**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

**\_\_\_\_\_\_\_\_\_(Скурихина О.Н.) МЕНЮ**

**«27» сентября 2021 год**

**ЗАВТРАК**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Наименование блюда** | **Выход гр.** | | **Белки,гр** | | **Жиры** | | **Углеводы,г** | | | **Калории** | | **Цена** | | | | |
| **7-11** | **12-18** | **7-11** | **12-18** | **7-11** | **12-18** | **7-11** | **12-18** | | **7-11** | **12-18** | **7-11** | **12-18** | | **12-18** | |
| **Макароны отварные с сыром** | **230** | **265** | **9,13** | **12,97** | **7,75** | **11,66** | **37,82** | **48,3** | | **227,53** | **318,7** | **15,09** | **16,74** |  | |
|  | **Хлеб** | **25** | **25** | **1** | **2** | **0,42** | **0,56** | **9** | **18** | | **48** | **96** | **1,45** | **1,45** |  | |
|  | **Чай с сахаром** | **200** | **200** | **0** | **0** | **0** | **0** | **7** | **7** | | **78** | **78** | **0,94** | **0,94** |  | |
| **Крендель посыпной** | **70** | **70** | **8,94** | **8,94** | **6,2** | **6,2** | **16** | **16** | | **141** | **141** | **12,25** | **12,25** |  | |
| **груша** | **116** | **155** | **0,2** | **0,6** | **0** | **0** | **14,85** | **20,24** | | **62** | **73,5** | **18,85** | **25,12** | **1** | |
|  |  |  |  |  |  |  |  |  | |  |  | **48,58** | **56,50** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **Икра кабачковая** | **25** | **44** | **0,45** | **0,9** | **0,2** | **0,4** | **1** | **2** | | **11** | **22** | **4,25** | **7,47** | |  | | |  |  |
| **Суп с фрикадельками и макаронами** | **200** | **250** | **9,3** | **9,86** | **9,86** | **11,69** | **12,96** | **15,71** | | **100,53** | **140,09** | **18,81** | **23,51** | |  | | |  |
| **Капуста тушенная** | **200** | **230** | **2,6** | **4,15** | **8,34** | **9,64** | **6,2** | **8,5** | | **84** | **101,52** | **16,51** | **18,98** | |  | | |  |
| **Тефтели мясные со слив. маслом** | **80** | **80** | **9** | **9** | **6** | **6** | **24** | **24** | | **176** | **176** | **25,76** | **25,76** | |  | | |  |
| **Кофейный напиток** | **200** | **200** | **1** | **1** | **2** | **2** | **21** | **21** | | **131** | **131** | **6,10** | **6,10** | |  | | |  |
| **Хлеб** | **25** | **50** | **1** | **2** | **0,42** | **0,56** | **9** | **18** | | **48** | **96** | **1,45** | **2,90** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **72,88** | **84,72** | |  | | |  |

**ПОВАР\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ОТВЕТСТВЕННЫЙ ЗА ПИТАНИЕ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**