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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *МОУ начальная школа - детский сад п. Красная Горка* | | | | | | |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **12 января 2024 г.** | | | | | | | | |  |  |  |  |
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|  | **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 | |  | ГОРОШЕК КОНСЕРВИРОВАННЫЙ ПОРЦИИ | | | | | 50 | |  | |  | |  |  | |
| 2008 | | 305 | ГОЛУБЦЫ ЛЕНИВЫЕ | | | | | 130 | | 3 | | 0,6 | | 9,8 | 58 | |
| 2010 | | 84 | СОУС КРАСНЫЙ | | | | | 30 | | 0,5 | | 2,9 | | 3 | 41 | |
| 2011 | | 378 | ЧАЙ С САХАРОМ | | | | | 180 | | 0,1 | |  | | 3 | 12 | |
| 2008 | |  | ХЛЕБ РЖАНОЙ | | | | | 20 | | 1,5 | | 0,6 | | 10 | 51 | |
| **Итого** | | | | | | | | | | **5,1** | | **4,1** | | **25,8** | **162** | |
| **Всего** | | | | | | | | | | **5,1** | | **4,1** | | **25,8** | **162** | |
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| Медсестра | | | | |  |  |  |  | Чеснокова Г.П. | | | | | | | |
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