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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *МОУ начальная школа - детский сад п. Красная Горка* | | | | | | |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **25 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** | | | | | | | | | | | | | | | | |
| 2011 | | 294 | КОТЛЕТА МЯСНАЯ | | | | | 90 | | 2,7 | | 6,1 | | 10,4 | 107 | |
| 2008 | | 141 | ОВОЩИ ТУШЕНЫЕ | | | | | 150 | | 3 | | 6,2 | | 12,5 | 119 | |
| 2015г | |  | КОМПОТ ИЗ СУХОФРУКТОВ | | | | | 200 | |  | |  | | 14,6 | 58 | |
| 2008 | |  | ХЛЕБ РЖАНОЙ | | | | | 40 | | 2,2 | | 0,9 | | 15,2 | 78 | |
| 2008 | | 442 | БАНАН | | | | | 270 | |  | |  | |  |  | |
| **Итого** | | | | | | | | | | **7,9** | | **13,2** | | **52,7** | **362** | |
| **Всего** | | | | | | | | | | **7,9** | | **13,2** | | **52,7** | **362** | |
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| Медсестра | | | | |  |  |  |  | Чеснокова Г.П. | | | | | | | |
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