**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**24 ноября 2021г**

**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** | |
| **Плов с курицей** | **200** | **250** | **27,3** | **34** | **8,1** | **10,1** | **33,2** | **41,5** | | **314,6** | **393,4** | **26,95** | **32,85** |  | |
|  | **Салат с капустой морковью и яблоком** | **80** | **100** | **1,1** | **1,4** | **8,1** | **10,2** | **4,8** | **6** | | **96,7** | **120,9** | **8,08** | **10,10** |  | |
|  | **Хлеб** | **25** | **25** | **1** | **1** | **0** | **0** | **9** | **9** | | **48** | **48** | **1,45** | **1,45** |  | |
| **Чай с сахаром** | **200** | **200** | **0,2** | **0,2** | **0** | **0** | **6,4** | **6,4** | | **26,8** | **26,8** | **0,95** | **0,95** |  | |
| **Зефир** | **50** | **50** | **0,4** | **0,4** | **0,1** | **0,1** | **39,9** | **39,9** | | **161,7** | **161,7** | **11,15** | **11,15** | **1** | |
|  |  |  |  |  |  |  |  |  | |  |  | **48,58** | **56,50** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **Щи с капустой и сметаной** | **200** | **250** | **4,62** | **5,77** | **6,06** | **7,57** | **5,7** | **7,12** | | **96,06** | **120,07** | **20,59** | **26,24** | |  | | |  |  |
| **Картофель отварной на молоке** | **150** | **200** | **4,5** | **6** | **5,9** | **7,7** | **26,5** | **35,3** | | **176** | **234,6** | **14,26** | **19,00** | | **4** | | |  |  |
| **Голубцы ленивые** | **100** | **100** | **8,4** | **8,4** | **7,9** | **7,9** | **6,4** | **6,4** | | **130,7** | **130,7** | **30,01** | **30,01** | |  | | |  |
| **Хлеб** | **25** | **50** | **1** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | **1,45** | **2,9** | |  | | |  |
| **Кофейный напиток с молоком** | **200** | **200** | **3,8** | **3,8** | **3,5** | **3,5** | **11,2** | **11,2** | | **91,2** | **91,2** | **6,57** | **6,57** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  |  |  | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **72,88** | **84,72** | |  | | |  |

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