**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**10 января 2022г**

**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** | |
| **жаркое по домашнему** | **200** | **230** | **6,47** | **7,65** | **5,57** | **6,19** | **30,59** | **38,55** | | **177,45** | **225,52** | **36,17** | **41,6** |  | |
|  | **чай с сахаром** | **200** | **200** | **0,2** | **0,2** | **0** | **0** | **6,7** | **6,4** | | **26,8** | **26,8** | **0,95** | **0,95** |  | |
|  | **пряник промышленный** | **66** | **82** | **1,8** | **2,24** | **5,84** | **7,25** | **44** | **54,7** | | **116** | **144** | **11,9** | **14,69** |  | |
| **хлеб** | **25** | **25** | **1** | **1** | **0** | **0** | **9** | **9** | | **48** | **48** | **1,45** | **1,45** |  | |
|  |  |  |  |  |  |  |  |  | |  |  |  |  | **1** | |
|  |  |  |  |  |  |  |  |  | |  |  | **50,47 ₽** | **58,69 ₽** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **рассольник Ленинградский** | **200** | **250** | **4,74** | **5,92** | **6,24** | **7,8** | **13,6** | **17** | | **129,38** | **161,72** | **30,71** | **35,58** | |  | | |  |  |
| **макароны отварые** | **150** | **200** | **5,3** | **7,1** | **5,5** | **7,4** | **32,7** | **43,7** | | **202** | **269,3** | **5,87** | **7,82** | | **4** | | |  |  |
| **биточки из говядины** | **75** | **75** | **13,7** | **13,7** | **13,6** | **13,6** | **12,2** | **12,2** | | **226,3** | **226,3** | **23,34** | **23,34** | |  | | |  |
| **кисель фуктовый** | **200** | **200** | **0,4** | **0,4** | **0,1** | **0,1** | **14,4** | **14,4** | | **59,7** | **59,7** | **10,33** | **10,33** | |  | | |  |
| **хлеб** | **25** | **50** | **1** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | **1,45** | **2,9** | |  | | |  |
| **икра кабачковая** | **25** | **50** | **3,5** | **7** | **0,3** | **0,9** | **2,45** | **2,47** | | **11,25** | **22,5** | **4,02** | **8,05** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **75,72 ₽** | **88,02 ₽** | |  | | |  |  |

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