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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *МОУ начальная школа - детский сад п. Красная Горка* | | | | | | |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **3 октября 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** | | | | | | | | | | | | | | | | |
| 2008 | |  | ОГУРЕЦ СВЕЖИЙ ПОРЦИИ | | | | | 24 | |  | |  | |  |  | |
| 2011 | | 294 | КОТЛЕТА МЯСНАЯ | | | | | 80 | | 2,5 | | 5,9 | | 11 | 107 | |
| 2008 | | 335 | ПЮРЕ КАРТОФЕЛЬНОЕ | | | | | 150 | | 3,7 | | 6,1 | | 20,1 | 149 | |
| 2008 | | 399 | КОМПОТ ИЗ КУРАГИ | | | | | 180 | |  | |  | | 9,7 | 39 | |
| 2008 | |  | ХЛЕБ РЖАНОЙ | | | | | 20 | | 1,5 | | 0,6 | | 10 | 51 | |
| 2008 | | 442 | БАНАН | | | | | 200 | |  | |  | |  |  | |
| **Итого** | | | | | | | | | | **7,7** | | **12,6** | | **50,8** | **346** | |
| **Всего** | | | | | | | | | | **7,7** | | **12,6** | | **50,8** | **346** | |
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| Медсестра | | | | |  |  |  |  | Чеснокова Г.П. | | | | | | | |
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