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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  | **Согласовано** | | | | | | | | | |
|  |  |  |  |  |  |  |  | | | | | | | | | |
|  |  |  |  |  |  |  | и.о директора | | | | | | | | | |
|  |  |  |  |  |  |  | МОУ "Начальная школа-детский сад № 16 "Солнышко" | | | | | | | | | |
|  |  |  |  |  |  |  | \_\_\_\_\_\_\_\_\_\_\_\_\_ /Новикова В. И/ | | | | | | | | | |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **20 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 | | 190 | КАША "ДРУЖБА" | | | | | 200/6 | | 6,60 | | 10,20 | | 26,10 | 218,00 | |
| 2008 | |  | БАТОН | | | | | 50 | | 3,80 | | 1,50 | | 25,70 | 131,00 | |
| 2008 | | 432 | КОФЕЙНЫЙ НАПИТОК | | | | | 180 | | 1,90 | | 1,40 | | 21,70 | 105,00 | |
| 2008 | | 14 | СЫР (ПОРЦИЯМИ) | | | | | 16 | | 4,10 | | 4,10 | | 0,00 | 54,00 | |
| **Итого** | | | | | | | | | | **16,40** | | **17,20** | | **73,50** | **508,00** | |
| **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** | | | | | | | | | | | | | | | | |
| 2008 | | 56 | ИКРА СВЕКОЛЬНАЯ | | | | | 61 | | 1,10 | | 4,80 | | 5,60 | 68,00 | |
| 2008 | | 91 | РАССОЛЬНИК ЛЕНИНГРАДСКИЙ | | | | | 200 | | 5,60 | | 7,20 | | 15,00 | 143,00 | |
| 2008 | | 299 | ЗАПЕКАНКА КАРТОФЕЛЬНАЯ С МЯСОМ | | | | | 171 | | 13,30 | | 20,40 | | 26,60 | 331,00 | |
| 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 ИЗ КУРАГИ | | | | | 180 | | 0,10 | | 0,00 | | 11,20 | 45,00 | |
| **Итого** | | | | | | | | | | **24,30** | | **33,40** | | **85,70** | **721,00** | |
| **Полдник** | | | | | | | | | | | | | | | | |
| 2008 | | 467 | БУЛОЧКА ДОМАШНЯЯ | | | | | 92 | | 14,70 | | 17,30 | | 69,50 | 479,00 | |
| 2008 | |  | КИСЛОМОЛОЧНЫЙ ПРОДУКТ | | | | | 125 | | 0,00 | | 0,00 | | 0,00 | 0,00 | |
| **Итого** | | | | | | | | | | **14,70** | | **17,30** | | **69,50** | **479,00** | |
| **Всего** | | | | | | | | | | **55,90** | | **68,00** | | **238,80** | **1 754,00** | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | |  |  |  |  | Романова В.В. | | | | | | | |
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