



Директор школы № 1

МЕНЮ

" 8 " декабря 2023 г.

12-18 лет

10 день

| Сборник рецептур | № техн. карты | Наименование блюда | Выход | Цена, руб. | Химический состав | | | Энергетическая ценность, ккал |
|------------------|---------------|---|-------|---------------|-------------------|--------------|---------------|-------------------------------|
| | | | | | Белки, г | Жиры, г | Углеводы, г | |
| Завтрак | | | | | | | | |
| 2011 | 52 | САЛАТ ИЗ СВЕКЛЫ ОТВАРНОЙ | 100 | 15,27 | 1,40 | 6,10 | 8,30 | 93,00 |
| 2011 | 291 | ПЛОВ ИЗ ПТИЦЫ | 200 | 69,13 | 16,90 | 10,50 | 35,70 | 305,00 |
| 2021 | 11/1 | КОФЕЙНЫЙ НАПИТОК С МОЛОКОМ | 200 | 10,94 | 3,40 | 2,40 | 21,30 | 121,00 |
| 2008 | | ХЛЕБ ПШЕНИЧНЫЙ | 40 | 2,88 | 3,10 | 0,30 | 20,10 | 95,00 |
| 2008 | | ХЛЕБ РЖАНОЙ | 20 | 1,18 | 1,30 | 0,20 | 8,50 | 41,00 |
| Итого | | | | 99,40 | 26,10 | 19,50 | 93,90 | 655,00 |
| Обед | | | | | | | | |
| 2011 | 71 | ОВОЩИ НАТУРАЛЬНЫЕ ПО СЕЗОНУ (ПОМИДОРЫ СВЕЖИЕ) | 100 | 11,11 | 1,10 | 0,20 | 3,80 | 24,00 |
| 2011 | 103 | СУП КАРТОФЕЛЬНЫЙ С МАКАРОННЫМИ ИЗДЕЛИЯМИ | 250 | 10,32 | 2,80 | 2,90 | 20,20 | 118,00 |
| 2011 | 271 | КОТЛЕТЫ ДОМАШНИЕ С МАСЛОМ СЛИВОЧНЫМ (100/5) | 105 | 71,22 | 12,90 | 23,30 | 9,50 | 299,00 |
| 2011 | 171.1 | КАША РАССЫПЧАТАЯ ГРЕЧНЕВАЯ | 180 | 15,29 | 9,80 | 11,70 | 44,30 | 321,00 |
| 2011 | 389 | СОК ФРУКТОВЫЙ | 200 | 28,80 | 1,00 | 0,20 | 19,60 | 83,00 |
| 2008 | | ХЛЕБ ПШЕНИЧНЫЙ | 60 | 3,60 | 4,60 | 0,40 | 30,10 | 142,00 |
| 2008 | | ХЛЕБ РЖАНОЙ | 30 | 1,47 | 2,00 | 0,30 | 12,70 | 61,00 |
| Итого | | | | 141,81 | 34,20 | 39,00 | 140,20 | 1 048,00 |
| Полдник | | | | | | | | |
| 2023 | 101 | ПИРОЖКИ СДОБНЫЕ ПЕЧЕНЬЕ С ТВОРОГОМ | 140 | 21,73 | 19,80 | 13,40 | 45,00 | 382,00 |
| 2021 | 8/1 | ЧАЙ С САХАРОМ | 200 | 1,86 | 0,40 | 0,00 | 10,50 | 44,00 |
| 2011 | 338 | ФРУКТЫ СВЕЖИЕ (ГРУША) | 100 | 41,67 | 0,40 | 0,30 | 10,30 | 47,00 |
| Итого | | | | 65,26 | 20,60 | 13,70 | 65,80 | 473,00 |
| Всего | | | | 306,47 | 80,90 | 72,20 | 299,90 | 2 176,00 |

Повар

Мешков Д.Я.



