**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**30 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** | |
| **Рис отварной** | **150** | **200** | **3,6** | **4,8** | **5,4** | **7,2** | **36,45** | **48,6** | | **208,7** | **278,3** | **8,05** | **10,73** |  | |
|  | **Котлета мясная в том соусе** | **100** | **100** | **13,7** | **13,7** | **13,6** | **13,6** | **12,2** | **12,2** | | **226,3** | **226,3** | **34,35** | **34,35** |  | |
|  | **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** |  | |
| **Сыр** | **8** | **25** | **3,5** | **7** | **4,4** | **9,2** | **0** | **0** | | **53,7** | **107,5** | **3,78** | **9,08** | **1** | |
|  |  |  |  |  |  |  |  |  | |  |  | **48,58** | **56,50** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **Суп крестьянский с рисом** | **200** | **250** | **5,12** | **6,4** | **6,22** | **8,43** | **11,24** | **13,42** | | **119,44** | **149,3** | **14,21** | **17,77** | |  | | |  |  |
| **Картофельное пюре** | **150** | **200** | **3,1** | **4,1** | **6** | **7** | **22,6** | **26,4** | | **145,8** | **194,4** | **12,57** | **16,76** | | **4** | | |  |  |
| **Гуляш из говядины** | **60** | **80** | **13,5** | **20,4** | **13,5** | **20,4** | **4,7** | **6,9** | | **188,9** | **283,6** | **35,48** | **36,09** | |  | | |  |
| **Хлеб пшеничный** | **25** | **50** | **1** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | **1,45** | **2,9** | |  | | |  |
| **Компот из кураги** | **200** | **200** | **1** | **1** | **0,1** | **0,1** | **15,7** | **15,7** | | **66,9** | **66,9** | **7,80** | **7,80** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  |  |  | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **72,88** | **84,72** | |  | | |  |

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