**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**«13» октября 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** | |
| **Рис отварной со слив.маслом** | **200** | **230** | **7** | **8,05** | **8** | **9,2** | **17** | **19,55** | | **159** | **182,85** | **6,69** | **7,70** |  | |
|  | **Хлеб** | **25** | **50** | **1** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | **1,45** | **2,90** |  | |
|  | **Чай с сахаром** | **200** | **200** | **0** | **0** | **0** | **0** | **7** | **7** | | **78** | **78** | **0,94** | **0,94** |  | |
| **Печень по строгоновски** | **100** | **120** | **5** | **6** | **7** | **8,4** | **10** | **12** | | **84** | **100,8** | **16,40** | **19,68** |  | |
| **сыр** | **45** | **61** | **6** | **8,13** | **6** | **8,12** | **0** | **0** | | **95** | **128,78** | **23,10** | **25,68** | **1** | |
|  |  |  |  |  |  |  |  |  | |  |  | **48,58** | **56,50** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **Суп шахтерский на костном бульоне** | **200** | **250** | **7** | **8,75** | **4** | **5** | **14** | **17,5** | | **127** | **158,75** | **14,77** | **18,47** | | **4** | | |  |  |
| **Каша перловая** | **200** | **230** | **2** | **2,3** | **5** | **5,75** | **7** | **8,05** | | **47** | **54,05** | **4,69** | **5,40** | |  | | |  |
| **Котлета мясная в томатном соусе** | **100** | **100** | **10** | **10** | **8** | **8** | **4** | **4** | | **139** | **139** | **34,98** | **34,98** | |  | | |  |
| **Компот из сухофруктов** | **200** | **200** | **0** | **0** | **0** | **0** | **12** | **12** | | **101** | **101** | **3,94** | **3,94** | |  | | |  |
| **баранки** | **70** | **100** | **2** | **2,85** | **4** | **5,71** | **30** | **42,86** | | **86** | **122,86** | **13,05** | **19,03** | |  | | |  |
| **Хлеб** | **25** | **50** | **1** | **2** | **0** | ***0*** | ***9*** | **18** | | **48** | **96** | **1,45** | **2,90** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **72,88** | **84,72** | |  | | |  |

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