**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**10 октября 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** | **200** | **260** | **5,3** | **7,1** | **5,5** | **7,4** | **32,7** | **43,7** | | **202** | **269,3** | **14,75** | **24,61** |  | |
|  | **биточки мясные** | **90** | **90** | **13,7** | **13,7** | **13,6** | **13,6** | **12,2** | **12,2** | | **226,3** | **226,3** | **29,34** | **29,34** |  | |
|  | **соус белый основной** | **25** | **25** | **0,67** | **0,67** | **1,05** | **1,05** | **1,07** | **1,07** | | **16,57** | **16,57** | **9,26** | **9,26** |  | |
| **хлеб** | **30** | **30** | **2,3** | **2,3** | **0,3** | **0,3** | **11,5** | **11,5** | | **57,9** | **57,9** | **1,35** | **1,35** |  | |
| **Чай с сахаром и лимоном** | **200** | **200** | **0,3** | **0,3** | **0** | **0** | **6,7** | **6,7** | | **27,9** | **27,9** | **5,87** | **5,87** |  | |
|  |  |  |  |  |  |  |  |  | |  |  |  |  |  | |
|  |  |  |  |  |  |  |  |  | |  |  | **60,57 ₽** | **70,43 ₽** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **суп картофельный с макаронами** | **200** | **250** | **5,16** | **5,16** | **2,78** | **2,78** | **23,12** | **23,12** | | **119,6** | **119,6** | **18,22** | **22,77** | |  | | |  |  |
| **капуста тушеная с мясом** | **200** | **250** | **22,1** | **27,4** | **22,8** | **28,6** | **13,2** | **166** | | **347,1** | **433,7** | **36,3** | **45,38** | | **4** | | |  |  |
| **кофейный напиток с молоком** | **200** | **200** | **3,8** | **3,8** | **3,5** | **3,5** | **11,2** | **11,2** | | **91,2** | **91,2** | **6,14** | **6,14** | |  | | |  |
| **горошек зеленый** | **33** | **33** | **1,2** | **1,2** | **0,1** | **0,1** | **2,4** | **2,4** | | **14,8** | **14,8** | **6,77** | **6,77** | |  | | |  |
| **Печенье** | **79** | **79** | **2,4** | **2,4** | **9,9** | **9,9** | **28** | **28** | | **210,5** | **210,5** | **22,31** | **22,31** | |  | | |  |
| **хлеб** | **25** | **50** | **1,5** | **3** | **0,35** | **0,7** | **11,24** | **22,48** | | **60** | **120** | **1,12** | **2,25** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **90,86 ₽** | **105,62 ₽** | |  | | |  |  |

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