|  |  |  |  |
| --- | --- | --- | --- |
|  | УтверждаюЗаведующая МДОУ «Детский сад №32»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Н.Б. Кузнецова |  | УтверждаюЗаведующая 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 |
| МАКАРОНЫИЗДЕЛИЯ 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** |

 |