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|  | УтверждаюЗаведующая МДОУ «Детский сад №32»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Н.Б. Кузнецова |  | УтверждаюЗаведующая МДОУ «Детский сад №32»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Н.Б. Кузнецова |
| **МЕНЮ НА 16.07.2025Г. САД** | **МЕНЮ НА 16.07.2025Г. ЯСЛИ** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Наименование блюда** | **Выход** | **Химический состав** | **Энерге- тическая ценность, ккал** |
| **Белки, г** | **Жиры, г** | **Углеводы, г** |
| **Завтрак** |
| КАША МАННАЯ НА МОЛОКЕ | 200 | 6,4 | 7,5 | 30,3 | 214 |
| БУТЕРБРОД С МАСЛОМ | 40/8 | 3,2 | 7 | 19,7 | 155 |
| КОФЕЙНЫЙ НАПИТОК С МОЛОКОМ | 180 | 2,5 | 2,2 | 12 | 78 |
| **Итого** | **12,1** | **16,7** | **62** | **447** |
| **II Завтрак** |
| СОК | 100 |  |  |  12 |  46 |
| **Итого** |  |  |  |  |
| **Обед** |
| СУП-ЛАПША НА КУР/Б СО СМЕТАНОЙ | 200 | 5,4 | 8,9 | 14,2 | 183 |
| ГОЛУБЦЫ ЛЕНИВЫЕ ПОРЦИОННЫЕ | 200 | 12 | 15,4 | 15,1 | 270 |
| ХЛЕБ РЖАНОЙ | 50 | 3,2 | 0,4 | 20,6 | 99 |
| КОМПОТ ИЗ СМЕСИ СУХОФРУКТОВ | 180 |  |  | 7,8 | 31 |
| **Итого** | **20,6** | **24,7** | **57,7** | **583** |
| **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** |
| САЛАТ "СВЕКОЛКА" | 80 | 1,1 | 2,1 | 6,6 | 50 |
| РЫБА ПОД ОМЛЕТОМ | 120 | 13,9 | 9,9 | 6,7 | 171 |
| ХЛЕБ ПШЕНИЧНЫЙ | 40 | 3,1 | 0,4 | 19 | 92 |
| ЧАЙ С САХАРОМ | 180 |  |  | 7,8 | 31 |
| **Итого** | **18,1** | **12,4** | **40,1** | **344** |
| **Всего** | **57,9** | **60,6** | **195,7** | **1606** |

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| **Наименование блюда** | **Выход** | **Химический состав** | **Энерге- тическая ценность, ккал** |
| **Белки, г** | **Жиры, г** | **Углеводы, г** |
| **Завтрак** |
| КАША МАННАЯ НА МОЛОКЕ | 150 | 5,4 | 7,1 | 23,2 | 179 |
| БУТЕРБРОД С МАСЛОМ | 30/5 | 2,4 | 4,4 | 14,7 | 109 |
| КОФЕЙНЫЙ НАПИТОК С МОЛОКОМ | 150 | 2,5 | 2,2 | 11 | 74 |
| **Итого** | **10,3** | **13,7** | **48,9** | **362** |
| **II Завтрак** |
| СОК | 100 |  |  |  12 |  46 |
| **Итого** |  |  |  |  |
| **Обед** |
| СУП-ЛАПША НА КУР/Б СО СМЕТАНОЙ | 180 | 4,6 | 7,2 | 11,7 | 153 |
| ГОЛУБЦЫ ЛЕНИВЫЕ ПОРЦИОННЫЕ | 150 | 10,6 | 13,7 | 11,5 | 222 |
| ХЛЕБ РЖАНОЙ | 40 | 2,5 | 0,4 | 16,5 | 79 |
| КОМПОТ ИЗ СМЕСИ СУХОФРУКТОВ | 150 |  |  | 6,8 | 27 |
| **Итого** | **17,7** | **21,3** | **46,5** | **481** |
| **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** |
| САЛАТ "СВЕКОЛКА" | 60 | 0,9 | 2,1 | 5,2 | 43 |
| РЫБА ПОД ОМЛЕТОМ | 90 | 10,9 | 8,6 | 5,2 | 142 |
| ХЛЕБ ПШЕНИЧНЫЙ | 30 | 2,3 | 0,3 | 14,3 | 69 |
| ЧАЙ С САХАРОМ | 150 |  |  | 6,8 | 27 |
| **Итого** | **14,1** | **11** | **31,5** | **281** |
| **Всего** | **47,9** | **51,6** | **160,5** | **1330** |

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