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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  |  |  |  |  |  |  | | **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** | | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **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** | |