**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**19 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** | |
| **жаркое по домашнему** | **200** | **250** | **6,47** | **7,65** | **5,57** | **6,19** | **30,59** | **38,55** | | **177,45** | **225,52** | **45,03** | **53,65** |  | |
|  | **чай с сахаром** | **200** | **200** | **0,2** | **0,2** | **0** | **0** | **6,4** | **6,4** | | **26,8** | **26,8** | **1,2** | **1,2** |  | |
|  | **хлеб** | **30** | **50** | **1** | **1** | **0** | **0** | **9** | **18** | | **48** | **96** | **1,86** | **3,1** |  | |
| **пряник промышленный** | **60** | **60** | **0,9** | **0,9** | **2,92** | **2,92** | **35** | **35** | | **73** | **73** | **12,48** | **12,48** | **1** | |
|  |  |  |  |  |  |  |  |  | |  |  |  |  |  | |
|  |  |  |  |  |  |  |  |  | |  |  | **60,57 ₽** | **70,43 ₽** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **рассольник Ленинградский** | **200** | **250** | **4,74** | **5,92** | **6,24** | **7,8** | **13,6** | **17** | | **129,38** | **161,73** | **33,75** | **40,29** | |  | | |  |  |
| **макароны отварные** | **150** | **200** | **5,3** | **7,1** | **5,5** | **7,4** | **32,7** | **43,7** | | **202** | **269,3** | **7,79** | **14,77** | | **4** | | |  |  |
| **биточки мясные** | **90** | **90** | **13,7** | **13,7** | **13,6** | **13,6** | **12,2** | **12,2** | | **226,3** | **226,3** | **29,57** | **29,57** | |  | | |  |
| **кисель фруктовый** | **200** | **200** | **0,4** | **0,4** | **0,1** | **0,1** | **14,4** | **14,4** | | **59,7** | **59,7** | **12,29** | **12,29** | |  | | |  |
| **хлеб** | **30** | **50** | **1** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | **1,86** | **3,1** | |  | | |  |
| **икра кабачковая** | **33** | **33** | **3,5** | **7** | **0,3** | **0,6** | **1,23** | **2,47** | | **11,25** | **22,5** | **5,6** | **5,6** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **90,86 ₽** | **105,62 ₽** | |  | | |  |  |

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