|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | № техн.  карты | Наименование блюда | Порции по возрастам | | Пищевые вещества  7-11 лет | | | Энергетическая ценность | Пищевые вещества  11-18 лет | | | Энергетическая ценность | | 7-11 лет | 11-18 лет | Б | Ж | У | Б | Ж | У |  |   G:\ПИТАНИЕ\меню\Меню Лявина 001.jpg  **Меню на \_\_10.03.2025\_\_\_\_\_\_\_\_\_** | | | | | | | | | | | |
| 238 | Салат из свежей моркови | 60 | 100 | 1,33 | 6,61 | 2,04 | 73,04 | 2,68 | 9,2 | 3,05 | 95,3 |
| 87 | Суп рыбный | 200 | 250 | 1,23 | 6,15 | 11,82 | 103,82 | 1,93 | 6,34 | 12,05 | 104,16 |
| 291 | Плов из курицы | 250 | 250 | 20,3 | 17,0 | 35,69 | 377,00 | 20,3 | 17,0 | 35,69 | 377,00 |
| 233 | Кисель | 200 | 200 | 0,0 | 0,0 | 18 | 60,0 | 0,0 | 0,0 | 18 | 60,0 |
|  | Батон нарезной | 30 | 30 | 2,1 | 0,3 | 11 | 56 | 2,1 | 0,3 | 11 | 56 |
|  | Хлеб ржаной | 40 | 80 | 1,9 | 0,3 | 20 | 86 | 2,8 | 0,6 | 40 | 172 |
|  | **Итого:** |  |  | **31,56** | **38,49** | **97,57** | **692,94** | **29,36** | **39,18** | **118,14** | **780,28** |