**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**12 октября 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** | |
| **Макароны отварные** | **150** | **200** | **5,3** | **7,1** | **5,5** | **7,4** | **32,7** | **43,7** | | **207.7** | **276.93** | **7,98** | **10,64** |  | |
|  | **Гуляш из филе курицы** | **100** | **120** | **5,57** | **6,63** | **2,4** | **3,34** | **3,02** | **4,75** | | **95,26** | **106,89** | **38.45** | **38.78** |  | |
|  | **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 молоком** | **200** | **200** | **1,6** | **1,6** | **1,4** | **1,4** | **8,6** | **8,6** | | **53,5** | **53,5** | **3,41** | **3,41** | **1** | |
| **яблоко** | **75** | **130** | **0,5** | **0,6** | **0,5** | **0,6** | **12,7** | **13,8** | | **30.3** | **52.52** | **9.38** | **16.25** |  | |
|  |  |  |  |  |  |  |  |  | |  |  | **60,57 ₽** | **70,43 ₽** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **Щи со св.капустой и сметаной** | **200** | **250** | **4,62** | **5,77** | **6,06** | **7,57** | **5,7** | **7,12** | | **96,06** | **120,07** | **21,70** | **31,68** | |  | | |  |  |
| **Каша гречневая рассыпчатая** | **150** | **200** | **8,2** | **11** | **6,9** | **9,3** | **35,9** | **47,9** | | **238,9** | **318,5** | **10,95** | **14,60** | | **4** | | |  |  |
| **Котлета мясная** | **90** | **90** | **18,27** | **18,27** | **18,13** | **18,1** | **16,2** | **16,27** | | **301,73** | **301,73** | **42,36** | **42,36** | |  | | |  |
| **Хлеб пшеничный** | **25** | **50** | **1,5** | **3** | **0,35** | **0,7** | **11,2** | **22,48** | | **60** | **120** | **1,12** | **2,25** | |  | | |  |
| **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** | |  | | |  |
| **Компот из сухофруктов** | **200** | **200** | **0,5** | **0,5** | **0** | **0** | **19,8** | **19,8** | | **81** | **81** | **5,47** | **5,47** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **90,86 ₽** | **105,62 ₽** | |  | | |  |  |

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