
HUEVOS	30.00	4.05	2.52	0.57	16.20	22.68	2.28	41.16
HOT DOG DE POLLO	25.00	2.75	8.58	0.00	11.00	77.18	0.00	88.18
AZUCAR RUBIA	40.00	0.00	0.00	39.32	0.00	0.00	157.28	157.28
CEBOLLA CHINA	20.00	0.46	0.08	1.50	1.84	0.72	6.00	8.56
CEBOLLA	30.00	0.42	0.06	3.39	1.68	0.54	13.56	15.78
TOMATE	30.00	0.24	0.06	1.29	0.96	0.54	5.16	6.66
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	2.00	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	30.00	0.00	30.00	0.00	0.00	270.00	0.00	270.00
REFRESCO SOBRE	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SUB TOTAL		40.91	52.81	197.30	163.66	475.29	789.20	1428.15
					V. C. ALMUERZO			1428.15
					% DIST. ALMUERZO			57%
CENA: ARROZ CON LECHE + 02 PANES								
ARROZ SUPERIOR	40.00	3.28	0.20	31.12	13.12	1.80	124.48	139.40
PAN FRANCES	60.00	5.04	0.12	38.28	20.16	1.08	153.12	174.36
AZUCAR RUBIA	30.00	0.00	0.00	29.49	0.00	0.00	117.96	117.96
CANELA ENTERA	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LECHE EVAPORADA	70.00	4.90	5.67	7.63	19.60	51.03	30.52	101.15
SUB TOTAL		13.22	5.99	106.52	52.88	53.91	426.08	532.87
					V. C. CENA			532.87
					% DIST. CENA			21%
	VCT (Gr.)	71.61	64.55	408.67				
	VCT (Kcal.)	286.46	580.95	1634.66				
	VCT (%)	11%	23%	65%				
					V. C. T. MENU			2502

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salveredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P TRUJILLO VARONES,
TRUJILLO MUJERES Y PACASMAYO

23/01/2018 06/02/2018 20/02/2018

MENÚ N° 3 17 31

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE DE SOYA + 03 PANES CON MERMELADA								
SOYA	30.00	8.46	5.67	10.71	33.84	51.03	42.840	127.71
MERMELADA	30.00	0.12	0.06	17.58	0.48	0.54	70.320	71.34
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.680	261.54
AZUCAR RUBIA	30.00	0.00	0.00	29.49	0.00	0.00	117.960	117.96
SUB TOTAL		16.14	5.91	115.20	64.56	53.19	460.800	578.55
					V.C. DESAYUNO			578.55
					% DIST. DESAYUNO			23%
ALMUERZO: ARROZ GRANEADO + CHICHARRON DE POTA + MENESTRA + ENSALDA +FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
POTA	180.00	19.08	0.36	0.00	76.32	3.24	0.00	79.56
HUEVOS	35.00	4.73	2.94	0.67	18.90	26.46	2.66	48.02
HARINA DE TRIGO	20.00	2.1	0.40	14.96	8.40	3.60	59.84	71.84
FREJOL CASTILLA	80.00	18.00	1.44	46.64	72.00	12.96	186.56	271.52
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
CEBOLLA	30.00	0.42	0.06	3.39	1.68	0.54	13.56	15.78
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
TOMATE	30.00	0.24	0.06	1.29	0.96	0.54	5.16	6.66
ACEITE VEGETAL	25.00	0.00	25.00	0.00	0.00	225.00	0.00	225.00
ANIS	10.00	0.00	0.00	0	0.00	0.00	0	0.00
NARAJA DE MESA	150.00	0.75	0.30	12.3	3.00	2.70	49.20	54.9
SAL	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	30.00	0.00	0.00	29.49	0.00	0.00	117.96	117.96
LIMON	5.00	0.03	0.01	0.49	0.10	0.09	1.94	2.13
SUB TOTAL		57.81	31.38	226.98	231.19	282.34	907.87	1421.40
					V. C. ALMUERZO			1421.40
					% DIST. ALMUERZO			57%
CENA: AGUADITO CON POLLO								
ARROZ SUPERIOR	50.00	4.10	0.25	38.98	16.4	2.25	155.6	174.25
POLLO	60.00	10.92	6.12	0.00	43.68	55.08	0.00	98.76
ZAPALLO	30.00	0.21	0.06	1.92	0.84	0.54	7.68	9.06
APIO	15.00	0.11	0.03	0.72	0.42	0.27	2.88	3.57
PORO	15.00	0.41	0.12	1.14	1.62	1.08	4.56	7.26
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	150.00	3.15	0.15	33.45	12.60	1.35	133.8	147.75
SUB TOTAL		19.35	11.96	78.75	77.36	107.64	314.68	499.68
					V. C. CENA			499.68
					% DIST. CENA			20%
VCT (Gr.)		93.30	49.25	420.93				
VCT (Kcal.)		373.11	443.17	1683.35				
VCT (%)		15%	18%	67%				
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA


 Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO


 Rosa Caballero Salverredy
 LIC. NUTRICIÓN
 CNP: 4672

FORMATO N° 01 - A

**DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P TRUJILLO VARONES,
TRUJILLO MUJERES Y PACASMAYO**

24/01/2018 07/02/2018

MENÚ N° 4 18

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: QUINUA CON MACA + 03 PANES + CON FRUTA (PLATANO)								
QUINUA	25.00	3.40	1.45	16.58	13.60	13.05	66.30	92.95
MACA	25.00	2.95	0.40	16.60	11.80	3.60	66.40	81.8
PLATANO DE SEDA	150.00	2.25	0.45	31.50	9.00	4.05	126.00	139.05
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.3
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
SUB TOTAL		16.16	2.48	146.68	64.64	22.32	586.68	673.64
					V.C. DESAYUNO			673.64
					% DIST. DESAYUNO			27%
ALMUERZO: ARROZ GRANEADO + SALTADITO DE MOLLEJITAS + MENESTRA + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
MOLLEJA	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
AZUCAR RUBIA	24.00	0.00	0.00	23.59	0.00	0.00	94.37	94.37
TOMATE	20.00	0.16	0.04	0.86	0.64	0.36	3.44	4.44
CEBOLLA	30.00	0.42	0.06	3.39	1.68	0.54	13.56	15.78
PEPINILLOS	10.00	0.05	0.01	0.26	0.20	0.09	1.04	1.33
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
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
ACEITE VEGETAL	18.00	0.00	18.00	0.00	0.00	162.00	0.00	162.00
MENTA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PLATANO DE SEDA	150.00	2.25	0.45	31.50	9.00	4.05	126.00	139.05
SUB TOTAL		53.13	28.95	227.66	212.54	260.59	910.65	1383.78
					V. C. ALMUERZO			1383.78
					% DIST. ALMUERZO			55%
CENA: SOPA DE FIDEOS CON VERDURAS + RES CON HUESO								
RES CON HUESO	100.00	21.30	1.60	0.00	85.20	14.40	0.00	99.60
FIDESO SURTIDOS	35.00	3.29	0.07	27.37	13.16	0.63	109.48	123.27
PAPA BLANCA	160.00	3.36	0.16	35.68	13.44	1.44	142.72	157.60
ZANAHORIA	10.00	0.06	0.05	0.92	0.24	0.45	3.68	4.37
ZAPALLO	15.00	0.11	0.03	0.96	0.42	0.27	3.84	4.53
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
PORO	12.00	0.32	0.10	0.91	1.30	0.86	3.65	5.81
APIO	10.00	0.07	0.02	0.48	0.28	0.18	1.92	2.38
SAL OREGANO SECO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	0.50	0.01	0.00	0.06	0.03	0.02	0.23	0.28
SUB TOTAL		28.52	7.03	66.38	114.07	63.25	265.52	442.84
					V. C. CENA			442.84
					% DIST. CENA			18%
	VCT (Gr.)	97.81	38.46	440.72				
	VCT (Kcal.)	391.25	346.16	1762.85				
	VCT (%)	16%	14%	71%				
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P TRUJILLO VARONES,
TRUJILLO MUJERES Y PACASMAYO

