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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  | **Согласовано** | | | | | | | | | |
|  |  |  |  |  |  |  |  | | | | | | | | | |
|  |  |  |  |  |  |  | и.о директора | | | | | | | | | |
|  |  |  |  |  |  |  | МОУ "Начальная школа-детский сад № 16 "Солнышко" | | | | | | | | | |
|  |  |  |  |  |  |  | \_\_\_\_\_\_\_\_\_\_\_\_\_ /Новикова В. И/ | | | | | | | | | |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **28 января 2025 г.** | | | | | | | | |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **детский сад 3-7 лет** | | | | | | | | | | | | | | |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Сбор-** **ник** **рецеп-** **тур** | | **№** **техн.** **карты** | **Наименование блюда** | | | | | **Выход** | | **Химический состав** | | | | | **Энерге-** **тическая** **ценность,** **ккал** | |
| **Белки, г** | | **Жиры, г** | | **Угле-** **воды, г** |
| **Завтрак** | | | | | | | | | | | | | | | | |
| 2008 | | 184 | КАША МАННАЯ ВЯЗКАЯ | | | | | 200/6 | | 8,60 | | 10,60 | | 36,30 | 267,00 | |
| 2008 | |  | БАТОН | | | | | 50 | | 3,80 | | 1,50 | | 25,70 | 131,00 | |
| 2008 | | 13 | МАСЛО (ПОРЦИЯМИ) | | | | | 12 | | 0,10 | | 9,90 | | 0,10 | 90,00 | |
| 2008 | | 433 | КАКАО С МОЛОКОМ | | | | | 180 | | 6,10 | | 6,30 | | 15,70 | 141,00 | |
| **Итого** | | | | | | | | | | **18,60** | | **28,30** | | **77,80** | **629,00** | |
| **II Завтрак** | | | | | | | | | | | | | | | | |
| 2008 | | 442 | СОК /ФРУКТЫ | | | | | 100 | | 0,50 | | 0,10 | | 10,10 | 46,00 | |
| **Итого** | | | | | | | | | | **0,50** | | **0,10** | | **10,10** | **46,00** | |
| **Обед** | | | | | | | | | | | | | | | | |
|  | |  | ПОМИДОР СВЕЖИЙ | | | | | 40 | | 0,40 | | 0,10 | | 1,30 | 8,00 | |
| 2008 | | 99 | СУП КАРТОФЕЛЬНЫЙ С БОБОВЫМИ | | | | | 200 | | 6,10 | | 8,10 | | 9,40 | 130,00 | |
| 2008 | | 323 | КАША ГРЕЧНЕВАЯ РАССЫПЧАТАЯ | | | | | 150 | | 5,30 | | 5,20 | | 22,70 | 154,00 | |
| 2008 | | 259 | ГУЛЯШ | | | | | 69 | | 10,30 | | 11,20 | | 2,50 | 145,00 | |
| 2008 | |  | ХЛЕБ РЖАНОЙ | | | | | 40 | | 2,70 | | 0,40 | | 17,00 | 82,00 | |
| 2008 | |  | БАТОН | | | | | 20 | | 1,50 | | 0,60 | | 10,30 | 52,00 | |
| 2008 | | 440 | КОМПОТ | | | | | 180 | | 0,00 | | 0,00 | | 7,30 | 29,00 | |
| **Итого** | | | | | | | | | | **26,30** | | **25,60** | | **70,50** | **600,00** | |
| **Полдник** | | | | | | | | | | | | | | | | |
| 2008 | | 467 | БУЛОЧКА ДОМАШНЯЯ | | | | | 96 | | 9,20 | | 13,10 | | 39,30 | 302,00 | |
| 2008 | | 410 | КИСЕЛЬ ИЗ ПОВИДЛА, ДЖЕМА, ВАРЕНЬЯ | | | | | 201 | | 0,10 | | 0,00 | | 27,40 | 109,00 | |
| **Итого** | | | | | | | | | | **9,30** | | **13,10** | | **66,70** | **411,00** | |
| **Всего** | | | | | | | | | | **54,70** | | **67,10** | | **225,10** | **1 686,00** | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | |  |  |  |  | Романова В.В. | | | | | | | |
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