**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**31 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** | |
| **каша гречневая** | **150** | **200** | **8,2** | **11** | **6,9** | **9,3** | **35,9** | **47,9** | | **238,9** | **318,5** | **9,07** | **12,09** |  | |
|  | **гуляш из филе курицы** | **80** | **100** | **5,57** | **6,63** | **2,4** | **3,34** | **3,02** | **4,75** | | **95,26** | **106,89** | **22,19** | **25,94** |  | |
|  | **чай с сахаром и лимоном** | **200** | **200** | **0,3** | **0,3** | **0** | **0** | **6,7** | **6,7** | | **27,9** | **27,9** | **3,11** | **3,11** |  | |
| **хлеб** | **25** | **50** | **1** | **1** | **0** | **0** | **9** | **18** | | **48** | **96** | **1,45** | **2,9** |  | |
| **ватрушка с повидлом** | **50** | **50** | **28** | **2,8** | **2,07** | **2,07** | **6,2** | **6,2** | | **70,7** | **70,7** | **14,65** | **14,65** | **1** | |
|  |  |  |  |  |  |  |  |  | |  |  | **50,47 ₽** | **58,69 ₽** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **суп рыбный с консервой** | **200** | **250** | **7,9** | **9,87** | **4,1** | **5,12** | **12,4** | **15,5** | | **117,9** | **147,45** | **36,65** | **45,56** | |  | | |  |  |
| **макароны отварные** | **150** | **200** | **5,3** | **7,1** | **5,5** | **7,4** | **32,7** | **43,7** | | **202** | **269,3** | **5,74** | **7,65** | | **4** | | |  |  |
| **котлета куриная** | **100** | **100** | **14,4** | **14,4** | **3,3** | **3,3** | **10,1** | **10,1** | | **127,1** | **127,1** | **28,11** | **28,11** | |  | | |  |
| **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** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | **1,45** | **2,9** | |  | | |  |
| **повидло порционное** | **20** | **20** | **1,6** | **1,6** | **0,06** | **0,06** | **12,45** | **12,45** | | **48** | **48** | **2,82** | **2,85** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **75,72 ₽** | **88,02 ₽** | |  | | |  |  |

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