**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**20 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** | |
| **картофельное пюре** | **150** | **200** | **3,1** | **4,1** | **6** | **8,1** | **19,7** | **26,4** | | **145,8** | **194,4** | | **11,72** | **16,42** |  | |
|  | **котлета куринная** | **100** | **100** | **14,4** | **14,4** | **3,3** | **3,3** | **10,1** | **10,1** | | **127,1** | **127,1** | | **25** | **25** |  | |
|  | **салат из св капусты и моркови** | **80** | **100** | **1,3** | **1,6** | **8,1** | **10,1** | **7,8** | **9,6** | | **108,7** | **136** | | **6,45** | **9,67** |  | |
| **хлеб** | **25** | **25** | **1** | **1** | **0** | **0** | **9** | **9** | | **48** | **48** | | **1,45** | **1,45** |  | |
| **компот из сухофруктов** | **200** | **200** | **1** | **1** | **0,1** | **0,1** | **15,6** | **15,6** | | **66,9** | **66,9** | | **3,96** | **3,96** | 17,5 | |
|  |  |  |  |  |  |  |  |  | |  |  | |  |  |  | |
|  |  |  |  |  |  |  |  |  | |  |  | | **48,58** | **56,50** |  | |
| **ОБЕД** | |  | |  |  | |  | |  |  | |
| **борщ со сметаной** | **200** | **250** | **4,7** | **5,9** | **6,1** | **7,6** | **10,1** | **12,6** | | **114,3** | **142,8** | | **21,96** | **27,45** | | **4** | | |  |  |
| **плов с курицей** | **200** | **250** | **27,3** | **34** | **8,1** | **10,1** | **33,2** | **41,5** | | **314,6** | **393,4** | | **36,4** | **38,56** | |  | | |  |
| **кисель апельсиновый** | **200** | **200** | **0,4** | **0,4** | **0,1** | **0,1** | **14,4** | **14,7** | | **59,7** | **59,7** | | **7,58** | **7,58** | |  | | |  |
| **печенье промышленное** | **30** | **45** | **3,7** | **4,7** | **2,8** | **4,2** | **20,2** | **23,2** | | **142,2** | **155,2** | | **5,49** | **8,23** | |  | | |  |
| **хлеб** | **25** | **50** | **1** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | | **1,45** | **2,9** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | | **72,88** | **84,72** | |  | | |  |  |

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