**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**14 марта 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** | |
| **капуста тушеная** | **150** | **200** | **3,6** | **4,8** | **5** | **6,8** | **14,5** | **19,4** | | **118,7** | **158,3** | **15,05** | **18,88** |  | |
|  | **тефтели мясные** | **80** | **80** | **12,3** | **12,3** | **11** | **11** | **7,5** | **7,5** | | **177,6** | **177,6** | **22,36** | **22,36** |  | |
|  | **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** | **25** | **1** | **1** | **0** | **0** | **9** | **9** | | **48** | **48** | **1,45** | **1,45** |  | |
| **мандарин** | **35** | **45** | **0,75** | **0,84** | **0,1** | **0,1** | **5,8** | **6,3** | | **24,5** | **28,4** | **10,66** | **13,6** | **1** | |
|  |  |  |  |  |  |  |  |  | |  |  |  |  |  | |
|  |  |  |  |  |  |  |  |  | |  |  | **50,47 ₽** | **58,69 ₽** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **суп картофельный с горохом** | **200** | **250** | **6,7** | **8,4** | **4,6** | **5,7** | **16,3** | **20,3** | | **133,1** | **166,4** | **15,58** | **18,32** | |  | | |  |  |
| **каша пшенная рассыпчатая** | **150** | **200** | **6,3** | **8,5** | **7,1** | **9,5** | **35,5** | **47** | | **231,6** | **308,8** | **5,94** | **7,91** | | **4** | | |  |  |
| **гуляш из филе говядины** | **80** | **100** | **13,5** | **16,87** | **13,5** | **20,4** | **3,1** | **4,7** | | **188,9** | **236,12** | **39,55** | **43,32** | |  | | |  |
| **сыр порционный** | **15** | **20** | **3,5** | **5** | **4,4** | **6,8** | **0** | **0** | | **53,7** | **68,7** | **7,09** | **9,46** | |  | | |  |
| **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** | **6,11** | **6,11** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **75,72 ₽** | **88,02 ₽** | |  | | |  |  |

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