**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**29 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** | |
| **рис отварной** | **150** | **200** | **3,6** | **0,8** | **5,4** | **7,2** | **36,4** | **48,6** | | **208,7** | **278,3** | | **5,75** | **6,65** |  | |
|  | **котлета мясная** | **100** | **100** | **18,27** | **18,27** | **18,13** | **18,13** | **16,27** | **16,27** | | **301,73** | **301,73** | | **33,5** | **33,5** |  | |
|  | **томатный соус** | **25** | **25** | **0,82** | **0,82** | **0,67** | **0,67** | **2,22** | **2,22** | | **18,27** | **18,27** | | **1,36** | **1,36** |  | |
| **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 порционный** | **12** | **27** | **3,5** | **7** | **4,4** | **8,8** | **0** | **0** | | **53,7** | **53,7** | | **5,57** | **12,59** | 17,5 | |
|  |  |  |  |  |  |  |  |  | |  |  | | **48,58** | **56,50** |  | |
| **ОБЕД** | |  | |  |  | |  | |  |  | |
| **суп крестьянский с рисом** | **200** | **250** | **4,94** | **6,17** | **6,22** | **7,77** | **11,24** | **14,05** | | **120,74** | **150,92** | | **17,47** | **21,84** | | **4** | | |  |  |
| **картофельное пюре** | **150** | **200** | **3,1** | **0,1** | **6** | **8,1** | **19,7** | **26,4** | | **145,8** | **194,4** | | **15,28** | **18** | |  | | |  |
| **гуляш из говядины** | **80** | **120** | **13,5** | **20,4** | **13,5** | **20,4** | **3,1** | **4,7** | | **188,9** | **283,6** | | **29,06** | **32,36** | |  | | |  |
| **компот из кураги** | **200** | **200** | **1** | **1** | **0,1** | **0,1** | **15,7** | **15,7** | | **66,9** | **66,9** | | **9,62** | **9,62** | |  | | |  |
| **хлеб** | **25** | **50** | **1** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | | **1,45** | **2,9** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | | **72,88** | **84,72** | |  | | |  |  |

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