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|  |  |  |  |  |  |  | **Утверждаю** | | | | | | | | | |
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|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **9 октября 2023 г.** | | | | | | | | |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Бюджет** | | | | | | | | | | | | | | |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Сбор-** **ник** **рецеп-** **тур** | | **№** **техн.** **карты** | **Наименование блюда** | | | | | **Выход** | | **Химический состав** | | | | | **Энерге-** **тическая** **ценность,** **ккал** | |
| **Белки, г** | | **Жиры, г** | | **Угле-** **воды, г** |
| **Обед** | | | | | | | | | | | | | | | | |
| 2010 | | 8 | РАССОЛЬНИК ЛЕНИНГРАДСКИЙ | | | | | 250 | | 2,10 | | 2,80 | | 16,80 | 101,00 | |
| 2010 | | 59 | КОТЛЕТА МЯСНАЯ | | | | | 50 | | 7,10 | | 7,50 | | 9,80 | 134,00 | |
| 2010 | | 75 | МАКАРОННЫЕ ИЗДЕЛИЯ ОТВАРНЫЕ | | | | | 180 | | 6,60 | | 4,80 | | 41,90 | 237,00 | |
| 2008 | | 430 | ЧАЙ С САХАРОМ | | | | | 200/15 | | 0,20 | | 0,00 | | 14,90 | 60,00 | |
| 2008 | |  | ХЛЕБ ДАРНИЦКИЙ | | | | | 30 | | 2,00 | | 0,30 | | 12,30 | 59,00 | |
| **Итого** | | | | | | | | | | **18,00** | | **15,40** | | **95,70** | **591,00** | |
| **Всего** | | | | | | | | | | **18,00** | | **15,40** | | **95,70** | **591,00** | |
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