**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**30 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** | |
| **макароны отварные с сыром** | **150** | **200** | **7,9** | **10,5** | **7,2** | **9,6** | **28,6** | **38,2** | | **210,6** | **280,9** | **15,2** | **19,93** |  | |
|  | **салат из капусты** | **50** | **80** | **0,81** | **1,3** | **5,06** | **9** | **4,78** | **7,8** | | **67,94** | **108,7** | **5,96** | **8,94** |  | |
|  | **какао с молоком** | **200** | **200** | **4,6** | **4,6** | **4,4** | **4,4** | **12,5** | **12,5** | | **107,2** | **107,2** | **8,03** | **8,03** |  | |
| **хлеб** | **25** | **25** | **1** | **1** | **0** | **0** | **9** | **9** | | **48** | **48** | **1,45** | **1,45** |  | |
| **яблоко** | **120** | **122** | **0,5** | **0,7** | **0,5** | **0,7** | **12,7** | **13,4** | | **57,7** | **63,7** | **17,94** | **18,15** | **1** | |
|  |  |  |  |  |  |  |  |  | |  |  | **48,58** | **56,50** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **щи с капустой и сметаной** | **200** | **250** | **4,62** | **5,77** | **6,06** | **7,57** | **5,7** | **7,12** | | **96,06** | **120,07** | **22,82** | **29,55** | |  | | |  |  |
| **каша перловая** | **150** | **200** | **4,4** | **5,9** | **5,9** | **7,9** | **30,5** | **40,6** | | **192,6** | **257,2** | **4,84** | **6,45** | | **4** | | |  |  |
| **котлета мясная** | **100** | **100** | **18,27** | **18,27** | **18,13** | **18,3** | **16,27** | **16,27** | | **301,73** | **301,73** | **36,61** | **36,61** | |  | | |  |
| **компот из сухофруктов** | **200** | **200** | **1** | **1** | **0,1** | **0,1** | **15,6** | **15,6** | | **66,9** | **66,9** | **5,11** | **5,11** | |  | | |  |
| **хлеб** | **25** | **50** | **1** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | **1,45** | **2,9** | |  | | |  |
| **соус белый основной** | **25** | **50** | **0,67** | **1,34** | **1,05** | **2,1** | **2,14** | **2,14** | | **16,57** | **33,14** | **2,05** | **4,1** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **72,88 ₽** | **84,72 ₽** | |  | | |  |  |

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