**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**19 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** | |
| **каша гречневая** | **150** | **200** | **8,2** | **11** | **6,9** | **9,3** | **35,9** | **47,9** | | **238,9** | **318,5** | **10,95** | **14,60** |  | |
|  | **гуляш из филе курицы** | **100** | **120** | **5,57** | **6,63** | **2,4** | **3,34** | **3,02** | **4,75** | | **95,26** | **106,89** | **35,32** | **38,76** |  | |
|  | **салат с капустой, морковью, яблоком** | **80** | **100** | **1,1** | **1,4** | **8,1** | **10,2** | **4,8** | **6** | | **96,7** | **120,9** | **11,9** | **13,54** |  | |
|  | **чай с сахаром** | **200** | **200** | **0,2** | **0,2** | **0** | **0** | **6,5** | **6,5** | | **26,8** | **26,8** | **1,28** | **1,28** |  | |
| **хлеб** | **25** | **50** | **1,5** | **3** | **0,35** | **0,7** | **11,2** | **22,4** | | **60** | **120** | **1,12** | **2,25** |  | |
|  |  |  |  |  |  |  |  |  | |  |  | **60,57 ₽** | **70,43 ₽** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **щи со сметаной** | **200** | **250** | **4,62** | **5,77** | **6,06** | **7,57** | **5,7** | **7,12** | | **96,06** | **120,07** | **25,48** | **31,85** | |  | | |  |  |
| **картофель отварной на молоке** | **150** | **200** | **4,5** | **6** | **5,9** | **7,7** | **26,5** | **35,3** | | **176** | **234,6** | **14,38** | **19,13** | | **4** | | |  |  |
| **голубцы** | **193** | **204** | **8,4** | **8,4** | **7,9** | **7,9** | **6,4** | **6,4** | | **130,7** | **130,7** | **43,74** | **46,25** | |  | | |  |
| **кофейный напиток** | **200** | **200** | **3,8** | **3,8** | **3,5** | **3,5** | **11,2** | **11,2** | | **91,2** | **91,2** | **6,14** | **6,14** | |  | | |  |
| **хлеб** | **25** | **50** | **1,5** | **3** | **0,35** | **0,7** | **11,2** | **22,4** | | **60** | **120** | **1,12** | **2,25** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **90,86 ₽** | **105,62 ₽** | |  | | |  |  |

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