**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**13 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** | |
| **картофельное пюре** | **150** | **200** | **3,1** | **4,1** | **6** | **8,1** | **19,7** | **26,4** | | **145,8** | **194,4** | **12,67** | **16,9** |  | |
|  | **котлета куринная** | **100** | **100** | **14,4** | **14,4** | **3,3** | **3,3** | **10,1** | **10,1** | | **127,1** | **127,1** | **25** | **25** |  | |
|  | **салат из капусты и моркови** | **80** | **100** | **1,3** | **1,6** | **8,1** | **10,1** | **7,8** | **9,6** | | **108,7** | **136** | **5,24** | **7,78** |  | |
| **компот из сухофруктов** | **200** | **200** | **1** | **1** | **0,1** | **0,1** | **15,6** | **15,6** | | **66,9** | **66,9** | **6,11** | **6,11** |  | |
| **хлеб** | **25** | **50** | **1** | **2** | **0** | **0** | **0** | **18** | | **48** | **96** | **1,45** | **2,9** | **1** | |
|  |  |  |  |  |  |  |  |  | |  |  | **50,47 ₽** | **58,69 ₽** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **борщ со сметаной** | **200** | **250** | **4,7** | **5,9** | **6,1** | **7,6** | **10,1** | **12,6** | | **114,3** | **142,8** | **22,96** | **28,45** | |  | | |  |  |
| **плов с курицей** | **200** | **250** | **27,3** | **34** | **8,1** | **10,1** | **33,2** | **41,5** | | **314,6** | **393,4** | **35,11** | **37,73** | | **4** | | |  |  |
| **кисель яблочный** | **200** | **200** | **0,4** | **0,4** | **0,1** | **0,1** | **14,4** | **14,4** | | **59,7** | **59,7** | **10,71** | **10,71** | |  | | |  |
| **хлеб** | **25** | **50** | **1** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | **1,45** | **2,9** | |  | | |  |
| **печенье промышленное** | **30** | **45** | **37,1** | **47** | **17,1** | **4,2** | **20,2** | **23,3** | | **142,2** | **155,2** | **5,49** | **8,23** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  |  |  | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **75,72** | **88,02** | |  | | |  |  |

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