Директор

УТВЕРЖДАЮ:

/Горбачевская Ири

МЕНЮ
на 03.10.2025 пятница
ГБОУ Белебеевская КШ

Код блюда	Наименование	Выход блюда (гр)	Пищевые вещества			Энергетическая ценность ккал
			Белки	Жиры	Углеводы	
	Обучающиеся с ОВЗ					
Завтрак						
[illegible]	[illegible]	170,00	[illegible]	12,58	34,26	252,
[illegible]	[illegible]	85,00	[illegible]	10,52	[illegible]	187,
[illegible]	[illegible]	200,00	[illegible]	0,06	[illegible]	39,
[illegible]	[illegible]	45,00	[illegible]	0,45	[illegible]	117,
ИТОГО по: Завтрак			[illegible]	22,55	[illegible]	595,
Обед						
[illegible]	[illegible]	210,00	[illegible]	5,61	[illegible]	110,
[illegible]	[illegible]	100,00	[illegible]	9,98	[illegible]	163,
[illegible]	[illegible]	180,00	[illegible]	6,09	[illegible]	177,
[illegible]	[illegible]	200,00	[illegible]	0,00	[illegible]	40,
[illegible]	[illegible]	60,00	[illegible]	0,50	[illegible]	120,
[illegible]	[illegible]	40,00	[illegible]	0,40	[illegible]	86,
ИТОГО по: Обед			[illegible]	21,58	[illegible]	708,
Стоимость питания за день по категории		**159,03**				
	Сад (с 3 до 7 лет)г					
Завтрак						
[illegible]	[illegible]	40,00	[illegible]	5,09	[illegible]	105,
[illegible]	[illegible]	205,00	[illegible]	2,80	[illegible]	253,
[illegible]	[illegible]	200,00	[illegible]	2,20	[illegible]	86,
ИТОГО по: Завтрак			[illegible]	13,00	[illegible]	445,
Второй завтрак						
[illegible]	Яблоко (д/с)	100,00	[illegible]	0,00	9,89	46,
ИТОГО по: Второй завтрак			[illegible]	0,00	[illegible]	46,
Обед						
[illegible]	[illegible]	208,00	[illegible]	4,20	[illegible]	96,
[illegible]	[illegible]	90,00	[illegible]	9,48	[illegible]	159,
[illegible]	[illegible]	150,00	[illegible]	4,60	[illegible]	137,
[illegible]	[illegible]	180,00	[illegible]	0,04	[illegible]	86,
[illegible]	[illegible]	20,00	[illegible]	0,20	[illegible]	52,
[illegible]	[illegible]	20,00	[illegible]	0,20	[illegible]	44,
[illegible]	[illegible]	3,00	[illegible]	0,00	[illegible]	0,
ИТОГО по: Обед			[illegible]	18,72	[illegible]	568,
Полдник						
[illegible]	[illegible]	50,00	[illegible]	1,50	[illegible]	141,
[illegible]	[illegible]	180,00	[illegible]	0,03	[illegible]	23,
ИТОГО по: Полдник			[illegible]	[illegible]	[illegible]	164,
Ужин						
[illegible]	[illegible]	155,00	[illegible]	[illegible]	[illegible]	240,
[illegible]	Чай с сахаром (180/7)	180,00	[illegible]	0,05	8,29	23,
[illegible]	[illegible]	30,00	[illegible]	0,33	[illegible]	78,
ИТОГО по: Ужин			[illegible]	5,33	[illegible]	341,
Стоимость питания за день по категории		**193,65**				

Шеф-повар

Калькулятор

Технолог