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|  | УтверждаюЗаведующая МДОУ «Детский сад №32»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Н.Б. Кузнецова |  | УтверждаюЗаведующая МДОУ «Детский сад №32»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Н.Б. Кузнецова |
| **МЕНЮ НА 14.07.2025Г. САД** | **МЕНЮ НА 14.07.2025Г. ЯСЛИ** |

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| **Наименование блюда** | **Выход** | **Химический состав** | **Энерге- тическая ценность, ккал** |
| **Белки, г** | **Жиры, г** | **Углеводы, г** |
| **Завтрак** |
| МАКАРОНЫ ОТВАРНЫЕ С МАСЛОМ | 200 | 6,4 | 4 | 41 | 226 |
| БУТЕРБРОД С МАСЛОМ | 40/8 | 3,2 | 7 | 19,7 | 155 |
| ЧАЙ С САХАРОМ | 180 |  |  | 6,8 | 27 |
| **Итого** | **9,6** | **11** | **67,5** | **408** |
| **II Завтрак** |
| СОК | 100 |  |  |  12 |  46 |
| **Итого** |  |  |  |  |
| **Обед** |
| ЩИ НА КУР/БУЛЬОНЕ СО СМЕТАНОЙ | 200 | 7 | 8,7 | 8,2 | 176 |
| ГРЕЧКА ПО КУПЕЧЕСКИ | 200 | 14,6 | 16,4 | 28,3 | 319 |
| ХЛЕБ РЖАНОЙ | 50 | 3,2 | 0,4 | 20,6 | 99 |
| КОМПОТ ИЗ СМЕСИ СУХОФРУКТОВ | 180 |  |  | 6,8 | 27 |
| **Итого** | **24,8** | **25,5** | **63,9** | **621** |
| **Полдник** |
| КИСЕЛЬ | 200 |  |  |  24 |  100 |
| БУЛОЧКА ДОМАШНЯЯ | 70 | 6,4 | 7,3 | 35,9 | 233 |
| **Итого** | **6,4** | **7,3** | **59,9** | **333** |
| **Ужин** |
| СУП МОЛОЧНЫЙ С РИСОМ | 200 | 5,4 | 6,3 | 23,2 | 171 |
| ХЛЕБ ПШЕНИЧНЫЙ | 40 | 3,1 | 0,4 | 19 | 92 |
| КОФЕЙНЫЙ НАПИТОК С МОЛОКОМ | 180 | 2,5 | 2,2 | 11 | 74 |
| **Итого** | **11** | **8,9** | **53,2** | **337** |
| **Всего** | **51,8** | **52,7** | **256,5** | **1745** |

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| **Наименование блюда** | **Выход** | **Химический состав** | **Энерге- тическая ценность, ккал** |
| **Белки, г** | **Жиры, г** | **Углеводы, г** |
| **Завтрак** |
| МАКАРОНЫ ОТВАРНЫЕ С МАСЛОМ | 150 | 4,9 | 3,8 | 30,7 | 177 |
| БУТЕРБРОД С МАСЛОМ | 30/5 | 2,4 | 4,4 | 14,7 | 109 |
| ЧАЙ С САХАРОМ | 150 |  |  | 5,8 | 23 |
| **Итого** | **7,3** | **8,2** | **51,2** | **309** |
| **II Завтрак** |
| СОК | 100 |  |  |  12 |  46 |
| **Итого** |  |  |  |  |
| **Обед** |
| ЩИ НА КУР/БУЛЬОНЕ СО СМЕТАНОЙ | 180 | 5,2 | 7,1 | 6,6 | 141 |
| ГРЕЧКА ПО КУПЕЧЕСКИ | 150 | 12,8 | 14,4 | 22,6 | 270 |
| ХЛЕБ РЖАНОЙ | 40 | 2,5 | 0,4 | 16,5 | 79 |
| КОМПОТ ИЗ СМЕСИ СУХОФРУКТОВ | 150 |  |  | 5,8 | 23 |
| **Итого** | **20,5** | **21,9** | **51,5** | **513** |
| **Полдник** |
| КИСЕЛЬ | 150 |  |  |  18 |  75 |
| БУЛОЧКА ДОМАШНЯЯ | 60 | 5,3 | 7,2 | 28,1 | 197 |
| **Итого** | **5,3** | **7,2** | **28,1** | **197** |
| **Ужин** |
| СУП МОЛОЧНЫЙ С РИСОМ | 150 | 4,2 | 5,4 | 18 | 139 |
| ХЛЕБ ПШЕНИЧНЫЙ | 30 | 2,3 | 0,3 | 14,3 | 69 |
| КОФЕЙНЫЙ НАПИТОК С МОЛОКОМ | 150 | 2,5 | 2,2 | 10 | 70 |
| **Итого** | **9** | **7,9** | **42,3** | **278** |
| **Всего** | **42,1** | **45,2** | **203,1** | **1418** |

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