**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**17 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 тушеная** | **150** | **200** | **3,6** | **4,8** | **5** | **6,8** | **14,5** | **19,4** | | **118,7** | **158,3** | **12,55** | **17,1** |  | |
|  | **тефтели мясные** | **70** | **70** | **8,2** | **12,3** | **7,3** | **11** | **5** | **7,5** | | **118,5** | **118,5** | **18,76** | **18,76** |  | |
|  | **мандарин** | **48** | **60** | **0,4** | **0,6** | **0,05** | **0,1** | **5,3** | **5,3** | | **20,4** | **24,5** | **14,87** | **18,24** |  | |
| **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** | **6** | | **26,8** | **26,8** | **0,95** | **0,95** | **1** | |
|  |  |  |  |  |  |  |  |  | |  |  |  |  |  | |
|  |  |  |  |  |  |  |  |  | |  |  | **48,58** | **56,50** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **суп гороховый** | **200** | **250** | **6,7** | **8,4** | **4,6** | **5,7** | **16,3** | **20,3** | | **133,1** | **166,4** | **13,54** | **14,69** | |  | | |  |  |
| **каша пшенная** | **150** | **200** | **6,3** | **8,5** | **7,1** | **9,5** | **35,5** | **47,3** | | **231,6** | **308,8** | **5,94** | **7,91** | | **4** | | |  |  |
| **гуляш из говядины** | **80** | **120** | **13,5** | **20,4** | **13,5** | **20,4** | **3,1** | **4,7** | | **188,9** | **283,6** | **38,53** | **41,07** | |  | | |  |
| **сыр порционный** | **20** | **30** | **4** | **7** | **5** | **8,8** | **0** | **0** | | **53,7** | **107,5** | **9,46** | **14,19** | |  | | |  |
| **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** | **3,96** | **3,96** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **72,88 ₽** | **84,72 ₽** | |  | | |  |

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