**Утверждаю Заведующая филиалом**

**«Раздольненская школа»**

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

**« 16» сентября 2021 год**

**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 филе курицы** | **200** | **230** | **6** | **6,9** | **6** | **6,9** | **31** | **35,65** | | **177** | **203,55** | **29,70** | **34,15** |  | |
|  | **Чай с сахаром** | **200** | **200** | **0** | **0** | **0** | **0** | **7** | **7** | | **78** | **78** | **0,94** | **0,94** |  | |
|  | **хлеб** | **25** | **50** | **1** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | **1,45** | **2,90** |  | |
| **яблоко** | **111** | **124** | **0** | **0** | **0** | **0** | **15** | **16,76** | | **74** | **82,66** | **16,49** | **18,51** |  | |
|  |  |  |  |  |  |  |  |  | |  |  |  |  | **1** | |
|  |  |  |  |  |  |  |  |  | |  |  | **48,58** | **56,50** |  | |
| **ОБЕД** | |  | |  |  | |  | |
| **Нарезка из св.огурцов** | **50** | **100** | **1** | **2** | **0** | **0** | **1** | **2** | | **6** | **12** | **2,50** | **5,00** | | **4** | | |  |  |
| **Рассольник из филе говядины** | **200** | **250** | **6** | **7,5** | **3** | **3,75** | **6** | **7,5** | | **100** | **12,5** | **34,52** | **41,97** | |  | | |  |
| **Биточки мясные** | **100** | **100** | **8** | **8** | **5** | **5** | **1** | **1** | | **85** | **85** | **25,34** | **25,34** | |  | | |  |
| **Рожки отварные** | **200** | **230** | **4** | **4,6** | **11** | **12,65** | **23** | **26,45** | | **212** | **243,8** | **2,97** | **3,41** | |  | | |  |
| **Хлеб** | **25** | **50** | **1** | **2** | **0** | **0** | **9** | **18** | | **48** | **96** | **1,45** | **2,90** | |  | | |  |
| **Кофейный напиток** | **200** | **200** | **1** | **1** | **2** | ***2*** | ***21*** | **21** | | **131** | **131** | **6,10** | **6,10** | |  | | |  |
|  |  |  |  |  |  |  |  |  | |  |  | **72,88** | **84,72** | |  | | |  |

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