**Утверждаю Заведующая филиалом «Раздольненская школа»**

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

**« 30 » сентября 2021 год**

**ЗАВТРАК**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Наименование блюда** | **Выход гр.** | | **Белки,гр** | | **Жиры** | | **Углеводы,г** | | | **Ккалории** | | **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** | |
| **Картофельное пюре** | **200** | **230** | **2** | **3,5** | **3,52** | **4,6** | **13,7** | **17,6** | | **136,9** | **164,75** | **9,65** | **9,65** |  | |
|  | **Рыбное филе припущенное в сметане** | **90** | **110** | **9,68** | **10,97** | **11,68** | **13,72** | **10,09** | **13,72** | | **93,36** | **132,2** | **17,87** | **21,84** |  | |
|  | **Какао** | **200** | **200** | **3,6** | **3,6** | **4,2** | **4,2** | **12,23** | **12,23** | | **127** | **127** | **6,55** | **6,55** |  | |
| **Хлеб** | **25** | **25** | **1,2** | **1,2** | **0,28** | **0,28** | **8,99** | **8,99** | | **48** | **48** | **1,45** | **1,45** |  | |
| **яблоко** | **89** | **114** | **1,95** | **1,95** | **0** | **0** | **22,65** | **22,65** | | **122** | **122** | **13,26** | **17,01** |  | |
|  |  |  |  |  |  |  |  |  | |  |  | **48,58** | **56,50** | **1** | |
| **ОБЕД** | |  | |  |  | |  | |
| **Борщ на суповом наборе** | **200** | **250** | **7,6** | **8,2** | **11,2** | **13** | **13,5** | **16,6** | | **102,9** | **160,5** | **20,82** | **26,02** | |  | | |  |  |
| **Плов с филе курицы** | **200** | **230** | **10,41** | **11,85** | **12,9** | **14** | **25,22** | **26,55** | | **182,8** | **205,9** | **31,61** | **36,80** | |  | | |  |
| **Сок яблочный** | **150** | **150** | **0,03** | **0,03** | **0** | **0** | **8,5** | **8,5** | | **118** | **118** | **19,00** | **19,00** | |  | | |  |
| **хлеб** | **25** | **50** | **1,2** | **1,2** | **0,28** | **0,28** | **8,99** | **8,99** | | **48** | **48** | **1,45** | **2,90** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **72,88** | **84,72** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  |  |  | |  | | |  |

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