**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**22 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** | |
| **суп молочный с макаронными изделиями** | **200** | **250** | **5,5** | **6,87** | **5,58** | **6,97** | **17,72** | **22,15** | | **143,02** | **178,77** | **15,49** | **19,37** |  | |
|  | **кисель ягодный брусничный** | **200** | **200** | **0,1** | **0,1** | **0,1** | **0,1** | **14,9** | **14,9** | | **60,7** | **60,7** | **12,35** | **12,35** |  | |
|  | **яблоко** | **119** | **162** | **0,5** | **0,5** | **0,5** | **0,5** | **12,7** | **12,7** | | **57,7** | **58,9** | **13,14** | **19,12** |  | |
| **хлеб** | **30** | **30** | **2,3** | **2,3** | **0,3** | **0,3** | **11,5** | **11,5** | | **57,9** | **57,9** | **1,35** | **1,35** |  | |
| **Сыр порционный** | **30** | **30** | **3,5** | **7** | **4,4** | **8,8** | **0** | **0** | | **53,7** | **107,5** | **18,24** | **18,24** | **1** | |
|  |  |  |  |  |  |  |  |  | |  |  |  |  |  | |
|  |  |  |  |  |  |  |  |  | |  |  | **60,57 ₽** | **70,43 ₽** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **суп картофельный с фрикадельками** | **200** | **250** | **8,7** | **10,87** | **3,3** | **4,12** | **16,4** | **20,5** | | **130,4** | **163** | **24,64** | **32,79** | |  | | |  |  |
| **каша гречневая** | **150** | **200** | **8,2** | **11** | **6,5** | **8,67** | **42,8** | **57,06** | | **262,2** | **349,6** | **12,05** | **18,66** | | **4** | | |  |  |
| **котлета мясная** | **100** | **100** | **14,1** | **14,1** | **11,9** | **11,9** | **6,2** | **6,2** | | **188** | **188** | **40,53** | **40,53** | |  | | |  |
| **чай с молоком** | **200** | **200** | **1,6** | **1,6** | **1,4** | **1,4** | **8,6** | **8,6** | | **53,5** | **53,5** | **4,93** | **4,93** | |  | | |  |
| **хлеб** | **60** | **60** | **2,3** | **2,3** | **0,3** | **0,3** | **11,5** | **11,5** | | **57,9** | **57,9** | **2,70** | **2,70** | |  | | |  |
| **соус красный основной** | **50** | **50** | **1,6** | **1,6** | **1,3** | **1,3** | **4,6** | **4,6** | | **36,8** | **36,8** | **6,01** | **6,01** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **90,86 ₽** | **105,62 ₽** | |  | | |  |  |

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