25/01/2018 08/02/2018

MENÚ N° 5 19

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: KIWICHA CON LECHE + 03 PANES CON JAMONADA								
KIWICHA	25.00	3.38	1.78	16.13	13.50	15.98	64.50	93.98
LECHE EVAPORADA	70.00	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN FRANCES	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	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		20.55	16.48	105.76	82.18	148.28	423.00	653.46
					V.C. DESAYUNO			653.46
					% DIST. DESAYUNO			26%
ALMUERZO: ARROZ GRANEADO + CHANFAINITA A LA CRIOLLA + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
BOFE DE RES	120.00	16.08	2.64	0.00	64.32	23.76	0.00	88.08
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
ARVEJAS FRESCAS	30.00	2.13	0.18	5.64	8.52	1.62	22.56	32.70
ZANAHORIA	15.00	0.09	0.08	1.38	0.36	0.68	5.52	6.56
TOMATE	15.00	0.12	0.03	0.65	0.48	0.27	2.58	3.33
CEBOLLA	15.00	0.21	0.03	1.70	0.84	0.27	6.78	7.89
CHOCLO DESGRANADO	20.00	0.76	0.20	5.88	3.04	1.80	23.44	28.28
CULANTRO	1.00	0.03	0.01	0.07	0.13	0.12	0.28	0.53
PAPA BLANCA	200.00	4.20	0.20	44.60	16.80	1.80	178.40	197.00
HIERBA BUENA	12.00	0.37	0.12	0.84	1.49	1.08	3.36	5.93
COMINO MOLIDO	1.00	0.11	0.12	0.29	0.46	1.12	1.14	2.72
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
ACEITE VEGETAL	15.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LIMA	160.00	0.96	0.65	9.44	3.84	5.76	37.76	47.36
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		37.47	20.03	212.38	149.93	180.17	849.35	1179.45
					V. C. ALMUERZO			1179.45
					% DIST. ALMUERZO			47%
CENA: ARROZ GRANEADO A LA JARDINERA CON RES + INFUSION								
ARROZ SUPERIOR	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
PAPA BLANCA	100.00	2.10	0.10	22.30	8.40	0.90	89.20	98.50
RES SIN HUESO	50.00	10.65	0.80	0.00	42.60	7.20	0.00	49.80
TOMATE	20.00	0.16	0.04	0.86	0.64	0.36	3.44	4.44
CEBOLLA	20.00	0.28	0.04	2.26	1.12	0.36	9.04	10.52
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	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
ACEITE VEGETAL	10.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
SUB TOTAL		20.62	11.47	120.46	82.46	103.19	481.82	667.47
					V. C. CENA			667.47
					% DIST. CENA			27%
	VCT (Gr.)	78.64	47.98	438.596				
	VCT (Kcal.)	314.57	431.64	1754.17				
	VCT (%)	13%	17%	70%				
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 01 - A

**DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P TRUJILLO VARONES,
TRUJILLO MUJERES Y PACASMAYO**

26/01/2018 09/02/2018

MENÚ N° 6 20

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	173.4
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.680	261.54
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.300	98.30
SUB TOTAL		16.28	22.74	98.00	65.12	204.66	391.98	661.76
					V.C. DESAYUNO			661.76
					% DIST. DESAYUNO			26%
ALMUERZO: ARROZ GRANEADO + ESCABECHE DE PESCADO + CAMOTE SANCOCHADO + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
PESCADO	160.00	34.56	6.24	0.48	138.24	56.16	1.92	196.32
CAMOTE	200.00	2.4	0.40	55.2	9.60	3.60	220.8	234.00
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
TOMATE	20.00	0.16	0.04	0.86	0.64	0.36	3.44	4.44
CEBOLLA	20.00	0.28	0.04	2.26	1.12	0.36	9.04	10.52
AJI AMARILLO	10.00	0.09	0.07	0.88	0.36	0.63	3.52	4.51
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
SAL	3.00	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	5.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
AZUCAR RUBIA	20.00	0.00	0.00	14.75	0.00	0.00	58.98	58.98
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
LIMA	150.00	0.9	0.60	8.85	3.60	5.40	35.40	44.4
SUB TOTAL		50.89	18.24	201.52	203.59	164.16	806.05	1173.8
					V. C. ALMUERZO			1173.8
					% DIST. ALMUERZO			47%
CENA: ARROZ GRANEADO + PICADILLO DE POLLO CON VERDURAS + INFUSION								
ARROZ SUPERIOR	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
POLLO CON HUESO	100.00	16.40	5.60	1.28	65.60	50.40	5.12	121.12
SILLAO	10.00	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	89.20	98.50
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
CEBOLLA	20.00	0.28	0.04	2.26	1.12	0.36	9.04	10.52
TOMATE	20.00	0.16	0.04	0.86	0.64	0.36	3.44	4.44
AZUCAR RUBIA	25.00	0.00	0.00	17.69	0.00	0.00	70.78	70.78
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		26.32	11.23	114.41	105.28	101.07	457.66	664.01
					V. C. CENA			664.01
					% DIST. CENA			27%
VCT (Gr.)		93.49	52.21	413.93				
VCT (Kcal.)		373.99	469.89	1655.69				
VCT (%)		15%	19%	66%				
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salveredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

27/01/2018 10/02/2018

MENÚ N° 7 21

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: CHUFLA + 03 PANES CON HOT DOG FRITO								
CHUFLA	30.00	2.70	1.35	22.14	10.80	12.15	88.56	111.51
HOT DOG DE POLLO	40.00	4.40	13.72	0.00	17.60	123.48	0.00	141.08
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		14.66	20.25	104.14	58.64	182.25	416.54	657.43
					V.C. DESAYUNO			657.43
					% DIST. DESAYUNO			26%
ALMUERZO: ARROZ GRANEADO + POLLO MECHADO + PURE DE PAPA + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
POLLO CON HUESO	160.00	29.12	16.32	0.00	116.48	146.88	0.00	263.36
PAPA BLANCA	200.00	4.20	0.20	44.60	16.80	1.80	178.40	197.00
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
MARGARINA	6.00	0.04	4.86	0.02	0.14	43.74	0.07	43.95
CEBOLLA	15.00	0.21	0.03	1.70	0.84	0.27	6.78	7.89
LECHE EVAPORADA	10.00	0.70	0.81	1.09	2.80	7.29	4.36	14.45
TOMATE	20.00	0.16	0.04	0.86	0.64	0.36	3.44	4.44
PEPINILLOS	15.00	0.08	0.02	0.39	0.30	0.14	1.56	2.00
ACEITE VEGETAL	12.00	0.00	12.00	0.00	0.00	108.00	0.00	108.00
MENTA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PLATANO DE SEDA	150.00	2.25	0.45	31.50	9.00	4.05	126.00	139.05
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
SUB TOTAL		49.18	35.50	222.24	196.69	319.46	888.92	1405.07
					V. C. ALMUERZO			1405.07
					% DIST. ALMUERZO			56%
CENA: SOPA DE SEMOLA CON VERDURA + RES CON HUESO								
SEMOLA	40.00	3.12	0.44	31.36	12.48	3.96	125.44	141.88
MENUDENCIA D POLLO	100.00	21.30	1.60	0.00	85.20	14.40	0.00	99.60
PORO	15.00	0.41	0.12	1.14	1.62	1.08	4.56	7.26
APIO	15.00	0.11	0.03	0.72	0.42	0.27	2.88	3.57
OREGANO SECO	1.00	0.02	0.01	0.11	0.06	0.05	0.45	0.56
ZANAHORIA	10.00	0.06	0.05	0.92	0.24	0.45	3.68	4.37
ZAPALLO	10.00	0.07	0.02	0.64	0.28	0.18	2.56	3.02
PAPA BLANCA	180.00	3.78	0.18	40.14	15.12	1.62	160.56	177.30
SAZONADOR BLANCO	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		28.87	2.45	75.03	115.42	22.01	300.13	437.56
					V. C. CENA			437.56
					% DIST. CENA			18%
	VCT (Gr.)	92.71	58.2	401.41				
	VCT (Kcal.)	370.75	523.72	1605.59				
	VCT (%)	15%	21%	64%				
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 01 - A

**DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P TRUJILLO VARONES,
TRUJILLO MUJERES Y PACASMAYO**

28/01/2018 11/02/2018

MENÚ N° 8 22

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: Avena + 03 PANES CON HUEVO DURO								
AVENA	25.00	3.33	1.00	18.00	13.30	9.00	72.00	94.30
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
HUEVOS	60.00	8.10	5.04	1.14	32.40	45.36	4.56	82.32
SUB TOTAL		18.99	6.22	101.14	75.94	55.98	404.54	536.46
					V.C. DESAYUNO			536.46
					% DIST. DESAYUNO			21%
ALMUERZO: TALLARINES VERDES + YUCA SANCOCHADA + GUISO DE RES (PICADO) + ENSALADA + FRUTA + INFUSION								
FIDEO TALLARIN	170.00	16.15	0.17	118.32	64.60	1.53	473.28	539.41
RES CON HUESO	100.00	21.30	1.60	0.00	85.20	14.40	0.00	99.60
YUCA	200.00	1.60	0.40	78.60	6.40	3.60	314.40	324.40
ACEITE VEGETAL	16.00	0.00	16.00	0.00	0.00	144.00	0.00	144.00
ALBAHACA ENTERA	20.00	0.58	0.24	1.46	2.32	2.16	5.84	10.32
PEPINILLOS	30.00	0.15	0.03	0.78	0.60	0.27	3.12	3.99
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
CEBOLLA	30.00	0.42	0.06	3.39	1.68	0.54	13.56	15.78
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
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
LIMA	160.00	0.96	0.64	9.44	3.84	5.76	37.76	47.36
SUB TOTAL		41.63	19.32	239.61	166.54	173.89	958.43	1298.86
					V. C. ALMUERZO			1298.86
					% DIST. ALMUERZO			52%
CENA: ARROZ GRANEADO + SALTADITO DE POLLO CON BROCOLI + INFUSION								
ARROZ SUPERIOR	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
PIMIENTA MORRON	8.00	0.12	0.04	0.62	0.48	0.36	2.46	3.30
CEBOLLA	10.00	0.14	0.02	1.13	0.56	0.18	4.52	5.26
ACEITE VEGETAL	8.00	0.00	8.00	0.00	0.00	72.00	0.00	72.00
BROCOLI	15.00	0.74	0.14	0.86	2.94	1.22	3.42	7.58
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		26.58	18.85	97.21	106.30	169.61	388.78	664.69
					V. C. CENA			664.69
					% DIST. CENA			27%
VCT (Gr.)		87.2	44.39	437.96				
VCT (Kcal.)		348.78	399.48	1751.75				
VCT (%)		14%	16%	70%				
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salveredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

