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| *МОУ начальная школа - детский сад п. Красная Горка* | | | | | | |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **12 сентября 2023 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** | | | | | | | | | | | | | | | | |
| 2010 | | 46 | ЗАПЕКАНКА ТВОРОЖНАЯ СО СГУЩЕНЫМ МОЛОКОМ | | | | | 150 | | 5,2 | | 7 | | 27,6 | 193 | |
| 2008 | |  | ХЛЕБ ПШЕНИЧНЫЙ | | | | | 30 | | 2,2 | | 0,9 | | 14,6 | 75 | |
| 2011 | | 378 | ЧАЙ С САХАРОМ | | | | | 200 | | 0,1 | |  | | 3,1 | 13 | |
| **Итого** | | | | | | | | | | **7,5** | | **7,9** | | **45,3** | **281** | |
| **Всего** | | | | | | | | | | **7,5** | | **7,9** | | **45,3** | **281** | |
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| Медсестра | | | | |  |  |  |  | Чеснокова Г.П. | | | | | | | |
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