**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**14 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** | |
| **капуста тушеная** | **200** | **230** | **3,6** | **4,8** | **5** | **6,8** | **14,5** | **19,4** | | **118,7** | **158,3** | **20,27** | **25,08** |  | |
|  | **тефтели мясные** | **60** | **60** | **8,7** | **8,7** | **8,8** | **8,8** | **4,9** | **4,9** | | **133,6** | **133,6** | **21,92** | **21,92** |  | |
|  | **чай с сахаром** | **200** | **200** | **0,2** | **0,2** | **0** | **0** | **6,5** | **6,5** | | **26,8** | **26,8** | **1,28** | **1,28** |  | |
| **хлеб** | **30** | **30** | **2,3** | **2,3** | **0,3** | **0,3** | **11,5** | **11,5** | | **57,9** | **57,9** | **1,35** | **1,35** |  | |
| **мандарины** | **75** | **100** | **0,6** | **0,6** | **0,1** | **0,1** | **5,3** | **5,8** | | **24,5** | **25,3** | **15,75** | **20,80** |  | |
|  |  |  |  |  |  |  |  |  | |  |  | **60,57 ₽** | **70,43 ₽** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **суп картофельный с горохом** | **200** | **250** | **6,68** | **8,35** | **4,6** | **5,75** | **16,28** | **20,35** | | **133,14** | **166,42** | **16,10** | **20,12** | |  | | |  |  |
| **каша пшенная рассыпчатая** | **150** | **200** | **6,3** | **8,5** | **7,1** | **9,5** | **35,5** | **47,3** | | **231,6** | **308,8** | **7,30** | **9,73** | | **4** | | |  |  |
| **гуляш из филе говядины** | **80** | **100** | **13,5** | **16,87** | **13,5** | **20,4** | **3,1** | **4,7** | | **188,9** | **236,12** | **51,75** | **55,89** | |  | | |  |
| **сыр порционный** | **15** | **20** | **3,5** | **5** | **4,4** | **6,8** | **0** | **0** | | **53,7** | **68,7** | **9,12** | **12,16** | |  | | |  |
| **хлеб** | **25** | **50** | **1,5** | **3** | **0,35** | **0,7** | **11,24** | **22,48** | | **60** | **120** | **1,12** | **2,25** | |  | | |  |
| **компот из сухофруктов** | **200** | **200** | **0,5** | **0,5** | **0,1** | **0,1** | **19,8** | **19,8** | | **81** | **81** | **5,47** | **5,47** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **90,86 ₽** | **105,62 ₽** | |  | | |  |  |

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