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| *МОУ начальная школа - детский сад п. Красная Горка* | | | | | | |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **29 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** | | | | | | | | | | | | | | | | |
| 2011 | | 209 | ЯЙЦО ВАРЕНОЕ | | | | | 61 | | 6,7 | | 6 | | 0,4 | 82 | |
| 2008 | | 453 | ВАТРУШКА С ТВОРОГОМ | | | | | 120 | | 7,2 | | 9,1 | | 46,9 | 297 | |
|  | |  | СНЕЖОК | | | | | 200 | |  | |  | |  |  | |
| **Итого** | | | | | | | | | | **13,9** | | **15,1** | | **47,3** | **379** | |
| **Всего** | | | | | | | | | | **13,9** | | **15,1** | | **47,3** | **379** | |
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| Медсестра | | | | |  |  |  |  | Чеснокова Г.П. | | | | | | | |
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