**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**28 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** | |
| **плов с курицей** | **150** | **200** | **27,3** | **34** | **8,1** | **10,1** | **33,2** | **41,5** | | **343,6** | **394,3** | | **28,48** | **33** |  | |
|  | **салат из капусты и яблок** | **60** | **80** | **1,1** | **1,4** | **8,1** | **8,1** | **10,2** | **6** | | **96,7** | **120,9** | | **5,43** | **7,24** |  | |
|  | **чай с сахаром** | **200** | **200** | **0,2** | **0,2** | **0** | **0** | **6,4** | **6,4** | | **26,8** | **26,8** | | **0,95** | **0,95** |  | |
| **хлеб** | **25** | **50** | **1** | **1** | **0** | **0** | **9** | **18** | | **48** | **96** | | **1,45** | **2,9** |  | |
| **зефир** | **50** | **50** | **0,5** | **0,5** | **0,1** | **0,1** | **39,9** | **39,9** | | **161,7** | **161,7** | | **14,2** | **14,2** |  | |
|  |  |  |  |  |  |  |  |  | |  |  | |  |  |  | |
|  |  |  |  |  |  |  |  |  | |  |  | | **50,47 ₽** | **58,69 ₽** |  | |
| **ОБЕД** | |  | |  |  | |  | |  |  | |
| **щи со сметаной** | **200** | **250** | **4,2** | **5,77** | **6** | **7,57** | **5,7** | **7,12** | | **96,06** | **120,07** | | **25,03** | **31,91** | | **4** | | |  |  |
| **картофель отварной намолоке** | **150** | **200** | **4,5** | **6** | **5,9** | **7,7** | **26,5** | **35,3** | | **176** | **234,6** | | **12,52** | **16,49** | |  | | |  |
| **голубцы** | **100** | **100** | **8,4** | **8,4** | **7,9** | **7,9** | **6,4** | **6,4** | | **130,7** | **130,7** | | **30,15** | **30,15** | |  | | |  |
| **кофейный напиток** | **25** | **50** | **3,8** | **3,8** | **3,5** | **3,5** | **11,2** | **11,2** | | **91,2** | **91,2** | | **6,57** | **6,57** | |  | | |  |
| **хлеб** | **25** | **50** | **1** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | | **1,45** | **2,9** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | | **75,72 ₽** | **88,02 ₽** | |  | | |  |  |

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