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|  ***10.01.2022. Вторник***

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| --- | --- | --- |
|  **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 |  |
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**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**

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| --- | --- | --- |
| Хлеб | 20гр |  |

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