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

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