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| *МОУ начальная школа - детский сад п. Красная Горка* | | | | | | |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **8 декабря 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** | | | | | | | | | | | | | | | | |
| 2010 | | 46 | ЗАПЕКАНКА ТВОРОЖНАЯ СО СГУЩЕНЫМ МОЛОКОМ | | | | | 131 | | 4,5 | | 5,9 | | 25,1 | 170 | |
| 2008 | |  | ХЛЕБ ПШЕНИЧНЫЙ | | | | | 40 | | 2,7 | | 1,1 | | 17,8 | 92 | |
| 2011 | | 378 | ЧАЙ С САХАРОМ | | | | | 180 | | 0,1 | |  | | 3 | 12 | |
| **Итого** | | | | | | | | | | **7,3** | | **7** | | **45,9** | **274** | |
| **Всего** | | | | | | | | | | **7,3** | | **7** | | **45,9** | **274** | |
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| Медсестра | | | | |  |  |  |  | Чеснокова Г.П. | | | | | | | |
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