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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  | **Согласовано** | | | | | | | | | |
|  |  |  |  |  |  |  |  | | | | | | | | | |
|  |  |  |  |  |  |  | и.о директора | | | | | | | | | |
|  |  |  |  |  |  |  | МОУ "Начальная школа-детский сад № 16 "Солнышко" | | | | | | | | | |
|  |  |  |  |  |  |  | \_\_\_\_\_\_\_\_\_\_\_\_\_ /Новикова В. И/ | | | | | | | | | |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **3 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 МАННАЯ ВЯЗКАЯ | | | | | 200/6 | | 6,50 | | 6,30 | | 32,40 | 206,00 | |
| 2008 | |  | БАТОН | | | | | 48 | | 3,60 | | 1,40 | | 24,50 | 125,00 | |
| 2008 | | 13 | МАСЛО (ПОРЦИЯМИ) | | | | | 8 | | 0,00 | | 6,70 | | 0,10 | 60,00 | |
| 2008 | | 433 | КАКАО С МОЛОКОМ | | | | | 200 | | 3,60 | | 3,50 | | 11,90 | 92,00 | |
| **Итого** | | | | | | | | | | **13,70** | | **17,90** | | **68,90** | **483,00** | |
| **II Завтрак** | | | | | | | | | | | | | | | | |
| 2008 | | 442 | СОК /ФРУКТЫ | | | | | 100 | | 0,50 | | 0,10 | | 9,40 | 43,00 | |
| **Итого** | | | | | | | | | | **0,50** | | **0,10** | | **9,40** | **43,00** | |
| **Обед** | | | | | | | | | | | | | | | | |
| 2008 | | 99 | СУП КАРТОФЕЛЬНЫЙ С БОБОВЫМИ | | | | | 200 | | 5,20 | | 12,60 | | 11,40 | 174,00 | |
| 2008 | | 323 | КАША ГРЕЧНЕВАЯ РАССЫПЧАТАЯ | | | | | 150 | | 5,20 | | 3,90 | | 22,70 | 143,00 | |
| 2008 | | 259 | ГУЛЯШ | | | | | 70 | | 8,00 | | 20,00 | | 2,70 | 213,00 | |
| 2008 | |  | ХЛЕБ РЖАНОЙ | | | | | 39 | | 2,60 | | 0,40 | | 16,70 | 80,00 | |
| 2008 | |  | БАТОН | | | | | 19 | | 1,40 | | 0,60 | | 9,80 | 50,00 | |
| 2008 | | 440 | КОМПОТ | | | | | 180 | | 0,10 | | 0,00 | | 8,50 | 34,00 | |
| **Итого** | | | | | | | | | | **22,50** | | **37,50** | | **71,80** | **694,00** | |
| **Полдник** | | | | | | | | | | | | | | | | |
| 2008 | | 467 | БУЛОЧКА ДОМАШНЯЯ | | | | | 60 | | 5,50 | | 7,20 | | 39,40 | 239,00 | |
| 2008 | | 410 | КИСЕЛЬ ИЗ ПОВИДЛА, ДЖЕМА, ВАРЕНЬЯ | | | | | 201 | | 0,00 | | 0,00 | | 12,90 | 51,00 | |
| **Итого** | | | | | | | | | | **5,50** | | **7,20** | | **52,30** | **290,00** | |
| **Всего** | | | | | | | | | | **42,20** | | **62,70** | | **202,40** | **1 510,00** | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | |  |  |  |  | Романова В.В. | | | | | | | |
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