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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *МОУ начальная школа - детский сад п. Красная Горка* | | | | | | |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **15 сентября 2023 г.** | | | | | | | | |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Школа об.** | | | | | | | | | | | | | | |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Сбор-** **ник** **рецеп-** **тур** | | **№** **техн.** **карты** | **Наименование блюда** | | | | | **Выход** | | **Химический состав** | | | | | **Энерге-** **тическая** **ценность,** **ккал** | |
| **Белки, г** | | **Жиры, г** | | **Угле-** **воды, г** |
| **Обед** | | | | | | | | | | | | | | | | |
| 2008 | |  | СВЕКЛА ДОЛЬКИ | | | | | 50 | | 0,8 | | 0,1 | | 4,8 | 23 | |
| 2010 | | 82 | КАПУСТА ТУШЁНАЯ С ГОВЯДИНОЙ | | | | | 150 | | 10,9 | | 13,2 | | 11,8 | 211 | |
| 2008 | | 436 | НАПИТОК ИЗ СВЕЖИХ ЯГОД | | | | | 200 | |  | |  | | 19,4 | 77 | |
| 2008 | |  | ХЛЕБ РЖАНОЙ | | | | | 40 | | 2,8 | | 1,1 | | 19,5 | 99 | |
| **Итого** | | | | | | | | | | **14,5** | | **14,4** | | **55,5** | **410** | |
| **Всего** | | | | | | | | | | **14,5** | | **14,4** | | **55,5** | **410** | |
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| Медсестра | | | | |  |  |  |  | Чеснокова Г.П. | | | | | | | |
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