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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*** | |