29/01/2018 12/02/2018

MENÚ N° 9 23

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	25.00	3.40	1.45	16.58	13.60	13.05	66.30	92.95
QUESO	40.00	6.52	4.12	1.36	26.08	37.08	5.44	68.60
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	30.00	0.00	0.00	29.49	0.00	0.00	117.96	117.96
SUB TOTAL		17.48	5.75	104.85	69.92	51.75	419.38	541.05
					V.C. DESAYUNO			541.05
					% DIST. DESAYUNO			22%
ALMUERZO: ARROZ GRANEADO + AJIACO CON POLLO + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
POLLO CON HUESO	100.00	18.20	10.20	0.00	72.80	91.80	0.00	164.60
PAPA BLANCA	180.00	3.78	0.18	40.14	15.12	1.62	160.56	177.30
OLLUCO	100.00	1.10	0.10	14.30	4.40	0.90	57.20	62.50
AZUCAR RUBIA	40.00	0.00	0.00	39.32	0.00	0.00	157.28	157.28
CEBOLLA CHINA	20.00	0.46	0.08	1.50	1.84	0.72	6.00	8.56
CEBOLLA	28.00	0.39	0.06	3.16	1.57	0.50	12.66	14.73
TOMATE	30.00	0.24	0.06	1.29	0.96	0.54	5.16	6.66
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
VINAGRE	2.00	0.00	0.00	0.10	0.00	0.00	0.40	0.40
ACEITE VEGETAL	30.00	0.00	30.00	0.00	0.00	270.00	0.00	270.00
MENTA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PLATANO DE SEDA	160.00	2.40	0.48	33.60	9.60	4.32	134.40	148.32
SUB TOTAL		38.96	41.99	250.94	155.87	377.91	1003.78	1537.56
					V. C. ALMUERZO			1537.56
					% DIST. ALMUERZO			62%
CENA: MAIZENA CON LECHE + 02 PANES								
MAIENA	40.00	0.24	0.08	34.68	0.96	0.72	138.72	140.40
PAN FRANCES	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	27.00	0.00	0.00	26.54	0.00	0.00	106.16	106.16
SUB TOTAL		5.28	0.20	99.50	21.12	1.80	398.00	420.92
					V. C. CENA			420.92
					% DIST. CENA			17%
	VCT (Gr.)	61.72	47.94	455.29				
	VCT (Kcal.)	246.91	431.46	1821.16				
	VCT (%)	10%	17%	73%				
	V. C. T. MENU							2500

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4037

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P TRUJILLO VARONES,
TRUJILLO MUJERES Y PACASMAYO

30/01/2018 13/02/2018

MENÚ N° 10 24

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: LECHE DE SOYA + 03 PANES CON FRUTA (PLATANO)								
SOYA	30.00	8.46	5.67	10.71	33.84	51.03	42.840	127.71
PLATANO DE SEDA	150.00	2.25	0.45	31.50	9	4.05	126.000	139.05
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.680	261.54
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.300	98.30
SUB TOTAL		18.27	6.30	124.21	73.08	56.70	496.820	626.60
					V.C. DESAYUNO			626.60
					% DIST. DESAYUNO			25%
ALMUERZO: ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + ENSALDA +FRUTA + INFUSION								
ARROZ SUPERIOR	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	18.08	0.8	48.8	72.32	7.2	195.2	274.72
AJOS	3.00	0.17	0.02	0.91	0.67	0.22	3.65	4.54
CEBOLLA	30.00	0.42	0.06	3.39	1.68	0.54	13.56	15.78
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
TOMATE	30.00	0.24	0.06	1.29	0.96	0.54	5.16	6.66
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
ANIS	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NARAJA DE MESA	150.00	0.75	0.30	12.3	3.00	2.70	49.20	54.9
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
LIMON	2.00	0.01	0	0.19	0.04	0.04	0.78	0.86
SUB TOTAL		64.18	39.35	208.60	256.69	354.19	834.41	1445.29
					V. C. ALMUERZO			1445.29
					% DIST. ALMUERZO			58%
CENA: SOPA DE TRIGO CON POLLO								
TRIGO	40.00	3.44	0.6	29.48	13.76	5.4	117.92	137.08
POLLO	60.00	10.92	6.12	0.00	43.68	55.08	0.00	98.76
ZAPALLO	10.00	0.07	0.02	0.64	0.28	0.18	2.56	3.02
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	120.00	2.52	0.12	26.76	10.08	1.08	107.04	118.2
SUB TOTAL		18.03	12.27	61.75	72.10	110.47	246.99	429.56
					V. C. CENA			429.56
					% DIST. CENA			17%
VCT (Gr.)	100.48	57.92	394.56					
VCT (Kcal.)	401.87	521.36	1578.22					
VCT (%)	16%	21%	63%					
					V. C. T. MENU			2501

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
 LIC. NUTRICIÓN
 CNP: 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. TRUJILLO VARONES,
TRUJILLO MUJERES Y PACASMAYO

31/01/2018 14/02/2018

MENÚ N° 11 25

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: QUINUA CON MACA + 03 PANES + CONSERVA DE PESCADO EN SARZA								
QUINUA	25.00	3.40	1.45	16.58	13.60	13.05	66.30	92.95
MACA	25.00	2.95	0.40	16.60	11.80	3.60	66.40	81.8
ATUN	30.00	7.26	6.15	0.00	29.04	55.35	0.00	84.39
CEBOLLA	20.00	0.28	0.04	2.26	1.12	0.36	9.04	10.52
LIMON	0.50	0.00	0.00	0.05	0.01	0.01	0.19	0.21
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.3
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
SUB TOTAL		21.45	8.22	117.49	85.81	73.99	469.91	629.71
					V.C. DESAYUNO			629.71
					% DIST. DESAYUNO			25%
ALMUERZO: ARROZ GRANEADO + MOLLEJITAS CON VERDURAS + MENESTRA + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
MOLLEJA	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
AZUCAR RUBIA	28.00	0.00	0.00	27.52	0.00	0.00	110.10	110.10
TOMATE	20.00	0.16	0.04	0.86	0.64	0.36	3.44	4.44
BROCOLI	20.00	0.98	0.18	1.14	3.92	1.62	4.56	10.10
CEBOLLA	25.00	0.35	0.05	2.83	1.40	0.45	11.30	13.15
PEPINILLOS	10.00	0.05	0.01	0.26	0.20	0.09	1.04	1.33
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
SAL	1.00	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
ACEITE VEGETAL	22.00	0.00	22.00	0.00	0.00	198.00	0.00	198.00
MENTA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PLATANO DE SEDA	150.00	2.25	0.45	31.50	9.00	4.05	126.00	139.05
SUB TOTAL		54.04	33.12	232.12	216.18	298.12	928.48	1442.78
					V. C. ALMUERZO			1442.78
					% DIST. ALMUERZO			58%
CENA: CALDO DE FIDEOS + HUEVOS REVUELTOS								
FIDEOS SURTIDOS	40.00	3.76	0.08	31.28	15.04	0.72	125.12	140.88
HUEVOS	35.00	4.73	2.94	0.67	18.90	26.46	2.66	48.02
PAPA BLANCA	180.00	3.78	0.18	40.14	15.12	1.62	160.56	177.30
ZANAHORIA	10.00	0.06	0.05	0.92	0.24	0.45	3.68	4.37
ZAPALLO	15.00	0.11	0.03	0.96	0.42	0.27	3.84	4.53
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
PORO	10.00	0.27	0.08	0.76	1.08	0.72	3.04	4.84
APIO	10.00	0.07	0.02	0.48	0.28	0.18	1.92	2.38
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
OREGANO SECO	0.50	0.01	0.00	0.06	0.03	0.02	0.23	0.28
SUB TOTAL		12.79	8.38	75.27	51.11	75.44	301.05	427.60
					V. C. CENA			427.60
					% DIST. CENA			17%
	VCT (Gr.)	88.28	49.72	424.88				
	VCT (Kcal.)	353.1	447.55	1699.44				
	VCT (%)	14%	18%	68%				
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA


 Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO


 Rosa Caballero Salverredy
 LIC. NUTRICIÓN
 CNP: 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

01/02/2018 15/02/2018

MENÚ N° 12 26

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	30.00	3.99	1.20	21.60	15.96	10.80	86.40	113.16
LECHE EVAPORADA	70.00	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN FRANCES	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	25.00	0.00	0.00	111.23	0.00	0.00	98.30	98.30
SUB TOTAL		21.16	15.90	197.88	84.64	143.10	444.90	672.64
					V.C. DESAYUNO			672.64
					% DIST. DESAYUNO			27%
ALMUERZO: ARROZ GRANEADO + CAU CAU A LA CRIOLLA + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	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	2.46	3.05
ARVEJAS FRESCAS	30.00	2.13	0.18	5.64	8.52	1.62	22.56	32.70
ZANAHORIA	15.00	0.09	0.08	1.38	0.36	0.68	5.52	6.56
TOMATE	15.00	0.12	0.03	0.65	0.48	0.27	2.58	3.33
CEBOLLA	15.00	0.21	0.03	1.70	0.84	0.27	6.78	7.89
CHOCLO DESGRANADO	25.00	0.95	0.25	7.33	3.80	2.25	29.30	35.35
PAPA BLANCA	180.00	3.78	0.18	40.14	15.12	1.62	160.56	177.30
HIERBA BUENA	12.00	0.37	0.12	0.84	1.49	1.08	3.36	5.93
COMINO MOLIDO	1.00	0.11	0.12	0.29	0.46	1.12	1.14	2.72
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
ACEITE VEGETAL	10.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
NARANJA DE MESA	150.00	1.80	0.30	16.35	7.20	2.70	65.40	75.30
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		38.87	15.56	216.21	155.52	140.00	864.76	1160.28
					V. C. ALMUERZO			1160.28
					% DIST. ALMUERZO			46%
CENA: ARROZ GRANEADO + SALTADITO DE RES CON PAPAS + INFUSION								
ARROZ SUPERIOR	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
PAPA BLANCA	100.00	2.10	0.10	22.30	8.40	0.90	89.20	98.50
RES SIN HUESO	50.00	10.65	0.80	0.00	42.60	7.20	0.00	49.80
TOMATE	20.00	0.16	0.04	0.86	0.64	0.36	3.44	4.44
CEBOLLA	20.00	0.28	0.04	2.26	1.12	0.36	9.04	10.52
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	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
ACEITE VEGETAL	10.00	0.00	10.00	0.00	0.00	90.00	0.00	90.00
SAL	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		20.62	11.47	120.46	82.46	103.19	481.82	667.47
					V. C. CENA			667.47
					% DIST. CENA			27%
	VCT (Gr.)	80.65	42.93	534.55				
	VCT (Kcal.)	322.62	386.29	1791.48				
	VCT (%)	13%	15%	72%				
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salveredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P. TRUJILLO VARONES,
TRUJILLO MUJERES Y PACASMAYO

02/02/2018 16/02/2018

MENÚ N° 13 27

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	173.4
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.680	261.54
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.300	98.30
SUB TOTAL		16.28	22.74	98.00	65.12	204.66	391.98	661.76
					V.C. DESAYUNO			661.76
					% DIST. DESAYUNO			26%
ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
PESCADO	160.00	34.56	6.24	0.48	138.24	56.16	1.92	196.32
ARVEJITA 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
TOMATE	15.00	0.12	0.03	0.65	0.48	0.27	2.58	3.33
CEBOLLA	15.00	0.21	0.03	1.7	0.84	0.27	6.78	7.89
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
PIMIENTA MOLIDA	1.00	0.08	0.08	0.64	0.34	0.72	2.54	3.60
SAL	3.00	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	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
AZUCAR RUBIA	20.00	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	10.00	0.00	0.00	0	0.00	0.00	0	0
LIMA	150.00	0.9	0.6	8.85	3.60	5.4	35.40	44.4
SUB TOTAL		65.65	15.31	198.46	262.63	137.79	793.79	1194.21
					V. C. ALMUERZO			1194.21
					% DIST. ALMUERZO			48%
CENA: ARROZ GRANEADO CON SALTADITO DE MOLLEJAS CON PAPA + INFUSION								
ARROZ SUPERIOR	90.00	7.38	0.45	70.02	29.52	4.05	280.08	313.65
MOLLEJAS	80.00	16.4	5.60	1.28	65.60	50.40	5.12	121.12
PAPA BLANCA	120.00	2.52	0.12	26.76	10.08	1.08	107.04	118.2
ACEITE VEGETAL	3.00	0.00	3.00	0.00	0.00	27.00	0.00	27
CEBOLLA	15.00	0.21	0.03	1.70	0.84	0.27	6.78	7.89
TOMATE	15.00	0.12	0.03	0.65	0.48	0.27	2.58	3.33
AZUCAR RUBIA	15.00	0.00	0.00	14.75	0.00	0.00	58.98	58.98
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SAL	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		26.63	9.23	115.16	106.52	83.07	460.58	650.17
					V. C. CENA			650.17
					% DIST. CENA			26%
VCT (Gr.)		108.56	47.28	411.62				
VCT (Kcal.)		434.27	425.52	1646.35				
VCT (%)		17%	17%	66%				
					V. C. T. MENU			2506

CONTRATISTA

NUTRICIONISTA



Lauriano Garcia Idrogo
REPRESENTANTE DEL CONSORCIO



Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO N° 01 - A

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PARA INTERNOS (AS) DEL E.P TRUJILLO VARONES, TRUJILLO MUJERES Y PACASMAYO

03/02/2018 17/02/2018

MENÚ N° 14 28

ALIMENTO	PESO BRUTO	PROT	GRASAS	CARB.	K.CALORIAS PON NUTRIENTES			TOTAL
	(g)	(g)	(g)	(g)	PROT	GRASAS	CARB.	
DESAYUNO: CHUFLA + 03 PANES CON HOT DOG FRITO								
CHUFLA	30.00	2.70	1.35	22.14	10.80	12.15	88.56	111.51
HOT DOG DE POLLO	40.00	4.40	13.72	0.00	17.60	123.48	0.00	141.08
ACEITE VEGETAL	5.00	0.00	5.00	0.00	0.00	45.00	0.00	45.00
PAN FRANCES	90.00	7.56	0.18	57.42	30.24	1.62	229.68	261.54
AZUCAR RUBIA	25.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
SUB TOTAL		14.66	20.25	104.14	58.64	182.25	416.54	657.43
					V.C. DESAYUNO			657.43
					% DIST. DESAYUNO			26%
ALMUERZO: ARROZ GRANEADO + POLLO GUISADO + PAPA SANCOCHADA + ENSALADA + FRUTA + INFUSION								
ARROZ SUPERIOR	150.00	12.30	0.75	116.70	49.20	6.75	466.80	522.75
POLLO CON HUESO	160.00	29.12	16.32	0.00	116.48	146.88	0.00	263.36
PAPA BLANCA	200.00	4.20	0.20	44.60	16.80	1.80	178.40	197.00
AJOS	2.00	0.11	0.02	0.61	0.45	0.14	2.43	3.02
CEBOLLA	15.00	0.21	0.03	1.70	0.84	0.27	6.78	7.89
AJI AMARILLO	5.00	0.05	0.04	0.44	0.18	0.32	1.76	2.26
TOMATE	20.00	0.16	0.04	0.86	0.64	0.36	3.44	4.44
PEPINILLOS	15.00	0.08	0.02	0.39	0.30	0.14	1.56	2.00
ACEITE VEGETAL	15.00	0.00	15.00	0.00	0.00	135.00	0.00	135.00
MENTA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PLATANO DE SEDA	150.00	2.25	0.45	31.50	9.00	4.05	126.00	139.05
SAL	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR RUBIA	26.00	0.00	0.00	25.56	0.00	0.00	102.23	102.23
LIMON	2.00	0.01	0.00	0.19	0.04	0.04	0.78	0.86
SUB TOTAL		48.49	32.87	222.55	193.93	295.75	890.18	1379.86
					V. C. ALMUERZO			1379.86
					% DIST. ALMUERZO			55%
CENA: SOPA DE FIDEOS CON VERDURA + MENUDENCIA DE POLLO								
FIDEOS SURTIDO	50.00	4.70	0.10	39.10	18.80	0.90	156.40	176.10
MENUDENCIA POLLO	60.00	12.30	4.20	0.96	49.20	37.80	3.84	90.84
PORO	15.00	0.41	0.12	1.14	1.62	1.08	4.56	7.26
APIO	15.00	0.11	0.03	0.72	0.42	0.27	2.88	3.57
OREGANO SECO	1.00	0.02	0.01	0.11	0.06	0.05	0.45	0.56
ZANAHORIA	10.00	0.06	0.05	0.92	0.24	0.45	3.68	4.37
ZAPALLO	10.00	0.07	0.02	0.64	0.28	0.18	2.56	3.02
PAPA BLANCA	180.00	3.78	0.18	40.14	15.12	1.62	160.56	177.30
SAZONADOR BLANCO	0.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		21.45	4.71	83.73	85.74	42.35	334.93	463.02
					V. C. CENA			463.02
					% DIST. CENA			19%
	VCT (Gr.)	84.6	57.83	410.42				
	VCT (Kcal.)	338.31	520.35	1641.65				
	VCT (%)	14%	21%	66%				
					V. C. T. MENU			2500

