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| --- | --- | --- | --- |
|  | Утверждаю  Заведующая МДОУ «Детский сад №32»  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Н.Б. Кузнецова |  | Утверждаю  Заведующая МДОУ «Детский сад №32»  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Н.Б. Кузнецова |
| **МЕНЮ НА 15.07.2025Г. САД** | | **МЕНЮ НА 15.07.2025Г. ЯСЛИ** | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Наименование блюда** | **Выход** | **Химический состав** | | | **Энерге- тическая ценность, ккал** | | **Белки, г** | **Жиры, г** | **Углеводы, г** | | **Завтрак** | | | | | | | КАША ГЕРКУЛЕСОВАЯ МОЛОЧНАЯ | 150 | 5,8 | 8,1 | 20,5 | 179 | | БУТЕРБРОД С МАСЛОМ | 30/5 | 2,4 | 4,4 | 14,7 | 109 | | КАКАО С МОЛОКОМ | 150 | 1,6 | 1,5 | 8,6 | 55 | | **Итого** | | **9,8** | **14** | **43,8** | **343** | | **II Завтрак** | | | | | | | СОК | 100 |  |  | 12 | 46 | | **Итого** | |  |  |  |  | | **Обед** | | | | | | | СВЕКОЛЬНИК НА КУР/БУЛЬОНЕ СО СМЕТАНОЙ | 180 | 4,2 | 7,1 | 9 | 150 | | БИТОЧКИ КУРИНЫЕ | 60 | 10,3 | 13 | 2,7 | 168 | | КАРТОФЕЛЬНОЕ ПЮРЕ | 90 | 2,2 | 4,3 | 11,9 | 94 | | ХЛЕБ РЖАНОЙ | 40 | 2,5 | 0,4 | 16,5 | 79 | | КОМПОТ ИЗ СМЕСИ СУХОФРУКТОВ | 150 |  |  | 5,8 | 23 | | **Итого** | | **19,2** | **24,8** | **45,9** | **514** | | **Полдник** | | | | | | | МОЛОКО КИПЯЧЕНОЕ | 150 | 4,3 | 3,7 | 7 | 79 | | БУТЕРБРОД С ПОВИДЛОМ | 25/10 | 1,9 | 0,3 | 18,3 | 84 | | **Итого** | | **6,2** | **4** | **25,3** | **163** | | **Ужин** | | | | | | | СЫРНИКИ ИЗ ТВОРОГА СО СЛАДКИМ СОУСОМ | 130/20 | 16,4 | 14,8 | 14,4 | 257 | | ЧАЙ С САХАРОМ | 150 |  |  | 5,8 | 23 | | **Итого** | | **16,4** | **14,8** | **20,2** | **280** | | **Всего** | | **51,6** | **57,6** | **147,2** | **1346** | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Наименование блюда** | **Выход** | **Химический состав** | | | **Энерге- тическая ценность, ккал** | | **Белки, г** | **Жиры, г** | **Углеводы, г** | | **Завтрак** | | | | | | | КАША ГЕРКУЛЕСОВАЯ МОЛОЧНАЯ | 150 | 5,8 | 8,1 | 20,5 | 179 | | БУТЕРБРОД С МАСЛОМ | 30/5 | 2,4 | 4,4 | 14,7 | 109 | | КАКАО С МОЛОКОМ | 150 | 1,6 | 1,5 | 8,6 | 55 | | **Итого** | | **9,8** | **14** | **43,8** | **343** | | **II Завтрак** | | | | | | | СОК | 100 |  |  | 12 | 46 | | **Итого** | |  |  |  |  | | **Обед** | | | | | | | СВЕКОЛЬНИК НА КУР/БУЛЬОНЕ СО СМЕТАНОЙ | 180 | 4,2 | 7,1 | 9 | 150 | | БИТОЧКИ КУРИНЫЕ | 60 | 10,3 | 13 | 2,7 | 168 | | КАРТОФЕЛЬНОЕ ПЮРЕ | 90 | 2,2 | 4,3 | 11,9 | 94 | | ХЛЕБ РЖАНОЙ | 40 | 2,5 | 0,4 | 16,5 | 79 | | КОМПОТ ИЗ СМЕСИ СУХОФРУКТОВ | 150 |  |  | 5,8 | 23 | | **Итого** | | **19,2** | **24,8** | **45,9** | **514** | | **Полдник** | | | | | | | МОЛОКО КИПЯЧЕНОЕ | 150 | 4,3 | 3,7 | 7 | 79 | | БУТЕРБРОД С ПОВИДЛОМ | 25/10 | 1,9 | 0,3 | 18,3 | 84 | | **Итого** | | **6,2** | **4** | **25,3** | **163** | | **Ужин** | | | | | | | СЫРНИКИ ИЗ ТВОРОГА СО СЛАДКИМ СОУСОМ | 130/20 | 16,4 | 14,8 | 14,4 | 257 | | ЧАЙ С САХАРОМ | 150 |  |  | 5,8 | 23 | | **Итого** | | **16,4** | **14,8** | **20,2** | **280** | | **Всего** | | **51,6** | **57,6** | **147,2** | **1346** | |