**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**11 января 2022год**

**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** | |
| **суп молочный с макаронами** | **200** | **250** | **9,77** | **11,32** | **4,7** | **5,1** | **14,22** | **20** | | **212,6** | **222,3** | | **26,45** | **30,17** |  | |
|  | **кисель фруктовый** | **200** | **200** | **0,4** | **0,4** | **0,1** | **0,1** | **14,4** | **14,4** | | **59,7** | **59,7** | | **10,33** | **10,33** |  | |
|  | **масло порционное** | **10** | **10** | **0,1** | **0,1** | **8,2** | **8,2** | **0,1** | **0,1** | | **74,8** | **74,8** | | **3,24** | **3,24** |  | |
| **хлеб** | **25** | **25** | **1** | **1** | **0** | **0** | **9** | **9** | | **48** | **48** | | **1,45** | **1,45** |  | |
| **печенье овсяное** | **50** | **75** | **3,7** | **5,4** | **2,8** | **4,2** | **16,2** | **20,2** | | **142,2** | **155,3** | | **9** | **13,5** |  | |
|  |  |  |  |  |  |  |  |  | |  |  | | **50,47 ₽** | **58,69 ₽** |  | |
| **ОБЕД** | |  | |  |  | |  | |  |  | |
| **суп картофельный с фрикадельками** | **200** | **250** | **8,6** | **10,8** | **4,3** | **5,4** | **13,9** | **17,4** | | **129** | **161,3** | | **20,93** | **28,71** | | **4** | | |  |  |
| **каша гречневая** | **150** | **200** | **8,2** | **10,9** | **6,9** | **7,6** | **35,9** | **47,9** | | **238,9** | **318,6** | | **9,22** | **12,29** | |  | | |  |
| **котлета мясная** | **100** | **100** | **18,27** | **18,27** | **18,13** | **18,13** | **16,27** | **16,27** | | **301,73** | **301,73** | | **36,74** | **36,74** | |  | | |  |
| **чай с сахаром и молоком** | **200** | **200** | **1,6** | **1,6** | **1,4** | **1,4** | **8,6** | **8,6** | | **53,5** | **53,5** | | **4,73** | **4,73** | |  | | |  |
| **хлеб** | **25** | **50** | **1** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | | **1,45** | **2,9** | |  | | |  |
| **соус красный основной** | **25** | **25** | **0,82** | **0,82** | **0,67** | **0,67** | **2,22** | **2,22** | | **18,27** | **18,27** | | **2,65** | **2,65** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | | **75,72 ₽** | **88,02 ₽** | |  | | |  |  |

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