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|  |  |  |  |  |  |  | **Утверждаю** | | | | | | | | | |
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|  |  |  |  |  |  |  | Директор | | | | | | | | | |
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|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **12 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** |
| **Завтрак** | | | | | | | | | | | | | | | | |
| 2008 | | 13 | МАСЛО (ПОРЦИЯМИ) | | | | | 10 | | 0,10 | | 8,30 | | 0,10 | 75,00 | |
| 2008 | | 190 | КАША "ДРУЖБА" МОЛОЧНАЯ | | | | | 250 | | 9,80 | | 12,80 | | 76,70 | 462,00 | |
| 2008 | | 432 | КОФЕЙНЫЙ НАПИТОК | | | | | 200 | | 2,30 | | 1,60 | | 25,80 | 126,00 | |
| 2008 | |  | БАТОН | | | | | 40 | | 3,00 | | 1,20 | | 20,60 | 105,00 | |
| 2008 | |  | ЯБЛОКО | | | | | 150 | | 0,60 | | 0,60 | | 14,70 | 71,00 | |
| **Итого** | | | | | | | | | | **15,80** | | **24,50** | | **137,90** | **839,00** | |
| **Обед** | | | | | | | | | | | | | | | | |
| 2008 | | 100 | СУП КАРТОФЕЛЬНЫЙ С МАКАРОННЫМИ ИЗДЕЛИЯМИ | | | | | 250 | | 2,80 | | 3,40 | | 20,20 | 122,00 | |
| 2008 | | 289 | БИТОЧКИ ПО-БЕЛОРУССКИ | | | | | 50 | | 9,90 | | 11,40 | | 0,60 | 144,00 | |
| 2008 | | 346 | КАПУСТА ТУШЕНАЯ | | | | | 180 | | 4,60 | | 5,20 | | 11,80 | 112,00 | |
| 2008 | | 430 | ЧАЙ С САХАРОМ | | | | | 200/15 | | 0,20 | | 0,00 | | 14,90 | 60,00 | |
| 2008 | |  | ХЛЕБ ДАРНИЦКИЙ | | | | | 30 | | 2,00 | | 0,30 | | 12,70 | 61,00 | |
| **Итого** | | | | | | | | | | **19,50** | | **20,30** | | **60,20** | **499,00** | |
| **Всего** | | | | | | | | | | **35,30** | | **44,80** | | **198,10** | **1 338,00** | |
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