**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**22 февраля 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** | |
| **макароны отварные с сыром** | **150** | **200** | **7,9** | **10,5** | **7** | **9,6** | **28,6** | **38,2** | | **210,6** | **280,9** | **27,28** | **32,68** |  | |
|  | **повидло порционное** | **10** | **20** | **0,8** | **1,6** | **0,03** | **0,06** | **12,5** | **24,9** | | **53** | **106** | **1,41** | **2,82** |  | |
|  | **кисель фруктовый** | **200** | **200** | **0,4** | **0,4** | **0,1** | **0,1** | **14,4** | **14,4** | | **59,7** | **59,7** | **6,67** | **6,67** |  | |
| **хлеб** | **25** | **50** | **1** | **1** | **0** | **0** | **9** | **18** | | **48** | **96** | **1,45** | **2,9** |  | |
| **яблоко** | **92** | **101** | **0,5** | **0,6** | **0,5** | **0,6** | **11,7** | **12,7** | | **57,7** | **61,7** | **13,66** | **15,07** | **1** | |
|  |  |  |  |  |  |  |  |  | |  |  | **50,47 ₽** | **58,69 ₽** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **щи со сметаной** | **200** | **250** | **4,62** | **5,77** | **6,06** | **7,57** | **5,7** | **7,12** | | **96,06** | **120,07** | **16,75** | **23,63** | |  | | |  |  |
| **Каша перловая** | **150** | **200** | **4,4** | **5,9** | **5,9** | **7,9** | **30,5** | **40,6** | | **192,9** | **257,2** | **12,52** | **16,49** | | **4** | | |  |  |
| **котлета мясная** | **100** | **100** | **18,27** | **18,27** | **18,13** | **18,13** | **16,27** | **16,27** | | **301,73** | **301,73** | **37,84** | **37,84** | |  | | |  |
| **соус белый основной** | **25** | **25** | **0,67** | **0,67** | **1,05** | **1,05** | **1,07** | **1,07** | | **16,57** | **16,57** | **2,05** | **2,05** | |  | | |  |
| **хлеб** | **25** | **50** | **1** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | **1,45** | **2,9** | |  | | |  |
| **компот из сухофруктов** | **200** | **200** | **1** | **1** | **0,1** | **0,1** | **15,6** | **15,6** | | **66,9** | **66,9** | **5,11** | **5,11** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **75,72 ₽** | **88,02 ₽** | |  | | |  |  |

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