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

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**RELACIÓN DE MENÚS PROPUESTOS PARA NIÑOS DEL E.P. TRUJILLO MUJERES Y PACASMAYO
DEL 21 DE ENERO AL 20 DE FEBRERO DE 2018**

MENÚ CON APOORTE MÍNIMO DE 750 KILOCALORIAS POR DÍA

N°	FECHA	DESAYUNO	MEDIA MAÑANA	ALMUERZO	MEDIA TARDE	CENA
1	DOMINGO	LECHE + 01 PAN CON	COMPOTA DE	ARROZ GRANEADO + CERDO	MAZAMORRA	SOPA DE TRIGO +
	21/01/2018	PESCADO FRITO	MANZANA	A LA PARRILLA + CAMOTE + ENSALADA + INFUSION	MORADA	POLLO + INFUSION INFUSIÓN
2	LUNES	QUINUA CON	JUGO DE	ARROZ GRANEADO + PESCADO	MAZAMORRA DE	ARROZ GRANEADO +
	22/01/2018	LECHE + 01 PAN CON HOT DOG	MANGO	FRITO + PURE DE ZAPALLO + ENSALADA + FRUTA + INFUSIÓN	NARANJA	LOCRO DE ZAPALLO + INFUSION
3	MARTES	KIWICHA CON	FRESA CON	ARROZ GRANEADO +	MANZANA AL	ARROZ GRANEADO +
	23/01/2018	LECHE + 01 PAN CON QUESO	LECHE	SALTADITO DE RES + MENESTRA + INFUSION	ALMIBAR	PESCADO A LA PLANCHA CON YUCA + INFUSION
4	MIERCOLES	AVENA CON LECHE +	JUGO DE	ARROZ GRANEADO + ASADO	PLATANO DE	SOPA DE FIDEO +
	24/01/2018	01 PAN CON MERMELEDA	PAPAYA	DE RES + MENESTRA + LIMONADA	SEDA	POLLO + INFUSION
5	JUEVES	SOYA + 01 PAN CON	LECHE	ARROZ GRANEADO + POLLO	MAZAMORRA	LECHE EVAPORADA +
	25/01/2018	HUEVO SANCOCHADO		MECHADO + MENESTRA + ENSALADA + INFUSION	MORADA	01 PAN
6	VIERNES	LECHE + 01 PAN CON	PLATANO DE	ARROZ GRANEADO + GALLINA	MAIZENA CON	ARROZ GRANEADO +
	26/01/2018	POLLO	LA ISLA PICADO	AL SILLAO CON PAPA + ENSALADA + INFUSION	LECHE	TORTILLA DE ESPINACA + INFUSION
7	SABADO	AVENA CON LECHE +	JUGO DE	ARROZ GRANEADO + POLLO	MANZANA PICADA	LECHE EVAPORADA
	27/01/2018	01 PAN CON ACEITUNA	PAPAYA	A LA PLANCHA + PAPA FRITA + ENSALADA + LIMONADA	EN ALMIBAR	
8	DOMINGO	LECHE CON +	MANGO CON	ARROZ GRANEADO + HIGADO	COMPOTA DE	SOPA DE SEMOLA +
	28/01/2018	01 PAN CON ATUN	LECHE	FRITO + PURE DE ESPINACA + ENSALADA + INFUSION	MANZANA	POLLO + INFUSION
9	LUNES	LECHE + 01 PAN CON	JUGO DE	ARROZ GRANEADO + PESCADO	PIÑA EN	AGUADITO CON
	29/01/2018	HUEVO DURO	MANGO	FRITO + MENESTRA + ENSALADA + FRUTA + INFUSIÓN	ALMIBAR	MENUDENCIA DE POLLO + INFUSIÓN
10	MARTES	KIWICHA CON	FRESA CON	ARROZ GRANEADO + SALTADITO	MANZANA EN	SOPA A LA MINUTA
	30/01/2018	LECHE + 01 PAN CON QUESO	LECHE	DE RES + MENESTRA + INFUSIÓN	ALMIBAR	CON POLLO + INFUSIÓN
11	MIERCOLES	LECHE CON AVENA	PAPAYA	ARROZ GRANEADO + PAVITA A LA	PLATANO DE	SOPA DE AVENA +
	31/01/2018	+ 01 PAN CON MANJAR BLANCO	LICUADA	OLLA + MENESTRA + LIMONADA	SEDA	POLLO + INFUSION
12	JUEVES	SOYA + 01 PAN CON	LECHE	ARROZ GRANEADO +	MAZAMORRA	LECHE EVAPORADA
	01/02/2018	JAMONADA		PICADILLO DE POLLO + MENESTRA + INFUSION	MORADA	+ 01 PAN
13	VIERNES	LECHE + 01 PAN CON	PLATANO DE	ARROZ GRANEADO +	MAZAMORRA DE	SOPA DE SEMOLA +
	02/02/2018	PALTA	SEDA PICADO	GALLINA GUISADA CON PAPA + ENSALADA + INFUSION	NARANJA	CARNE DE RES + INFUSION
14	SABADO	AVENA CON LECHE	JUGO DE	ARROZ GRANEADO + POLLO	MANZANA PICADA	LECHE EVAPORADA
	03/02/2018	+ 01 PAN CON ACEITUNA	PAPAYA	AL SILLAO + MENESTRA + ENSALADA + LIMONADA	EN ALMIBAR	
15	DOMINGO	LECHE + 01 PAN CON	COMPOTA DE	ARROZ GRANEADO + CERDO	MAZAMORRA	SOPA DE TRIGO +
	04/02/2018	PESCADO FRITO	MANZANA	A LA PARRILLA + CAMOTE + ENSALADA + INFUSION	MORADA	POLLO + INFUSION INFUSIÓN

CONTRATISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

NUTRICIONISTA


Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

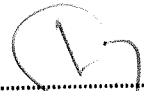
**RELACIÓN DE MENÚS PROPUESTOS PARA NIÑOS DEL E.P. TRUJILLO MUJERES Y PACASMAYO
DEL 21 DE ENERO AL 20 DE FEBRERO DE 2018**

MENÚ CON APOORTE MÍNIMO DE 750 KILOCALORIAS POR DÍA

Nº	FECHA	DESAYUNO	MEDIA MAÑANA	ALMUERZO	MEDIA TARDE	CENA
16	LUNES	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
	05/02/2018					
17	MARTES	KIWICHA CON LECHE + 01 PAN CON QUESO	FRESA CON LECHE	ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSION	MANZANA AL ALMIBAR	ARROZ GRANEADO + PESCADO A LA PLANCHA CON YUCA + INFUSION
	06/02/2018					
18	MIERCOLES	AVENA CON LECHE + 01 PAN CON MERMELEDA	JUGO DE PAPAYA	ARROZ GRANEADO + ASADO DE RES + MENESTRA + LIMONADA	PLATANO DE SEDA	SOPA DE FIDEO + POLLO + INFUSION
	07/02/2018					
19	JUEVES	SOYA + 01 PAN CON HUEVO SANCOCHADO	LECHE	ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	08/02/2018					
20	VIERNES	LECHE + 01 PAN CON POLLO	PLATANO DE LA ISLA PICADO	ARROZ GRANEADO + GALLINA AL SILLAO CON PAPA + ENSALADA + INFUSION	MAIZENA CON LECHE	ARROZ GRANEADO + TORTILLA DE ESPINACA + INFUSION
	09/02/2018					
21	SABADO	AVENA CON LECHE + 01 PAN CON ACEITUNA	JUGO DE PAPAYA	ARROZ GRANEADO + POLLO A LA PLANCHA + PAPA FRITA + ENSALADA + LIMONADA	MANZANA PICADA EN ALMIBAR	LECHE EVAPORADA
	10/02/2018					
22	DOMINGO	LECHE CON + 01 PAN CON ATUN	MANGO CON LECHE	ARROZ GRANEADO + HIGADO FRITO + PURE DE ESPINACA + ENSALADA + INFUSION	COMPOTA DE MANZANA	SOPA DE SEMOLA + POLLO + INFUSION
	11/02/2018					
23	LUNES	LECHE + 01 PAN CON HUEVO DURO	JUGO DE MANGO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSIÓN	PIÑA EN ALMIBAR	AGUADITO CON MENUENCIA DE POLLO + INFUSIÓN
	12/02/2018					
24	MARTES	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
	13/02/2018					
25	MIERCOLES	LECHE CON AVENA + 01 PAN CON MANJAR BLANCO	PAPAYA LICUADA	ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + LIMONADA	PLATANO DE SEDA	SOPA DE AVENA + POLLO + INFUSION
	14/02/2018					
26	JUEVES	SOYA + 01 PAN CON JAMONADA	LECHE	ARROZ GRANEADO + PICADILLO DE POLLO + MENESTRA + INFUSION	MAZAMORRA MORADA	LECHE EVAPORADA + 01 PAN
	15/02/2018					
27	VIERNES	LECHE + 01 PAN CON POLLO	PLATANO DE LA ISLA PICADO	ARROZ GRANEADO + GALLINA AL SILLAO CON PAPA + ENSALADA + INFUSION	MAIZENA CON LECHE	ARROZ GRANEADO + TORTILLA DE ESPINACA + INFUSION
	16/02/2018					
28	SABADO	AVENA CON LECHE + 01 PAN CON ACEITUNA	JUGO DE PAPAYA	ARROZ GRANEADO + POLLO A LA PLANCHA + PAPA FRITA + ENSALADA + LIMONADA	MANZANA PICADA EN ALMIBAR	LECHE EVAPORADA
	17/02/2018					
29	DOMINGO	LECHE CON + 01 PAN CON ATUN	MANGO CON LECHE	ARROZ GRANEADO + HIGADO FRITO + PURE DE ESPINACA + ENSALADA + INFUSION	COMPOTA DE MANZANA	SOPA DE SEMOLA + POLLO + INFUSION
	18/02/2018					
30	LUNES	LECHE + 01 PAN CON HUEVO DURO	JUGO DE MANGO	ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSIÓN	PIÑA EN ALMIBAR	AGUADITO CON MENUENCIA DE POLLO + INFUSIÓN
	19/02/2018					
31	MARTES	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
	20/02/2018					

CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P DE TRUJILLO MUJERES Y PACASMAYO

MENÚ N° 1 15 29

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: LECHE + 01 PAN CON PESCADO FRITO									
LECHE EVAPORADA	100.00	143.00	7.00	8.10	10.90	28.00	72.90	43.60	144.50
PAN FRANCES	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		261.02	20.32	10.11	38.05	81.28	90.99	152.22	324.49
						VCT. DES.	324.49		20%

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

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

MEDIA TARDE MAZAMORRA MORADA									
PAPAYA	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	5.00	0.00	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		159.45	1.95	0.89	41.31	7.78	8.01	165.22	181.01
						VCT. DES.	181.01		11%

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	80.00	122.41	14.56	8.16	0.00	58.24	73.44	0.00	131.68
PAPA AMARILLA	25.00	24.46	0.50	0.10	5.83	2.00	0.90	23.30	26.20
AZUCAR REFINADA	18.00	69.12	0.00	0.00	17.69	0.00	0.00	70.78	70.78
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		309.49	17.43	8.69	43.31	69.72	78.21	173.22	321.15
						VCT. CEN	321.15		20%

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

VCT. MENU	1611	100%
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CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO MUJERES Y PACASMAYO

MENÚ N° 2 16 30

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

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

ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + PURE DE ZAPALLO + ENSALADA + FRUTA + INFUSIÓN									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	20.00	176.80	0.00	20.00	0.00	0.00	180.00	0.00	180.00
PESCADO	80.00	92.88	17.28	3.12	0.24	69.12	28.08	0.96	98.16
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
TOMATE	20.00	3.76	0.16	0.04	0.86	0.64	0.36	3.44	4.44
NARANJA DE MESA	50.00	17.10	0.60	0.10	5.45	2.40	0.90	21.80	25.10
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
PAPA AMARILLA	35.00	34.25	0.70	0.14	8.16	2.80	1.26	32.62	36.68
MARGARINA	7.00	50.40	0.04	5.67	0.02	0.17	51.03	0.08	51.28
ZAPALLO	20.00	5.20	0.14	0.04	1.28	0.56	0.36	5.12	6.04
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		623.81	24.12	29.45	69.87	96.49	285.05	279.44	640.98
						VCT. ALM.	640.98		38%

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

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

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

VCT. MENU	1692.56	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salveredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO MUJERES Y PACASMAYO

MENÚ N° 3 17 31

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			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 FRANCES	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		21%

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
AZUCAR 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		12%

ALMUERZO: ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSIÓN									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
CARNE DE RES	70.00	66.15	14.91	1.12	0.00	59.64	10.08	0.00	69.72
CEBOLLA	5.00	2.21	0.07	0.01	0.57	0.28	0.09	2.26	2.63
TOMATE	5.00	0.94	0.04	0.01	0.22	0.16	0.09	0.86	1.11
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
AZUCAR REFINADA	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		551.50	33.50	7.04	88.99	134.00	63.36	355.90	553.26
						VCT. ALM.	553.26		37%

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	10.00	0.00	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		72.90	0.45	0.15	31.73	1.80	1.35	126.92	130.07
						VCT. DES.	130.07		9%

CENA ARROZ GRANEADO + PESCADO A LA PLANCHA CON YUCA + INFUSIÓN									
ARROZ SUPERIOR	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
YUCA	25.00	40.50	0.20	0.05	0.80	0.80	0.45	39.30	40.55
PESCADO	60.00	69.66	12.96	2.34	51.84	51.84	21.06	0.72	73.62
TOMATE	5.00	0.94	0.04	0.01	0.16	0.16	0.09	0.86	1.11
CEBOLLA	5.00	2.21	0.07	0.01	0.28	0.28	0.09	2.26	2.63
ACEITE VEGETAL	2.00	17.68	0.00	2.00	0.00	0.00	18.00	0.00	18.00
AZUCAR REFINADA	5.00	19.20	0.00	0.00	0.00	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		329.68	17.37	4.66	91.98	68.48	41.94	218.40	329.82
						VCT. CEN	329.82		22%

VCT (Gr.)	70.58	27.85	281.01
VCT (Kcal.)	282.32	250.65	974.44
VCT (%)	19%	17%	65%

VCT. MENU	1507	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salveredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO
MUJERES Y PACASMAYO

MENÚ N° 4 18

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			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 FRANCES	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
MERMELADA	7.00	14.98	0.30	0.01	4.10	0.11	0.13	16.41	16.65
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		290.98	10.38	6.54	50.19	40.43	58.90	200.75	300.08
						VCT. DES.	300.08		20%

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

ALMUERZO: ARROZ GRANEADO + ASADO DE RES + MENESTRA + LIMONADA									
ARROZ SUPERIOR	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
ACEITE VEGETAL	8.00	70.72	0.00	8.00	0.00	0.00	72.00	0.00	72.00
CARNE DE RES	70.00	66.15	14.91	1.12	0.00	59.64	10.08	0.00	69.72
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
TOMATE	5.00	0.94	0.04	0.01	0.22	0.16	0.09	0.86	1.11
AZUCAR REFINADA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
CEBOLLA	5.00	2.21	0.07	0.01	0.57	0.28	0.09	2.26	2.63
SUB TOTAL		619.23	32.69	9.99	101.08	130.76	89.95	404.20	624.91
						VCT. ALM.	624.91		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		9%

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	80.00	122.40	14.56	8.16	0.00	58.24	73.44	0.00	131.68
AZUCAR REFINADA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
HIERBA LUISA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		279.40	17.00	8.31	36.91	68.00	74.81	147.64	290.45
						VCT. CEN	290.45		20%

VCT (Gr.)	62.88	25.43	250.80
VCT (Kcal.)	182.43	154.16	855.51
VCT (%)	12%	10%	58%
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CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salveredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO
MUJERES Y PACASMAYO

MENÚ N° 5 19

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: SOPA + 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 FRANCES	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
HUEVOS ROSADOS	50.00	0.00	6.75	4.20	0.95	27.00	37.80	3.80	68.60
AZUCAR REFINADA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
SUB TOTAL		225.10	14.91	8.04	41.98	59.64	72.36	187.90	299.90
						VCT. DES.	299.90		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		9%

ALMUERZO: ARROZ GRANEADO + POLLO MECHADO + MENESTRA + ENSALADA + INFUSION									
ARROZ SUPERIOR	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
ACEITE VEGETAL	8.00	70.72	0.00	8.00	0.00	0.00	72.00	0.00	72.00
TOMATE	15.00	2.82	0.12	0.03	0.65	0.48	0.27	2.58	3.33
CEBOLLA	15.00	6.62	0.21	0.03	1.70	0.84	0.27	6.78	7.89
POLLO	120.00	183.60	21.84	12.24	0.00	87.36	110.16	0.00	197.52
FREJOL CANARIO	25.00	84.75	5.48	0.53	15.05	21.90	4.73	60.20	86.83
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		604.81	31.75	21.08	75.96	128.98	189.68	303.80	620.46
						VCT. ALM.	620.46		41%

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	3.00	0.00	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		141.60	1.58	0.72	35.53	6.32	6.48	142.12	154.92
						VCT. DES.	154.92		10%

