|  |  |  |  |
| --- | --- | --- | --- |
|  | Утверждаю  Заведующая МДОУ «Детский сад №32»  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Н.Б. Кузнецова |  | Утверждаю  Заведующая МДОУ «Детский сад №32»  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Н.Б. Кузнецова |
| **МЕНЮ НА 11.07.2025Г. САД** | | **МЕНЮ НА 11.07.2025Г. ЯСЛИ** | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Наименование блюда** | **Выход** | **Химический состав** | | | **Энерге- тическая ценность, ккал** | | **Белки, г** | **Жиры, г** | **Углеводы, г** | | **Завтрак** | | | | | | | КАША "НЕЖНОСТЬ" НА МОЛОКЕ | 200 | 5,7 | 7,3 | 26,3 | 194 | | БУТЕРБРОД С МАСЛОМ | 40/8 | 3,2 | 7 | 19,7 | 155 | | КАКАО С МОЛОКОМ | 180 | 1,6 | 1,5 | 9,6 | 59 | | **Итого** | | **10,5** | **15,8** | **55,6** | **408** | | **II Завтрак** | | | | | | | СОК | 100 |  |  | 12 | 46 | | **Итого** | |  |  |  |  | | **Обед** | | | | | | | СУП ГОРОХОВЫЙ НА КУР/БУЛЬОНЕ С ГРЕНКАМИ | 200 | 7,6 | 9 | 13 | 188 | | БИТОЧКИ КУРИНЫЕ | 70 | 11,7 | 15,3 | 2,7 | 194 | | МАКАРОНЫ ИЗДЕЛИЯ ОТВАРНЫЕ | 130 | 4,7 | 3,8 | 30,1 | 173 | | ХЛЕБ РЖАНОЙ | 50 | 3,2 | 0,4 | 20,6 | 99 | | КОМПОТ ИЗ СМЕСИ СУХОФРУКТОВ | 180 |  |  | 6,8 | 27 | | **Итого** | | **27,2** | **28,5** | **73,2** | **681** | | **Полдник** | | | | | | | МОЛОКО КИПЯЧЕНОЕ | 200 | 5,6 | 4,9 | 9,3 | 105 | | ПЕЧЕНЬЕ | 20 | 1,5 | 1,9 | 14,6 | 81 | | **Итого** | | **7,1** | **6,8** | **23,9** | **186** | | **Ужин** | | | | | | | КАША ГРЕЧНЕВАЯ МОЛОЧНАЯ | 200 | 5,8 | 6,3 | 22,9 | 201 | | ХЛЕБ ПШЕНИЧНЫЙ | 35 | 2,7 | 0,4 | 16,7 | 81 | | ЧАЙ С САХАРОМ | 180 |  |  | 6,8 | 27 | | **Итого** | | **8,5** | **6,7** | **46,4** | **309** | | **Всего** | | **53,3** | **57,8** | **211,1** | **1630** | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Наименование блюда** | **Выход** | **Химический состав** | | | **Энерге- тическая ценность, ккал** | | **Белки, г** | **Жиры, г** | **Углеводы, г** | | **Завтрак** | | | | | | | КАША "НЕЖНОСТЬ" НА МОЛОКЕ | 150 | 4,7 | 6,9 | 21 | 165 | | БУТЕРБРОД С МАСЛОМ | 30/5 | 2,4 | 4,4 | 14,7 | 109 | | КАКАО С МОЛОКОМ | 150 | 1,6 | 1,5 | 8,6 | 55 | | **Итого** | | **8,7** | **12,8** | **44,3** | **329** | | **II Завтрак** | | | | | | | СОК | 100 |  |  | 12 | 46 | | **Итого** | |  |  |  |  | | **Обед** | | | | | | | СУП ГОРОХОВЫЙ НА КУР/БУЛЬОНЕ С ГРЕНКАМИ | 180 | 6,1 | 7,3 | 10,3 | 155 | | БИТОЧКИ КУРИНЫЕ | 60 | 10,3 | 13 | 2,7 | 168 | | МАКАРОНЫ  ИЗДЕЛИЯ ОТВАРНЫЕ | 90 | 3,2 | 3,6 | 20,6 | 127 | | ХЛЕБ РЖАНОЙ | 40 | 2,5 | 0,4 | 16,5 | 79 | | КОМПОТ ИЗ СМЕСИ СУХОФРУКТОВ | 150 |  |  | 5,8 | 23 | | **Итого** | | **22,1** | **24,3** | **55,9** | **552** | | **Полдник** | | | | | | | МОЛОКО КИПЯЧЕНОЕ | 150 | 4,3 | 3,7 | 7 | 79 | | ПЕЧЕНЬЕ | 20 | 1,5 | 1,9 | 14,6 | 81 | | **Итого** | | **5,8** | **5,6** | **21,6** | **160** | | **Ужин** | | | | | | | КАША ГРЕЧНЕВАЯ МОЛОЧНАЯ | 150 | 4,9 | 6,1 | 18,1 | 167 | | ХЛЕБ ПШЕНИЧНЫЙ | 25 | 1,9 | 0,3 | 11,9 | 58 | | ЧАЙ С САХАРОМ | 150 |  |  | 5,8 | 23 | | **Итого** | | **6,8** | **6,4** | **35,8** | **248** | | **Всего** | | **43,4** | **49,1** | **169,6** | **1335** | |