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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  | **Согласовано** | | | | | | | | | |
|  |  |  |  |  |  |  |  | | | | | | | | | |
|  |  |  |  |  |  |  | и.о директора | | | | | | | | | |
|  |  |  |  |  |  |  | МОУ "Начальная школа-детский сад № 16 "Солнышко" | | | | | | | | | |
|  |  |  |  |  |  |  | \_\_\_\_\_\_\_\_\_\_\_\_\_ /Новикова В. И/ | | | | | | | | | |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **29 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 | | 189 | КАША ПШЕНИЧНАЯ ЖИДКАЯ | | | | | 200/6 | | 8,80 | | 10,80 | | 34,80 | 265,00 | |
| 2008 | |  | КОНДИТЕСКИЕ ИЗДЕЛИЯ | | | | | 20 | | 1,50 | | 2,00 | | 14,90 | 83,00 | |
| 2008 | | 430 | ЧАЙ | | | | | 180 | | 0,20 | | 0,00 | | 0,40 | 2,00 | |
| **Итого** | | | | | | | | | | **10,50** | | **12,80** | | **50,10** | **350,00** | |
| **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** | | | | | | | | | | | | | | | | |
|  | |  | ОГУРЕЦ СОЛЕНЫЙ | | | | | 40 | | 0,30 | | 0,00 | | 0,60 | 5,00 | |
| 2008 | | 75 | БОРЩ СО СМЕТАНОЙ | | | | | 200 | | 3,80 | | 6,40 | | 24,20 | 174,00 | |
| 2008 | | 335 | ПЮРЕ КАРТОФЕЛЬНОЕ | | | | | 150 | | 3,10 | | 4,90 | | 20,00 | 134,00 | |
| 2008 | | 228 | РЫБА (ФИЛЕ) ОТВАРНАЯ | | | | | 50 | | 7,80 | | 0,30 | | 0,30 | 33,00 | |
| 2008 | |  | ХЛЕБ РЖАНОЙ | | | | | 40 | | 2,70 | | 0,40 | | 17,00 | 82,00 | |
| 2008 | |  | БАТОН | | | | | 20 | | 1,50 | | 0,60 | | 10,30 | 52,00 | |
| 2008 | | 20 | ВИТАМИННЫЙ НАПИТОК ВИТОШКА | | | | | 200 | | 0,00 | | 0,00 | | 19,00 | 80,00 | |
| **Итого** | | | | | | | | | | **19,20** | | **12,60** | | **91,40** | **560,00** | |
| **Полдник** | | | | | | | | | | | | | | | | |
| 2010 | |  | ЗАПЕКАНКА ИЗ ТВОРОГА | | | | | 159 | | 28,70 | | 17,20 | | 20,00 | 363,00 | |
|  | |  | СГУЩЕННОЕ МОЛОКО/ДЖЕМ | | | | | 20 | | 1,10 | | 1,30 | | 8,30 | 49,00 | |
| 2008 | | 430 | ЧАЙ | | | | | 180 | | 0,20 | | 0,00 | | 0,40 | 2,00 | |
| **Итого** | | | | | | | | | | **30,00** | | **18,50** | | **28,70** | **414,00** | |
| **Всего** | | | | | | | | | | **60,20** | | **44,00** | | **180,30** | **1 370,00** | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | |  |  |  |  | Романова В.В. | | | | | | | |
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