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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *МОУ начальная школа - детский сад п. Красная Горка* | | | | | | |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **13 июня 2023 г.** | | | | | | | | |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Школа зав.** | | | | | | | | | | | | | | |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Сбор-** **ник** **рецеп-** **тур** | | **№** **техн.** **карты** | **Наименование блюда** | | | | | **Выход** | | **Химический состав** | | | | | **Энерге-** **тическая** **ценность,** **ккал** | |
| **Белки, г** | | **Жиры, г** | | **Угле-** **воды, г** |
| **Завтрак** | | | | | | | | | | | | | | | | |
| 2008 | | 184 | КАША МАННАЯ НА МОЛОКЕ | | | | | 200 | | 2 | | 4,2 | | 16,6 | 112 | |
| 2011 | | 378 | ЧАЙ С САХАРОМ | | | | | 200 | | 0,1 | |  | | 3 | 13 | |
| 2008 | |  | ПЕЧЕНЬЕ | | | | | 30 | |  | |  | |  |  | |
| 2008 | |  | КОНФЕТЫ МОЛОЧНЫЕ | | | | | 30 | | 0,8 | |  | | 24 | 99 | |
| **Итого** | | | | | | | | | | **2,9** | | **4,2** | | **43,6** | **224** | |
| **II Завтрак** | | | | | | | | | | | | | | | | |
| 2008 | | 442 | СОК ЯБЛОЧНЫЙ | | | | | 190 | | 1 | | 0,2 | | 19,2 | 82 | |
| **Итого** | | | | | | | | | | **1** | | **0,2** | | **19,2** | **82** | |
| **Всего** | | | | | | | | | | **3,9** | | **4,4** | | **62,8** | **306** | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Медсестра | | | | |  |  |  |  | Чеснокова Г.П. | | | | | | | |
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