**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**19 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** | |
| **макароны отварные** | **150** | **230** | **5,3** | **7,1** | **5,5** | **7,4** | **32,7** | **43,7** | | **202** | **269,3** | | **5,74** | **13,96** |  | |
|  | **биточки** | **80** | **80** | **13,7** | **13,7** | **13,6** | **13,6** | **12,2** | **12,2** | | **226,3** | **226,3** | | **23,44** | **23,44** |  | |
|  | **соус белый** | **25** | **25** | **0,67** | **0,67** | **1,05** | **1,05** | **1,07** | **1,07** | | **16,57** | **16,57** | | **2,66** | **2,66** |  | |
| **хлеб** | **25** | **25** | **1** | **1** | **0** | **0** | **9** | **9** | | **48** | **48** | | **1,45** | **1,45** |  | |
| **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** |  | |
| **печенье овсяное** | **50** | **50** | **3,7** | **3,7** | **208** | **208** | **10,1** | **10,1** | | **142,2** | **142,2** | | **9,15** | **9,15** |  | |
|  |  |  |  |  |  |  |  |  | |  |  | | **50,47 ₽** | **58,69 ₽** |  | |
| **ОБЕД** | |  | |  |  | |  | |  |  | |
| **суп картофельный с макаронами** | **200** | **250** | **5,16** | **6,45** | **2,78** | **3,47** | **18,5** | **23,12** | | **119,6** | **149,5** | | **11,06** | **11,06** | | **4** | | |  |  |
| **капуста тушеная с мясом** | **200** | **250** | **22,1** | **27,4** | **22,8** | **28,6** | **13,2** | **16,6** | | **347,1** | **433,7** | | **28,2** | **39,05** | |  | | |  |
| **кофейный напиток** | **200** | **200** | **3,8** | **3,8** | **3,5** | **3,5** | **11,2** | **11,2** | | **91,2** | **91,2** | | **6,57** | **6,57** | |  | | |  |
| **горошек зеленый** | **28** | **28** | **1,2** | **1,2** | **0,1** | **0,1** | **2,4** | **2,4** | | **14,8** | **14,8** | | **11,87** | **11,87** | |  | | |  |
| **хлеб** | **25** | **50** | **1** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | | **1,45** | **2,9** | |  | | |  |
| **кекс** | **65** | **65** | **2,8** | **2,8** | **10,9** | **10,9** | **32** | **32** | | **210,5** | **210,5** | | **16,57** | **16,57** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | | **75,72 ₽** | **88,02 ₽** | |  | | |  |  |

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