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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *МОУ начальная школа - детский сад п. Красная Горка* | | | | | | |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **27 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 | |  | СВЕКЛА ДОЛЬКИ | | | | | 50 | | 0,7 | |  | | 4,1 | 20 | |
| 2011 | | 285 | МАКАРОННИК С ПЕЧЕНЬЮ | | | | | 130 | | 5,4 | | 9,4 | | 29,6 | 225 | |
| 2008 | | 411 | КИСЕЛЬ ИЗ СВЕЖИХ ЯГОД | | | | | 180 | |  | |  | | 23,5 | 94 | |
| 2008 | |  | ХЛЕБ РЖАНОЙ | | | | | 20 | | 1,5 | | 0,6 | | 10 | 51 | |
| **Итого** | | | | | | | | | | **7,6** | | **10** | | **67,2** | **390** | |
| **Всего** | | | | | | | | | | **7,6** | | **10** | | **67,2** | **390** | |
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| Медсестра | | | | |  |  |  |  | Чеснокова Г.П. | | | | | | | |
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