**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**10 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** | |
| **пельмени отварные** | **200** | **250** | **10,07** | **10,57** | **7,65** | **9,08** | **15,87** | **19,09** | | **96,23** | **156,36** | | **22,74** | **30,66** |  | |
|  | **компот из изюма** | **200** | **200** | **0,4** | **0,4** | **0,1** | **0,1** | **18,4** | **18,4** | | **75,8** | **75,8** | | **4,56** | **4,56** |  | |
|  | **мандарины** | **55** | **55** | **0,6** | **0,6** | **0,1** | **0,1** | **5,3** | **5,3** | | **24,5** | **24,5** | | **16,72** | **16,72** |  | |
| **хлеб** | **25** | **25** | **1** | **1** | **0** | **0** | **9** | **9** | | **48** | **48** | | **1,45** | **1,45** |  | |
| **масло сливочное порцион** | **10** | **10** | **0,1** | **0,1** | **8,2** | **8,2** | **0,1** | **0,1** | | **74,8** | **74,8** | | **3,11** | **3,11** | 17,5 | |
|  |  |  |  |  |  |  |  |  | |  |  | |  |  |  | |
|  |  |  |  |  |  |  |  |  | |  |  | | **48,58** | **56,50** |  | |
|  | |  | |  |  | |  | |  |  | |
| **суп с клецками и говядиной** | **200** | **250** | **4,62** | **5,77** | **3,34** | **4,17** | **11,4** | **14,25** | | **94,06** | **117,57** | | **18,3** | **27,69** | | **4** | | |  |  |
| **рис отварной** | **150** | **200** | **3,6** | **4,8** | **5,4** | **7,2** | **36,4** | **48,6** | | **208,7** | **278,3** | | **7,14** | **8,14** | |  | | |  |
| **котлеты рыбные трески** | **100** | **100** | **14,1** | **14,1** | **2,8** | **2,8** | **8,6** | **8,6** | | **115** | **115,9** | | **31,65** | **31,65** | |  | | |  |
| **кисель фруктовый** | **200** | **200** | **0,4** | **0,4** | **0,1** | **0,1** | **14,4** | **14,4** | | **59,7** | **59,7** | | **8,5** | **8,5** | |  | | |  |
| **хлеб** | **25** | **50** | **1** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | | **1,45** | **2,9** | |  | | |  |
| **сметанный соус** | **25** | **25** | **0,37** | **0,37** | **2,1** | **2,1** | **0,8** | **0,8** | | **23,72** | **23,72** | | **5,84** | **5,84** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | | **72,88** | **84,72** | |  | | |  |  |

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