**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**« 15» ноября 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** | **150** | **200** | **5,3** | **7,1** | **5,5** | **7,33** | **32,77** | **43,7** | | **202** | **269,3** | **5,6** | **7,46** |  | |
|  | **биточки в сливоч.соусе** | **75** | **75** | **13,7** | **13,7** | **13,6** | **13,6** | **12,3** | **12,3** | | **226,4** | **226,4** | **27,27** | **27,27** |  | |
|  | **хлеб** | **25** | **50** | **1** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | **1,45** | **2,9** |  | |
| **чай с сахаром** | **200** | **200** | **0,2** | **0,2** | **0** | **0** | **6,4** | **6,4** | | **26,8** | **26,8** | **0,95** | **0,95** |  | |
|  |  |  |  |  |  |  |  | **10,52** | | **25,55** | **48,65** | **13,31** | **25,38** | **1** | |
|  |  |  |  |  |  |  |  |  | |  |  | **48,58** | **56,50** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **суп с фрикад.и вермишелью** | **200** | **250** | **8,64** | **10,8** | **4,32** | **3,45** | **13,92** | **17,4** | | **129** | **161,25** | **23,05** | **28,41** | | **4** | | |  |  |
| **капуста тушеная** | **150** | **200** | **3,6** | **4,8** | **5** | **3,75** | **14,55** | **19,4** | | **118,7** | **158,3** | **15,09** | **20,12** | |  | | |  |
| **тефтели мясные** | **80** | **80** | **10,2** | **10,2** | **9,3** | **9,3** | **10,5** | **10,5** | | **157,6** | **157,6** | **26,72** | **26,72** | |  | | |  |
| **хлеб** | **25** | **50** | **1** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | **1,45** | **2,9** | |  | | |  |
| **кофейный напиток** | **200** | **200** | **3,8** | **3,8** | **3,5** | **3,5** | **11,2** | **11,2** | | **91,4** | **91,4** | **6,57** | **6,57** | |  | | |  |
|  |  |  |  |  |  |  |  |  | | **129** | **161,25** | **72,88** | **84,72** | |  | | |  |

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