7.11.007

| Code | No. Item | Description of Item | Budget | Unit | Estimated Cost | | | Total Estimated Cost |
|----------------|----------|-----------------------|--------|------|----------------|-----------|-------|----------------------|
| | | | | | Material | Personnel | Other | |
| Section | | | | | | | | |
| 001 | 01 | Cost of Books | 100 | 100 | 100 | 100 | 100 | 100 |
| 001 | 02 | Cost of Stationery | 100 | 100 | 100 | 100 | 100 | 100 |
| 001 | 03 | Cost of Printing | 200 | 200 | 200 | 200 | 200 | 200 |
| 001 | 04 | Cost of Telephone | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 05 | Cost of Postage | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 06 | Cost of Fuel | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 07 | Cost of Water | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 08 | Cost of Electricity | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 09 | Cost of Maintenance | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 10 | Cost of Repairs | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 11 | Cost of Security | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 12 | Cost of Insurance | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 13 | Cost of Miscellaneous | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 14 | Cost of Training | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 15 | Cost of Travel | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 16 | Cost of Conferences | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 17 | Cost of Seminars | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 18 | Cost of Workshops | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 19 | Cost of Courses | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 20 | Cost of Lectures | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 21 | Cost of Seminars | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 22 | Cost of Workshops | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 23 | Cost of Courses | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 24 | Cost of Lectures | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 25 | Cost of Seminars | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 26 | Cost of Workshops | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 27 | Cost of Courses | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 28 | Cost of Lectures | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 29 | Cost of Seminars | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 30 | Cost of Workshops | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 31 | Cost of Courses | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 32 | Cost of Lectures | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 33 | Cost of Seminars | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 34 | Cost of Workshops | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 35 | Cost of Courses | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 36 | Cost of Lectures | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 37 | Cost of Seminars | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 38 | Cost of Workshops | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 39 | Cost of Courses | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 40 | Cost of Lectures | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 41 | Cost of Seminars | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 42 | Cost of Workshops | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 43 | Cost of Courses | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 44 | Cost of Lectures | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 45 | Cost of Seminars | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 46 | Cost of Workshops | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 47 | Cost of Courses | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 48 | Cost of Lectures | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 49 | Cost of Seminars | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 50 | Cost of Workshops | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 51 | Cost of Courses | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 52 | Cost of Lectures | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 53 | Cost of Seminars | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 54 | Cost of Workshops | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 55 | Cost of Courses | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 56 | Cost of Lectures | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 57 | Cost of Seminars | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 58 | Cost of Workshops | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 59 | Cost of Courses | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 60 | Cost of Lectures | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 61 | Cost of Seminars | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 62 | Cost of Workshops | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 63 | Cost of Courses | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 64 | Cost of Lectures | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 65 | Cost of Seminars | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 66 | Cost of Workshops | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 67 | Cost of Courses | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 68 | Cost of Lectures | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 69 | Cost of Seminars | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 70 | Cost of Workshops | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 71 | Cost of Courses | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 72 | Cost of Lectures | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 73 | Cost of Seminars | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 74 | Cost of Workshops | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 75 | Cost of Courses | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 76 | Cost of Lectures | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 77 | Cost of Seminars | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 78 | Cost of Workshops | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 79 | Cost of Courses | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 80 | Cost of Lectures | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 81 | Cost of Seminars | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 82 | Cost of Workshops | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 83 | Cost of Courses | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 84 | Cost of Lectures | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 85 | Cost of Seminars | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 86 | Cost of Workshops | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 87 | Cost of Courses | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 88 | Cost of Lectures | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 89 | Cost of Seminars | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 90 | Cost of Workshops | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 91 | Cost of Courses | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 92 | Cost of Lectures | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 93 | Cost of Seminars | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 94 | Cost of Workshops | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 95 | Cost of Courses | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 96 | Cost of Lectures | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 97 | Cost of Seminars | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 98 | Cost of Workshops | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 99 | Cost of Courses | 20 | 20 | 20 | 20 | 20 | 20 |
| 001 | 100 | Cost of Lectures | 20 | 20 | 20 | 20 | 20 | 20 |

Total



