**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**« 19» 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** | |
| **Суп молочный с макаронами** | **200** | **250** | **10** | **12** | **4,7** | **5,1** | **14,22** | **20** | | **212,6** | **222,3** | **9,94** | **12,42** |  | |
|  | **Компот из сухофруктов** | **200** | **200** | **0,26** | **0,26** | **0** | **0** | **12** | **12** | | **101** | **101** | **3,95** | **3,95** |  | |
|  | **Апельсин** | **159** | **167** | **1,65** | **1,65** | **0** | **0** | **9** | **9** | | **52** | **52** | **24,86** | **26,11** |  | |
| **Хлеб** | **25** | **25** | **1,2** | **1,2** | **0,28** | **0,28** | **8,99** | **8,99** | | **48** | **48** | **1,45** | **1,45** |  | |
| **Сыр** | **20** | **30** | **4** | **5,48** | **4** | **7,6** | **0** | **0** | | **59** | **99,7** | **8,38** | **12,57** |  | |
|  |  |  |  |  |  |  |  |  | |  |  | **48,58** | **56,50** | **1** | |
| **ОБЕД** | |  | |  |  | |  | |
| **Капуста морская** | **65** | **94** | **1,2** | **2,4** | **0,3** | **0,45** | **2,7** | **4,05** | | **10,5** | **15,75** | **10,63** | **15,50** | |  | | |  |  |
| **Суп картофельный с фрикадельками** | **200** | **250** | **3,53** | **4,77** | **3** | **3,9** | **31,5** | **35,91** | | **175** | **217,9** | **17,26** | **21,57** | |  | | |  |
| **Каша гречневая со сливочным маслом** | **200** | **230** | **4,74** | **5,93** | **8,8** | **11** | **25,4** | **28,73** | | **101,16** | **123,18** | **8,06** | **9,27** | |  | | |  |
| **Котлета мясная в томатном соусе** | **100** | **100** | **9,85** | **9,85** | **8** | **8** | **4** | **4** | | **139** | **139** | **34,54** | **34,54** | |  | | |  |
| **Чай с сахаром** | **200** | **200** |  |  |  |  | **7** | **7** | | **78** | **78** | **0,94** | **0,94** | |  | | |  |
| **хлеб** | **25** | **50** | **1,2** | **2,4** | **0,28** | **0,56** | **8,99** | **17,98** | | **48** | **96** | **1,45** | **2,90** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **72,88** | **84,72** | |  | | |  |

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