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 FRANCES	3.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
AZUCAR REFINADA	8.00	30.72	0.00	0.00	7.86	0.00	0.00	31.46	31.46
SUB TOTAL		296.77	11.27	10.19	40.63	45.08	91.67	162.52	289.27
						VCT. CEN	299.27		20%

VCT (Kcal.)	260.42	418.51	830.88
VCT (%)	17%	28%	55%

VCT. MENU	1510	100%
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CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO MUJERES Y PACASMAYO

MENÚ N° 6 20

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

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		9%

ALMUERZO: ARROZ GRANEADO + GALLINA ALSILLAO CON PAPA+ ENSALADA + INFUSIÓN									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
CARNE DE GALLINA	120.00	129.60	24.72	4.32	0.00	98.88	38.88	0.00	137.76
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
LIMON	1.00	0.15	0.01	0.00	0.10	0.02	0.02	0.39	0.43
SILLAO	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
PAPA AMARILLA	40.00	39.14	0.80	0.16	9.32	3.20	1.44	37.28	41.92
AZUCAR REFINADA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
MANZANILLA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		579.39	30.81	14.84	83.37	123.22	133.58	333.45	580.25
						VCT.ALM.	580.25		39%

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		12%

CENA ARROZ GRANEADO + TORTILLA DE ESPINACA + INFUSIÓN									
ARROZ SUPERIOR	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	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		289.27	11.12	7.53	45.83	44.48	67.77	183.30	295.55
						VCT.CEN	295.55		20%

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

VCT. MENU	1509	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO MUJERES Y PACASMAYO

MENÚ N° 7 21

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			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 FRANCES	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	11.46	2.24	1.26	45.92	49.42
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		117.12	0.56	0.14	31.12	2.24	1.26	124.56	128.06
							VCT. DES.	128.06	7%

ALMUERZO: ARROZ GRANEADO + POLLO A LA PLANCHA + PAPA FRITA + ENSALADA + LIMONADA									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	20.00	176.80	0.00	20.00	0.00	0.00	180.00	0.00	180.00
POLLO	120.00	183.60	21.84	12.24	0.00	87.36	110.16	0.00	197.52
PAPA BLANCA	35.00	32.25	0.74	0.04	7.81	2.94	0.32	31.22	34.48
TOMATE	15.00	2.82	0.12	0.03	0.65	0.48	0.27	2.58	3.33
CEBOLLA	15.00	6.62	0.21	0.03	1.70	0.84	0.27	6.78	7.89
AZUCAR REFINADA	28.00	107.52	0.00	0.00	27.52	0.00	0.00	110.10	110.10
LIMON	5.00	0.77	0.03	0.01	0.49	0.10	0.09	1.94	2.13
SUB TOTAL		725.78	27.88	32.65	84.85	111.40	293.81	339.34	744.55
							VCT. ALM.	744.55	43%

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	20.00	76.80	0.00	0.00	19.66	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	10%

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

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

VCT. MENU	1744	100%
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CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO MUJERES Y PACASMAYO

MENÚ N° 8 22

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

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	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
AZUCAR REFINADA	4.00	15.36	0.00	0.00	3.93	0.00	0.00	15.73	15.73
SUB TOTAL		185.18	5.46	5.95	33.82	21.84	53.55	135.29	210.68
						VCT. DES.	210.68		12%

ALMUERZO: ARROZ GRANEADO + HIGADO FRITO + CON PURE DE ESPINACA + ENSALADA + INFUSIÓN									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	20.00	176.80	0.00	20.00	0.00	0.00	180.00	0.00	180.00
HIGADO DE RES	80.00	101.60	16.00	3.68	0.00	64.00	33.12	0.00	97.12
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
PAPA BLANCA	25.00	23.04	0.53	0.03	5.58	2.10	0.23	22.30	24.63
TOMATE	20.00	3.76	0.16	0.04	0.86	0.64	0.36	3.44	4.44
ESPINACA	20.00	4.48	0.38	0.12	1.26	1.52	1.08	5.04	7.64
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		610.70	22.27	24.21	76.30	89.08	217.85	305.18	612.09
						VCT. ALM.	612.09		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	12.00	0.00	0.00	0.00	11.80	0.00	0.00	47.18	47.18
SUB TOTAL		145.28	0.55	0.18	51.31	2.21	1.68	205.24	209.11
						VCT. DES.	209.11		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	80.00	122.40	14.56	8.16	0.00	58.24	73.44	0.00	131.68
AZUCAR REFINADA	2.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		321.78	17.36	8.83	46.83	69.43	77.63	186.52	333.58
						VCT. CEN	333.58		20%

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

VCT. MENU	1704	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
GNP: 4672

06

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO MUJERES Y PACASMAYO

MENÚ N° 9 23

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			DIST. CAL % POR MENÚ
	(g)	(g)	(g)	(g)	(g)	PROT	GRASAS	CHO	
DESAYUNO: LECHE + 01 PAN CON HUEVO DURO									
PAN FRANCES	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
LECHE EVAPORADA	100.00	143.00	7.00	8.10	10.90	28.00	72.90	43.60	144.50
HUEVOS ROSADOS	50.00	0.00	6.75	4.20	0.95	27.00	37.80	3.80	68.60
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		249.50	16.27	12.36	35.91	65.08	111.24	143.82	319.94
						VCT. DES.	319.94		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	8.00	30.72	0.00	0.00	7.86	0.00	0.00	31.46	31.46
SUB TOTAL		105.42	0.60	0.30	31.71	2.40	2.70	126.86	131.96
						VCT. DES.	132		8%

ALMUERZO: ARROZ GRANEADO + PESCADO FRITO + MENESTRA + ENSALADA + FRUTA + INFUSIÓN									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	6.00	53.04	0.00	6.00	0.00	0.00	54.00	0.00	54.00
PESCADO	80.00	92.88	17.28	3.12	0.24	69.12	28.08	0.96	98.16
CEBOLLA	20.00	8.82	0.28	0.04	2.26	1.12	0.36	9.04	10.52
TOMATE	20.00	3.76	0.16	0.04	0.86	0.64	0.36	3.44	4.44
NARANJA DE MESA	50.00	17.10	0.60	0.10	5.45	2.40	0.90	21.80	25.10
AZUCAR REFINADA	25.00	96.00	0.00	0.00	24.58	0.00	0.00	98.30	98.30
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		697.60	38.28	11.52	116.73	145.04	103.68	486.90	715.62
						VCT. ALM.	715.62		45%

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	8.00	30.72	0.00	0.00	7.86	0.00	0.00	31.46	31.46
SUB TOTAL		64.77	0.56	0.28	21.58	2.24	2.52	86.34	91.10
						VCT. DES.	91.10		6%

CENA AGUADITO CON MENUDENCIA DE POLLO + INFUSION									
ARROZ SUPERIOR	20.00	71.80	1.64	0.10	15.56	6.56	0.90	62.24	69.70
PAPA AMARILLA	25.00	24.46	0.50	0.10	5.83	2.00	0.90	23.30	26.20
HIGADO DE POLLO	80.00	125.60	16.40	5.60	1.28	65.60	50.40	5.12	121.12
ZANAHORIA	15.00	5.84	0.09	0.08	1.38	0.36	0.68	5.52	6.56
PORO	15.00	6.00	0.41	0.12	1.14	1.62	1.08	4.56	7.26
APIO	15.00	2.99	0.11	0.03	0.72	0.42	0.27	2.88	3.57
ZAPALLO	15.00	3.90	0.11	0.03	0.96	0.42	0.27	3.84	4.53
MANZANILLA	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		317.39	19.26	6.06	46.53	78.98	54.50	186.10	317.58
						VCT. CEN	317.58		20%

VCT (Gr.)	72.95	30.52	252.46
VCT (Kcal)	291.74	274.64	1009.82
VCT (%)	19%	17%	64%

VCT. MENU	1576.20	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4673

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO MUJERES Y PACASMAYO

MENÚ N° 10 24

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			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
LECHE EVAPORADA	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN FRANCES	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
QUESO	20.00	0.00	3.26	2.06	0.68	13.04	18.54	2.72	34.30
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		282.00	13.38	9.21	45.27	53.52	82.89	181.06	317.47
						VCT. DES.	317.47		20%

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
AZUCAR REFINADA	8.00	30.72	0.00	0.00	7.86	0.00	0.00	31.46	31.46
SUB TOTAL		188.22	5.88	6.79	27.95	23.52	61.11	111.82	198.45
						VCT. DES.	198		12%

ALMUERZO: ARROZ GRANEADO + SALTADITO DE RES + MENESTRA + INFUSIÓN									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	12.00	106.08	0.00	12.00	0.00	0.00	108.00	0.00	108.00
CARNE DE RES	70.00	66.15	14.91	1.12	0.00	59.64	10.08	0.00	69.72
CEBOLLA	15.00	6.62	0.21	0.03	1.70	0.84	0.27	6.78	7.89
TOMATE	15.00	2.82	0.12	0.03	0.65	0.48	0.27	2.58	3.33
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
AZUCAR REFINADA	15.00	57.60	0.00	0.00	14.75	0.00	0.00	58.98	58.98
MANZANILLA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		658.07	33.72	14.08	100.38	134.88	128.72	401.46	663.06
						VCT. ALM.	663.06		41%

