|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *МОУ начальная школа - детский сад п. Красная Горка* | | | | | | |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **2 октября 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 | |  | ОГУРЕЦ СОЛЕНЫЙ ПОРЦИИ | | | | | 16 | | 0,1 | |  | | 0,3 | 2 | |
| 2008 | | 258 | ЖАРКОЕ ПО-ДОМАШНЕМУ | | | | | 150 | | 10,2 | | 13,5 | | 20,1 | 242 | |
| 2008 | |  | ХЛЕБ РЖАНОЙ | | | | | 20 | |  | |  | |  |  | |
| 2008 | | 442 | СОК ЯБЛОЧНЫЙ | | | | | 142 | | 0,7 | | 0,1 | | 14,4 | 61 | |
| **Итого** | | | | | | | | | | **11** | | **13,6** | | **34,8** | **305** | |
| **Всего** | | | | | | | | | | **11** | | **13,6** | | **34,8** | **305** | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Медсестра | | | | |  |  |  |  | Чеснокова Г.П. | | | | | | | |
|  |  |  |  |  |  | | | |  |  |  |  |  |  |  |  |

.