**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**20 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** | |
| **пельмени отварные** | **200** | **250** | **10,07** | **10,57** | **7,65** | **9,08** | **15,87** | **19,09** | | **96,23** | **156,36** | **38,29** | **48,15** |  | |
|  | **масло слив. порционное** | **10** | **20** | **0,06** | **0,12** | **7,26** | **14,52** | **0,08** | **0,16** | | **65,89** | **131,79** | **4,46** | **4,46** |  | |
|  | **Чай с сахаром и лимоном** | **200** | **200** | **0,3** | **0,3** | **0** | **0** | **6,7** | **6,7** | | **27,9** | **27,9** | **2,97** | **2,97** |  | |
| **хлеб** | **30** | **30** | **2,3** | **2,3** | **0,3** | **0,3** | **11,5** | **11,5** | | **57,9** | **57,9** | **1,35** | **1,35** |  | |
| **Крендель посыпной** | **70** | **70** | **12,52** | **12,52** | **8,68** | **8,68** | **21,84** | **21,84** | | **197,4** | **197,4** | **13,50** | **13,50** | **1** | |
|  |  |  |  |  |  |  |  |  | |  |  | **60,57 ₽** | **70,43 ₽** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **суп с рыбными консервами** | **200** | **250** | **7,9** | **9,87** | **4,1** | **5,12** | **12,42** | **15,52** | | **117,96** | **147,45** | **31,34** | **42,31** | |  | | |  |  |
| **Макароны отварные** | **150** | **200** | **5,3** | **7,1** | **5,5** | **7,4** | **32,7** | **43,7** | | **202** | **269,3** | **7,98** | **10,64** | | **4** | | |  |  |
| **котлета куриная** | **100** | **100** | **14,4** | **14,4** | **3,3** | **3,3** | **10,1** | **10,1** | | **127,1** | **127,1** | **34,36** | **34,36** | |  | | |  |
| **Повидло порционное** | **20** | **20** | **1,6** | **1,6** | **0,06** | **0,06** | **24,9** | **24,9** | | **106** | **106** | **4,80** | **4,80** | |  | | |  |
| **хлеб** | **25** | **50** | **1,5** | **3** | **0,35** | **0,7** | **11,2** | **22,4** | | **60** | **120** | **1,12** | **2,25** | |  | | |  |
| **кисель брусничный** | **200** | **200** | **0,1** | **0,1** | **0,1** | **0,1** | **14,9** | **14,9** | | **60,7** | **60,7** | **11,26** | **11,26** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **90,86 ₽** | **105,62 ₽** | |  | | |  |

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