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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Меню 16.11.2021******Завтрак***

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

***Обед***

|  |  |  |
| --- | --- | --- |
|  | ***ясли*** | ***сад*** |
| ***Лапша на курином бульоне*** | ***150*** | ***180*** |
| ***Ленивые голубцы с мясом птицы*** | ***150*** | ***180*** |
| ***Компот из сухофруктов*** | ***150*** | ***180*** |
| ***Хлеб йодированный*** | ***40*** | ***50*** |
|  |  |  |
|  |  |  |
|  ***калорийность*** | ***492*** | ***631*** |

***Полдник***

|  |  |  |
| --- | --- | --- |
|  | ***ясли*** | ***сад*** |
| ***Молоко кипяченое***  | ***160*** | ***200*** |
| ***Булочка «Деревенская» собственного производства*** | ***40*** | ***50*** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  ***калорийность*** | ***220*** | ***270*** |

***Ужин***

|  |  |  |
| --- | --- | --- |
|  | ***ясли*** | ***сад*** |
| ***Рыбные котлеты***  | ***70*** | ***80*** |
| ***Картофельное пюре*** | ***110*** | ***120*** |
| ***Чай с сахаром*** | ***180*** | ***200*** |
| ***Калач царский*** | ***30*** | ***40*** |
|  |  |  |
|  |  |  |
|  ***калорийность*** | ***351*** | ***449*** |

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