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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Меню11.03.2022******Завтрак***

|  |  |  |
| --- | --- | --- |
|  | ***ясли*** | ***сад*** |
| ***Каша пшенная молочная*** | ***150*** | ***160*** |
| ***Масло (порциями)*** | ***8*** | ***10*** |
| ***Батон нарезной*** | ***30*** | ***40*** |
| ***Чай с сахаром*** | ***150*** | ***180*** |
|  |  |  |
|  |  |  |
|  ***калорийность*** | ***349*** | ***451*** |

***Обед***

|  |  |  |
| --- | --- | --- |
|  | ***ясли*** | ***сад*** |
| ***Щи на мясном бульоне с сметаной*** | ***150*** | ***180*** |
| ***Макаронник с мясом*** | ***150*** | ***180*** |
| ***Компот из смеси сухофруктов*** | ***150*** | ***180*** |
| ***Хлеб йодированный*** | ***40*** | ***50*** |
|  |  |  |
|  |  |  |
|  ***калорийность*** | ***492*** | ***631*** |

***Полдник***

|  |  |  |
| --- | --- | --- |
|  | ***ясли*** | ***сад*** |
| ***Какао с молоком*** | ***160*** | ***200*** |
| ***Печенье сахарное*** | ***40*** | ***50*** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  ***калорийность*** | ***220*** | ***270*** |

***Ужин***

|  |  |  |
| --- | --- | --- |
|  | ***ясли*** | ***сад*** |
| ***Рыбные котлеты паровые*** | ***60*** | ***70*** |
| ***Картофельное пюре*** | ***110*** | ***120*** |
| ***Огурец консервированный*** | ***30*** | ***40*** |
| ***Чай с сахаром*** | ***170*** | ***180*** |
| ***Калач царский*** | ***30*** | ***40*** |
|  |  |  |
|  ***калорийность*** | ***350*** | ***450*** |

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