**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**11 ноября 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** | |
| **Картофельное пюре** | **150** | **200** | **3,1** | **4,1** | **6** | **8,1** | **19,7** | **26,4** | | **145,8** | **194,4** | **11,27** | **15,02** |  | |
|  | **голубцы ленивые** | **100** | **100** | **8,4** | **8,4** | **7,9** | **7,9** | **6,4** | **6,4** | | **130,7** | **130,7** | **22,7** | **22,7** |  | |
|  | **Хлеб пшеничный** | **30** | **30** | **1,3** | **1,3** | **0,3** | **0,3** | **9** | **9** | | **48** | **48** | **1,35** | **1,35** |  | |
| **Компот из сухофруктов** | **200** | **200** | **0,5** | **0,5** | **0** | **0** | **19,8** | **19,8** | | **81** | **81** | **6,28** | **6,28** |  | |
| **мандарин** | **88** | **117** | **2,8** | **2,8** | **2,07** | **2,07** | **6,2** | **6,2** | | **70,7** | **70,7** | **18,97** | **25,08** | **1** | |
|  |  |  |  |  |  |  |  |  | |  |  |  |  |  | |
|  |  |  |  |  |  |  |  |  | |  |  | **60,57 ₽** | **70,43 ₽** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **Суп картофельный с клецками** | **200** | **250** | **4,62** | **5,77** | **3,34** | **4,17** | **11,4** | **14,25** | | **94,06** | **117,57** | **26,45** | **37,71** | |  | | |  |  |
| **Рис отварной** | **150** | **200** | **3,6** | **4,8** | **5,4** | **7,2** | **36,4** | **48,6** | | **208,7** | **278,3** | **10,98** | **14,48** | | **4** | | |  |  |
| **Котлета рыбная минтай** | **100** | **100** | **14,1** | **14,1** | **2,8** | **2,8** | **8,6** | **8,6** | | **115,9** | **115,9** | **33,26** | **33,26** | |  | | |  |
| **Сметанный соус** | **50** | **50** | **0,07** | **0,07** | **4,2** | **4,2** | **1,6** | **1,6** | | **47,45** | **47,45** | **6,21** | **6,21** | |  | | |  |
| **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 пшеничный** | **60** | **60** | **2,3** | **2,3** | **0,3** | **0,3** | **11,5** | **11,5** | | **57,9** | **57,9** | **2,70** | **2,70** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **90,86 ₽** | **105,62 ₽** | |  | | |  |  |

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