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| ***10.01.2022. Вторник***   |  |  |  | | --- | --- | --- | | **Салаты и закуски** | **Выход:** | **Кол-во:** | | Салат «Фасолевый с курицей и сухариками» | 150гр |  | | Салат «Итальянский» (листья салата, свекла, лимон, брынза, заправка масляная) | 150гр |  | | Салат «Огурец с яйцом и луком» (яйцо, лук, майонез, огурец) | 150гр |  | | Салат из капусты с огурцом (масло растительное) | 150гр |  |   **Супы**   |  |  |  | | --- | --- | --- | | Щи из свежей капусты со свежим помидором |  |  | | Суп куриный с вермишелью | 250гр |  | | Бульон говяжий с зеленью | 250гр |  | |  |  |  | |  |  |  |   **Блюда щадящей диеты**   |  |  |  | | --- | --- | --- | | Бедро куриное отварное | 100гр |  | | Филе горбуши на пару с кабачком | 100гр |  | |  |  |  |   **Основные блюда**   |  |  |  | | --- | --- | --- | | Филе Минтая под грибным жульеном и сыром | 100гр |  | | Плов со свининой | 250гр |  | | Шницель куриный в панировке | 100гр |  | | Индейка с грибами в томатном соусе | 75/75гр |  |   **Гарниры**   |  |  |  | | --- | --- | --- | | Рис отварной | 150гр |  | | Макароны отварные | 150гр |  | | Капуста тушеная | 150гр |  | |  |  |  |   **Напитки**   |  |  |  | | --- | --- | --- | | Напиток | 200мл |  | |  |  |  | |  |  |  |   **Десерты и выпечка**   |  |  |  | | --- | --- | --- | | Хлеб | 20гр |  | |