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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *МОУ начальная школа - детский сад п. Красная Горка* | | | | | | |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **29 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 | |  | ОГУРЕЦ СОЛЕНЫЙ ПОРЦИИ | | | | | 30 | | 0,2 | |  | | 0,5 | 4 | |
| 2008 | | 258 | ЖАРКОЕ ПО-ДОМАШНЕМУ | | | | | 150 | | 6,9 | | 10,3 | | 19,2 | 197 | |
| 2008 | | 442 | СОК ЯБЛОЧНЫЙ | | | | | 200 | | 1 | | 0,2 | | 20,2 | 86 | |
| 2008 | |  | ХЛЕБ РЖАНОЙ | | | | | 20 | |  | |  | |  |  | |
| **Итого** | | | | | | | | | | **8,1** | | **10,5** | | **39,9** | **287** | |
| **Всего** | | | | | | | | | | **8,1** | | **10,5** | | **39,9** | **287** | |
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| Медсестра | | | | |  |  |  |  | Чеснокова Г.П. | | | | | | | |
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