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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *МОУ начальная школа - детский сад п. Красная Горка* | | | | | | |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **29 мая 2023 г.** | | | | | | | | |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **ЛАГЕРЬ ОБЕД** | | | | | | | | | | | | | | |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Сбор-** **ник** **рецеп-** **тур** | | **№** **техн.** **карты** | **Наименование блюда** | | | | | **Выход** | | **Химический состав** | | | | | **Энерге-** **тическая** **ценность,** **ккал** | |
| **Белки, г** | | **Жиры, г** | | **Угле-** **воды, г** |
| **Обед** | | | | | | | | | | | | | | | | |
| 2008 | |  | ОГУРЕЦ СВЕЖИЙ ПОРЦИИ | | | | | 22 | |  | |  | |  |  | |
| 2011 | | 86 | СВЕКОЛЬНИК СО СМЕТАНОЙ | | | | | 200 | | 2,2 | | 5,6 | | 14,6 | 117 | |
| 2008 | | 258 | ЖАРКОЕ ПО-ДОМАШНЕМУ | | | | | 150 | | 1,9 | | 5,6 | | 14,5 | 117 | |
| 2011 | | 378 | ЧАЙ С САХАРОМ | | | | | 200 | |  | |  | | 3 | 12 | |
| 2008 | |  | ХЛЕБ РЖАНОЙ | | | | | 40 | |  | |  | |  |  | |
| **Итого** | | | | | | | | | | **4,1** | | **11,2** | | **32,1** | **246** | |
| **Всего** | | | | | | | | | | **4,1** | | **11,2** | | **32,1** | **246** | |
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| Медсестра | | | | |  |  |  |  | Чеснокова Г.П. | | | | | | | |
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