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	0.00	0.00	0.00	0.00	0.00	0.00	19.66	19.66
SUB TOTAL		72.90	0.45	0.15	21.90	1.80	1.35	107.26	110.41
						VCT. DES.	110.41		7%

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	60.00	91.80	10.92	6.12	0.00	43.68	55.08	0.00	98.76
PORO	10.00	4.00	0.27	0.08	0.76	1.08	0.72	3.04	4.84
APIO	10.00	2.00	0.07	0.02	0.48	0.28	0.18	1.92	2.38
ZANAHORIA	10.00	3.90	0.06	0.05	0.92	0.24	0.45	3.68	4.37
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		305.38	14.51	6.36	50.29	58.04	57.24	201.16	318.44
						VCT. CEN	318.44		20%

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

VCT. MENU	1604	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

04

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO MUJERES Y PACASMAYO

MENÚ N° 11 25

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			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	70.00	100.10	4.90	5.67	7.63	19.60	51.03	30.52	101.15
PAN FRANCES	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	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		298.54	10.63	7.17	49.85	42.53	64.57	199.38	306.48
						VCT. DES.	306.48		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	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		78.72	0.56	0.14	21.31	2.24	1.26	85.24	88.74
						VCT. DES.	88.74		6%

ALMUERZO: ARROZ GRANEADO + PAVITA A LA OLLA + MENESTRA + LIMONADA									
ARROZ SUPERIOR	50.00	179.50	4.10	0.25	38.90	16.40	2.25	155.60	174.25
ACEITE VEGETAL	2.00	17.68	0.00	2.00	0.00	0.00	18.00	0.00	18.00
PAVITA	120.00	289.44	24.12	24.24	0.00	96.48	218.16	0.00	314.64
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
TOMATE	5.00	0.94	0.04	0.01	0.22	0.16	0.09	0.86	1.11
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
LIMON	2.00	0.31	0.01	0.00	0.19	0.04	0.04	0.78	0.86
CEBOLLA	5.00	2.21	0.07	0.01	0.57	0.28	0.09	2.26	2.63
SUB TOTAL		705.00	41.90	27.11	79.43	167.60	244.03	317.70	729.33
						VCT. ALM.	729.33		48%

MEDIA TARDE PLATANO DE SEDA									
PLATANO DE SEDA	140.00	79.02	2.10	0.42	29.40	8.40	3.78	117.60	129.78
SUB TOTAL		79.02	2.10	0.42	29.40	8.40	3.78	117.60	129.78
						VCT. DES.	129.78		8%

CENA SOPA DE AVENA + POLLO + INFUSION									
AVENA	20.00	69.40	2.66	0.80	14.40	10.64	7.20	57.60	75.44
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
POLLO	80.00	122.40	14.56	8.16	0.00	58.24	73.44	0.00	131.68
AZUCAR REFINADA	16.00	61.44	0.00	0.00	15.73	0.00	0.00	62.91	62.91
HIERBA LUISA	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		297.44	17.22	13.96	30.13	68.88	125.64	120.51	315.03
						VCT. CEN	315.03		20%

VCT (Gr.)	72.41	48.80	210.12
VCT (Kcal.)	220.77	313.64	719.92
VCT (%)	14%	20%	46%

VCT. MENU	1569	100%
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CONTRATISTA

NUTRICIONISTA

Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO

Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO
MUJERES Y PACASMAYO

MENÚ N° 12 28

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			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 FRANCES	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 SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	5.00	44.20	0.00	5.00	0.00	0.00	45.00	0.00	45.00
TOMATE	10.00	1.88	0.08	0.02	0.43	0.32	0.18	1.72	2.22
CEBOLLA	10.00	4.41	0.14	0.02	1.13	0.56	0.18	4.52	5.26
POLLO	80.00	122.40	14.56	8.16	0.00	58.24	73.44	0.00	131.68
FREJOL CANARIO	25.00	84.75	5.48	0.53	15.05	21.90	4.73	60.20	86.83
AZUCAR REFINADA	12.00	46.80	0.00	0.00	11.80	0.00	0.00	47.18	47.18
ANIS	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SUB TOTAL		519.84	25.18	14.03	75.09	100.70	128.23	300.34	527.27
						VCT. ALM.	527.27		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%

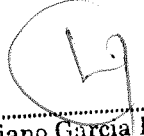
CENA LECHE EVAPORADA + 01 PAN									
LECHE EVAPORADA	125.00	178.75	8.75	10.13	13.63	35.00	91.13	54.50	180.63
PAN FRANCES	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
AZUCAR REFINADA	5.00	19.20	0.00	0.00	4.92	0.00	0.00	19.66	19.66
SUB TOTAL		285.25	11.27	10.19	37.69	45.08	91.67	150.72	287.47
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

VCT (Kcal.)	225.30	384.94	840.20
VCT (%)	16%	27%	58%

VCT. MENU	1450	100%
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CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
LIC. NUTRICIÓN
CNP: 4672

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO
MUJERES Y PACASMAYO

MENÚ N° 13 27

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

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

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

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

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

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

VCT. MENU	1404	100%
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CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
 REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salveredy
 LIC. NUTRICIÓN
 CNP: 4672

01

FORMATO - B

DOSIFICACIÓN, COMPOSICIÓN Y VALOR CALÓRICO TOTAL DEL MENÚ PROPUESTO PARA NIÑOS DE LOS E.P. DE TRUJILLO MUJERES Y PACASMAYO

MENÚ N° 14 28

ALIMENTO	PESO BRUTO	KCAL.	PROT	GRASAS	CHO	K.CALORIAS PON NUTRIENTES			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 FRENCES	30.00	0.00	2.52	0.06	19.14	10.08	0.54	76.56	87.18
ACEITUNA	25.00	0.00	0.20	8.03	1.83	0.80	72.23	7.30	80.33
AZUCAR REFINADA	3.00	11.52	0.00	0.00	2.95	0.00	0.00	11.80	11.80
SUB TOTAL		181.02	10.28	14.56	45.95	41.12	131.00	183.78	355.90
						VCT. DES.	355.90		20%

MEDIA MAÑANA JUGO DE PAPAYA									
PAPAYA	140.00	40.32	0.56	0.14	11.48	2.24	1.26	45.92	49.42
AZUCAR REFINADA	20.00	76.80	0.00	0.00	19.66	0.00	0.00	78.64	78.64
SUB TOTAL		117.12	0.56	0.14	31.14	2.24	1.26	124.56	128.06
						VCT. DES.	128.06		7%

ALMUERZO: ARROZ GRANEADO + POLLO AL SILLAO + MENESTRA + ENSALADA + LIMONADA									
ARROZ SUPERIOR	60.00	215.40	4.92	0.30	46.68	19.68	2.70	186.72	209.10
ACEITE VEGETAL	10.00	88.40	0.00	10.00	0.00	0.00	90.00	0.00	90.00
POLLO	120.00	183.60	21.84	12.24	0.00	87.36	110.16	0.00	197.52
LENTEJAS SECAS	60.00	203.40	13.56	0.60	36.60	54.24	5.40	146.40	206.04
TOMATE	20.00	3.76	0.16	0.04	0.86	0.64	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		800.15	40.79	23.23	111.47	163.14	209.07	445.84	818.05
						VCT. ALM.	818.05		46%

MEDIA TARDE MANZANA PICADA EN ALMIBAR									
MANZANA	150.00	72.90	0.45	0.15	21.90	1.80	1.35	87.60	90.75
AZUCAR REFINADA	10.00	38.40	0.00	0.00	9.83	0.00	0.00	39.32	39.32
SUB TOTAL		111.30	0.45	0.15	31.73	1.80	1.35	126.92	130.07
						VCT. DES.	130.07		7%

CENA LECHE EVAPORADA									
LECHE EVAPORADA	125.00	178.75	8.75	10.13	13.63	35.00	91.13	54.50	180.63
PAN FRANCES	30.00	87.30	2.52	0.06	19.14	10.08	0.54	76.56	87.18
AZUCAR REFINADA	22.00	84.48	0.00	0.00	21.63	0.00	0.00	86.50	86.50
SUB TOTAL		350.53	11.27	10.19	54.40	45.08	91.67	217.56	354.31
						VCT. CEN.	354.31		20%

VCT (Gr.)	63.35	48.27	274.69
VCT (Kcal.)	253.38	434.35	1098.66
VCT (%)	14%	24%	62%

VCT. MENU	1786	100%
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CONTRATISTA

NUTRICIONISTA


Lauriano García Idrogo
REPRESENTANTE DEL CONSORCIO


Rosa Caballero Salverredy
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CNP: 4672

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