|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  | **Согласовано** | | | | | | | | | |
|  |  |  |  |  |  |  |  | | | | | | | | | |
|  |  |  |  |  |  |  | и.о директора | | | | | | | | | |
|  |  |  |  |  |  |  | МОУ "Начальная школа-детский сад № 16 "Солнышко" | | | | | | | | | |
|  |  |  |  |  |  |  | \_\_\_\_\_\_\_\_\_\_\_\_\_ /Новикова В. И/ | | | | | | | | | |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **2 сентября 2024 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 ПШЕННАЯ ВЯЗКАЯ | | | | | 202/6 | | 7,80 | | 10,40 | | 28,50 | 233,00 | |
| 2008 | |  | КОНДИТЕРСКОЕ ИЗДЕЛИЕ | | | | | 20 | | 1,50 | | 2,00 | | 14,90 | 83,00 | |
| 2008 | | 430 | ЧАЙ | | | | | 180 | | 0,10 | | 0,00 | | 0,20 | 1,00 | |
| **Итого** | | | | | | | | | | **9,40** | | **12,40** | | **43,60** | **317,00** | |
| **II Завтрак** | | | | | | | | | | | | | | | | |
| 2008 | | 442 | СОК (ФРУКТЫ) | | | | | 100 | | 0,40 | | 0,40 | | 9,40 | 48,00 | |
| **Итого** | | | | | | | | | | **0,40** | | **0,40** | | **9,40** | **48,00** | |
| **Обед** | | | | | | | | | | | | | | | | |
|  | |  | ОГУРЕЦ СВЕЖИЙ | | | | | 40 | | 0,30 | | 0,00 | | 0,90 | 5,00 | |
| 2008 | | 101 | СУП С МАКАРОННЫМИ ИЗДЕЛИЯМИ И КАРТОФЕЛЕМ | | | | | 200 | | 4,70 | | 4,30 | | 14,10 | 116,00 | |
| 2008 | | 133 | КАРТОФЕЛЬ ТУШЕНЫЙ С МЯСОМ | | | | | 200 | | 7,40 | | 17,90 | | 29,50 | 305,00 | |
| 2008 | |  | ХЛЕБ РЖАНОЙ | | | | | 40 | | 2,70 | | 0,40 | | 17,00 | 82,00 | |
| 2008 | |  | БАТОН | | | | | 20 | | 1,50 | | 0,60 | | 10,20 | 52,00 | |
| 2008 | | 442 | СОК | | | | | 200 | | 0,50 | | 0,10 | | 9,20 | 42,00 | |
| **Итого** | | | | | | | | | | **17,10** | | **23,30** | | **80,90** | **602,00** | |
| **Полдник** | | | | | | | | | | | | | | | | |
| 2008 | | 214 | ОМЛЕТ НАТУРАЛЬНЫЙ | | | | | 72 | | 5,00 | | 12,10 | | 1,40 | 129,00 | |
| 2008 | |  | БАТОН | | | | | 50 | | 3,70 | | 1,40 | | 25,60 | 131,00 | |
| 2008 | | 430 | ЧАЙ С САХАРОМ | | | | | 185/15 | | 0,20 | | 0,00 | | 12,40 | 50,00 | |
| **Итого** | | | | | | | | | | **8,90** | | **13,50** | | **39,40** | **310,00** | |
| **Всего** | | | | | | | | | | **35,50** | | **49,30** | | **167,30** | **1 245,00** | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | |  |  |  |  | Романова В.В. | | | | | | | |
|  |  |  |  |  |  | | | |  |  |  |  |  |  |  |  |

.