**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**13 мая 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** | **38,01** | **46,23** |  | |
|  | **масло слив. порционное** | **10** | **10** | **0,1** | **0,1** | **8,2** | **8,2** | **0,1** | **0,1** | | **74,8** | **74,8** | **4,46** | **4,46** |  | |
|  | **компот из изюма** | **200** | **200** | **0,4** | **0,4** | **1** | **0,1** | **18,4** | **18,4** | | **75,8** | **75,8** | **6,14** | **6,14** |  | |
| **хлеб** | **30** | **30** | **1** | **1** | **0** | **0** | **9** | **9** | | **48** | **48** | **1,86** | **1,86** |  | |
|  |  |  |  |  |  |  |  |  | |  |  |  |  | **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** | **11,37** | **19,14** | |  | | |  |  |
| **рис отварной** | **150** | **200** | **3,6** | **4,8** | **5,4** | **7,2** | **36,4** | **48,6** | | **208,7** | **278,3** | **11,74** | **15,65** | | **4** | | |  |  |
| **котлета рыбная** | **100** | **100** | **14,1** | **14,1** | **2,8** | **2,8** | **8,6** | **8,6** | | **115** | **115** | **39,03** | **39,03** | |  | | |  |
| **сметанный соус** | **15** | **15** | **0,37** | **0,37** | **0,1** | **0,1** | **0,8** | **0,8** | | **23,72** | **23,72** | **3,22** | **3,22** | |  | | |  |
| **хлеб** | **30** | **40** | **1** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | **1,86** | **2,48** | |  | | |  |
| **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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**