**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**13 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** | |
| **Рагу из курицы** | **200** | **250** | **21** | **26,2** | **7** | **8,8** | **17,5** | **21,9** | | **217,4** | **271,6** | **40,87** | **50,73** |  | |
|  | **Чай сахаром и лимоном** | **200** | **200** | **0,3** | **0,3** | **0** | **0** | **6,7** | **6,7** | | **27,9** | **27,9** | **5,87** | **5,87** |  | |
|  | **Хлеб пшеничный** | **30** | **30** | **2,3** | **2,3** | **0,3** | **0,3** | **11,5** | **11,5** | | **57,9** | **57,9** | **1,35** | **1,35** |  | |
| **Пряник промышленный** | **60** | **60** | **1,8** | **1,8** | **5,84** | **5,84** | **70** | **70** | | **146** | **146** | **12,48** | **12,48** |  | |
|  |  |  |  |  |  |  |  |  | |  |  | **60,57 ₽** | **70,43 ₽** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **Рассольник Ленинградский** | **200** | **250** | **4,74** | **5,92** | **6,24** | **7,8** | **13,6** | **17** | | **129,38** | **161,72** | **33,93** | **44,90** | |  | | |  |  |
| **Макароны отварные** | **150** | **200** | **5,3** | **7,1** | **5,5** | **7,4** | **32,7** | **43,7** | | **202** | **269,3** | **7,98** | **10,64** | | **4** | | |  |  |
| **Биточки из говядины** | **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** | **11,26** | **11,26** | |  | | |  |
| **Хлеб** | **25** | **50** | **1,5** | **3** | **0,35** | **0,7** | **11,24** | **22,48** | | **60** | **120** | **1,12** | **2,25** | |  | | |  |
| **Икра кабачковая** | **38** | **38** | **0,7** | **0,7** | **0,6** | **0,6** | **2,45** | **2,45** | | **22,5** | **22,5** | **7,00** | **7,00** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **90,86 ₽** | **105,62 ₽** | |  | | |  |  |

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