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| *МОУ начальная школа - детский сад п. Красная Горка* | | | | | | |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **19 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** | | | | | | | | | | | | | | | | |
| 2010 | | 82 | КАПУСТА ТУШЁНАЯ С ГОВЯДИНОЙ | | | | | 150 | | 6,8 | | 8,9 | | 9,4 | 145 | |
| 2008 | | 411 | НАПИТОК ИЗ СВЕЖИХ ЯГОД | | | | | 180 | |  | |  | | 19,4 | 77 | |
| 2008 | |  | ХЛЕБ РЖАНОЙ | | | | | 20 | | 1,5 | | 0,6 | | 10 | 51 | |
| 2008 | | 442 | ЯБЛОКО | | | | | 180 | |  | |  | |  |  | |
| **Итого** | | | | | | | | | | **8,3** | | **9,5** | | **38,8** | **273** | |
| **Всего** | | | | | | | | | | **8,3** | | **9,5** | | **38,8** | **273** | |
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| Медсестра | | | | |  |  |  |  | Чеснокова Г.П. | | | | | | | |
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