**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**03 декабря 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** | |
| **капуста тушенная** | **150** | **200** | **3,6** | **4,8** | **5** | **6,8** | **14,5** | **19,4** | | **118,7** | **158,3** | **12,06** | **18,53** |  | |
|  | **тефтели мясные** | **80** | **80** | **12,3** | **12,3** | **11** | **11** | **5** | **7,5** | | **177,6** | **177,6** | **22,36** | **22,36** |  | |
|  | **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** |  | |
| **мандарин** | **60** | **60** | **0,6** | **0,6** | **0,1** | **0,1** | **5,3** | **5,3** | | **24,5** | **24,5** | **11,76** | **11,76** | **1** | |
|  |  |  |  |  |  |  |  |  | |  |  | **48,58** | **56,50** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **суп картофельный с горох** | **200** | **250** | **6,7** | **8,4** | **4,6** | **5,7** | **16,3** | **20,3** | | **133,1** | **166,4** | **15,58** | **18,32** | |  | | |  |  |
| **каша пшенная** | **150** | **200** | **6,3** | **8,5** | **7,1** | **9,5** | **35,5** | **47,3** | | **231,6** | **308,8** | **5,8** | **6,36** | | **4** | | |  |  |
| **гуляш из говядины** | **80** | **80** | **13,5** | **13,5** | **13,5** | **20,4** | **3,1** | **3,1** | | **188,9** | **188,9** | **36,85** | **36,85** | |  | | |  |
| **сыр порционный** | **15** | **30** | **3,5** | **7** | **4,4** | **8,8** | **0** | **0** | | **53,7** | **107,5** | **7,09** | **14,18** | |  | | |  |
| **хлеб** | **25** | **50** | **1** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | **1,45** | **2,9** | |  | | |  |
| **компот из сухофруктов** | **200** | **200** | **1** | **1** | **0,1** | **0,1** | ***15,6*** | **15,6** | | **66,9** | **66,9** | **6,11** | **6,11** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **72,88** | **84,72** | |  | | |  |

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