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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *МОУ начальная школа - детский сад п. Красная Горка* | | | | | | |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **30 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 | | 46 | ЗАПЕКАНКА ТВОРОЖНАЯ СО СГУЩЕНЫМ МОЛОКОМ | | | | | 150 | | 6,3 | | 8 | | 40,4 | 258 | |
| 2011 | | 378 | ЧАЙ С САХАРОМ | | | | | 180 | | 0,1 | |  | | 3 | 12 | |
| 2008 | |  | ХЛЕБ ПШЕНИЧНЫЙ | | | | | 30 | | 2,8 | | 1,1 | | 18,2 | 94 | |
| **Итого** | | | | | | | | | | **9,2** | | **9,1** | | **61,6** | **364** | |
| **Всего** | | | | | | | | | | **9,2** | | **9,1** | | **61,6** | **364** | |
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| Медсестра | | | | |  |  |  |  | Чеснокова Г.П. | | | | | | | |
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