**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**« 25» 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** | |
| **Макароны отварные с сыром** | **230** | **265** | **9,13** | **12,97** | **7,75** | **11,66** | **37,82** | **48,3** | | **227,53** | **318,7** | **15,09** | **17,39** |  | |
|  | **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** | **5,2** | **5,2** | | **141** | **141** | **14,00** | **14,00** |  | |
| **апельсин** | **93** | **124** | **0,2** | **0,6** | **0** | **0** | **14,85** | **20,24** | | **73,5** | **83,0** | **17,10** | **22,72** | **1** | |
|  |  |  |  |  |  |  |  |  | |  |  | **48,58** | **56,50** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **Икра кабачковая** | **25** | **50** | **0,45** | **0,9** | **0,2** | **0,4** | **1** | **2** | | **11** | **22** | **4,25** | **8,50** | |  | | |  |  |
| **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** | **150** | **165** | **2,6** | **4,15** | **8,34** | **9,64** | **6,2** | **8,5** | | **84** | **101,52** | **16,51** | **19,95** | |  | | |  |
| **Тефтели мясные со слив. маслом** | **80** | **80** | **5,16** | **6,28** | **7,59** | **8,7** | **0,4** | **1** | | **159,19** | **180,6** | **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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**