**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**21 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** | |
| **пельмени отварные** | **200** | **250** | **10,07** | **10,57** | **7,65** | **9,08** | **15,87** | **19,09** | | **96,23** | **156,36** | **31,2** | **39,42** |  | |
|  | **масло слив. порционное** | **10** | **10** | **0,1** | **0,1** | **8,2** | **8,2** | **0,1** | **0,1** | | **74,8** | **74,8** | **3,11** | **3,11** |  | |
|  | **компот из изюма** | **200** | **200** | **0,4** | **0,4** | **1** | **0,1** | **18,4** | **18,4** | | **75,8** | **75,8** | **4,56** | **4,56** |  | |
| **хлеб** | **25** | **25** | **1** | **1** | **0** | **0** | **9** | **9** | | **48** | **48** | **1,45** | **1,45** |  | |
| **мандарин** | **68** | **68** | **0,5** | **0,5** | **0,5** | **0,5** | **10,8** | **10,8** | | **57,7** | **57,7** | **10,15** | **10,15** |  | |
|  |  |  |  |  |  |  |  |  | |  |  |  |  | **1** | |
|  |  |  |  |  |  |  |  |  | |  |  | **50,47 ₽** | **58,69 ₽** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **суп картоф. с клецками** | **200** | **250** | **4,62** | **5,77** | **3,34** | **4,17** | **11,4** | **14,25** | | **94,06** | **117,57** | **20,11** | **28,24** | |  | | |  |  |
| **рис отварной** | **150** | **200** | **3,6** | **4,8** | **5,4** | **7,2** | **36,4** | **48,6** | | **208,7** | **278,3** | **8,17** | **10,89** | | **4** | | |  |  |
| **котлета рыбная** | **100** | **100** | **14,1** | **14,1** | **2,8** | **2,8** | **8,6** | **8,6** | | **115** | **115** | **31,65** | **31,65** | |  | | |  |
| **сметанный соус** | **25** | **25** | **0,37** | **0,37** | **0,1** | **0,1** | **0,8** | **0,8** | | **23,72** | **23,72** | **5,84** | **5,84** | |  | | |  |
| **хлеб** | **25** | **50** | **1** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | **1,45** | **2,9** | |  | | |  |
| **кисель фруктовый** | **200** | **200** | **0,4** | **0,4** | **0,1** | **0,1** | **14,4** | **14,4** | | **59,7** | **59,7** | **8,5** | **8,5** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **75,72 ₽** | **88,02 ₽** | |  | | |  |

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