**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**29 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** | |
| **Жаркое по-домашнему с курицей** | **250** | **300** | **8** | **12** | **8** | **12** | **39** | **58.5** | | **221** | **331.5** | | **39,70** | **49.56** |  | |
|  | **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** | **0.35** | **0.35** | **11.5** | **11.5** | | **57.9** | **57.9** | | **1.35** | **1.35** |  | |
| **сыр порционный** | **30** | **30** | **7** | **7** | **8,8** | **8,8** | **0** | **0** | | **107,5** | **107,5** | | **18,24** | **18,24** |  | |
|  |  |  |  |  |  |  |  |  | |  |  | | **60,57 ₽** | **70,43 ₽** |  | |
| **ОБЕД** | |  | |  |  | |  | |  |  | |
| **суп крестьянский с рисом** | **200** | **250** | **4,94** | **6,17** | **6,22** | **7,77** | **11,2** | **14,05** | | **120,74** | **150,92** | | **24,01** | **30,01** | | **4** | | |  |  |
| **Макароны отварные** | **150** | **200** | **5,3** | **7,1** | **5,5** | **7,4** | **32,7** | **43,7** | | **202** | **269,3** | | **7,98** | **10,64** | |  | | |  |
| **гуляш из говядины** | **80** | **100** | **13,5** | **20,4** | **13,5** | **20,4** | **3,1** | **4,7** | | **188,6** | **236,12** | | **44,21** | **49,18** | |  | | |  |
| **компот из кураги** | **200** | **200** | **1** | **1** | **0,1** | **0,1** | **15,7** | **15,7** | | **66,9** | **66,9** | | **13,54** | **13,54** | |  | | |  |
| **хлеб** | **25** | **50** | **1,5** | **3** | **0,35** | **0,7** | **11,2** | **22,48** | | **60** | **120** | | **1,12** | **2,25** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | | **90,86 ₽** | **105,62 ₽** | |  | | |  |  |

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