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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *МОУ начальная школа - детский сад п. Красная Горка* | | | | | | |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **11 апреля 2023 г.** | | | | | | | | |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Школа об.** | | | | | | | | | | | | | | |  |
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| **Сбор-** **ник** **рецеп-** **тур** | | **№** **техн.** **карты** | **Наименование блюда** | | | | | **Выход** | | **Химический состав** | | | | | **Энерге-** **тическая** **ценность,** **ккал** | |
| **Белки, г** | | **Жиры, г** | | **Угле-** **воды, г** |
| **Обед** | | | | | | | | | | | | | | | | |
| 2008 | | 214 | ОМЛЕТ НАТУРАЛЬНЫЙ | | | | | 150 | | 7,7 | | 9,6 | | 2,7 | 128 | |
| 2011 | | 294 | КОТЛЕТА МЯСНАЯ | | | | | 90 | | 2,8 | | 6,2 | | 10,5 | 108 | |
| 2015г | |  | КОМПОТ ИЗ СУХОФРУКТОВ | | | | | 200 | |  | |  | | 14,6 | 58 | |
| 2008 | |  | ХЛЕБ РЖАНОЙ | | | | | 40 | | 2,2 | | 0,9 | | 15,5 | 79 | |
| 2008 | | 442 | БАНАН | | | | | 250 | |  | |  | |  |  | |
| **Итого** | | | | | | | | | | **12,7** | | **16,7** | | **43,3** | **373** | |
| **Всего** | | | | | | | | | | **12,7** | | **16,7** | | **43,3** | **373** | |
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| Медсестра | | | | |  |  |  |  | Чеснокова Г.П. | | | | | | | |
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