|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  | **Утверждаю** | | | | | | | | | |
|  |  |  |  |  |  |  |  | | | | | | | | | |
|  |  |  |  |  |  |  | Директор | | | | | | | | | |
|  |  |  |  |  |  |  | ГПОУ ЯО Борисоглебский политехнический колледж | | | | | | | | | |
|  |  |  |  |  |  |  | \_\_\_\_\_\_\_\_\_\_\_\_\_ / Дербышева С.А./ | | | | | | | | | |
|  |  |  |  |  |  | **МЕНЮ** | | | | |  |  |  |  |  |  |
|  |  |  |  | **16 октября 2023 г.** | | | | | | | | |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Бюджет** | | | | | | | | | | | | | | |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Сбор-** **ник** **рецеп-** **тур** | | **№** **техн.** **карты** | **Наименование блюда** | | | | | **Выход** | | **Химический состав** | | | | | **Энерге-** **тическая** **ценность,** **ккал** | |
| **Белки, г** | | **Жиры, г** | | **Угле-** **воды, г** |
| **Обед** | | | | | | | | | | | | | | | | |
| 2008 | | 84 | ЩИ ИЗ СВЕЖЕЙ КАПУСТЫ С КАРТОФЕЛЕМ | | | | | 250 | | 4,10 | | 10,50 | | 8,50 | 146,00 | |
| 2006 | | 528 | СОУС КРАСНЫЙ ОСНОВНОЙ | | | | | 50 | | 0,40 | | 2,00 | | 3,20 | 33,00 | |
| 2010 | | 51 | БИТОЧКИ РЫБНЫЕ | | | | | 60 | | 7,60 | | 3,40 | | 9,00 | 97,00 | |
| 2008 | | 326 | РИС ПРИПУЩЕННЫЙ | | | | | 180 | | 4,40 | | 5,50 | | 46,20 | 251,00 | |
| 2008 | | 430 | ЧАЙ С САХАРОМ | | | | | 200/15 | | 0,20 | | 0,00 | | 14,90 | 60,00 | |
| 2008 | |  | ХЛЕБ ДАРНИЦКИЙ | | | | | 30 | | 2,00 | | 0,30 | | 12,70 | 61,00 | |
| **Итого** | | | | | | | | | | **18,70** | | **21,70** | | **94,50** | **648,00** | |
| **Всего** | | | | | | | | | | **18,70** | | **21,70** | | **94,50** | **648,00** | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | |  |  |  |  | Борисова Ирина Сергеевна | | | | | | | |
|  |  |  |  |  |  | | | |  |  |  |  |  |  |  |  |

.