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|  |  |  |  |  |  |  |  |  |  |  |  |  | **Согласовано** | | | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | | | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  | директор | | | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  | МОУ СОШ п.Родниковский | | | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  | \_\_\_\_\_\_\_\_\_\_\_\_\_ /Киселев О.А./ | | | | |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |  |
|  |  |  |  | **Сентябрь 2022 г.** | | | | | | | | | |  |  |  |  |
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| **Сбор-** **ник** **рецеп-** **тур** | | **№** **техн.** **карты** | **Наименование блюда** | | | | **Выход** | | **Цена,** **руб.** | **Химический состав** | | | | | | **Энерге-** **тическая** **ценность,** **ккал** | |
| **Белки, г** | | **Жиры, г** | | | **Угле-** **воды, г** |
| **Обед** | | | | | | | | | | | | | | | | | |
| 2021 | | 17 | САЛАТ с огурцами | | | | 100 | | 4,35 | 1,54 | | 0,11 | | | 10,91 | 48,12 | |
| 2021 | | 111 | Суп-лапша с мясом | | | | 200 | | 13,68 | 0,3 | | 0 | | | 1,5 | 7 | |
| 2008 | | 323 | КАША ГРЕЧНЕВАЯ РАССЫПЧАТАЯ | | | | 150 | | 8,07 |  | | 4 | | |  | 36 | |
| 2021 | |  | хлеб пшеничный | | | | 60 | | 2,66 | 1,6 | | 0,2 | | | 8 | 40,6 | |
| 2011 | | 376 | ЧАЙ С САХАРОМ | | | | 200/15 | | 1,37 | 0,36 | | 0,08 | | | 15,05 | 58,7 | |
| 2021 | | 266 | котлета | | | | 80 | | 24,6 | 15,5 | | 11,8 | | | 16,1 | 231,736 | |
| **Итого** | | | | | | | | | 54,73 | 19,3 | | 16,19 | | | 51,56 | 422,156 | |
| **Всего** | | | | | | | | | 54,73 | 19,3 | | 16,19 | | | 51,56 | 422,156 | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |