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|  | УтверждаюЗаведующая МДОУ «Детский сад №32»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Н.Б. Кузнецова |  | УтверждаюЗаведующая МДОУ «Детский сад №32»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Н.Б. Кузнецова |
| **МЕНЮ НА 07.07.2025Г. САД**

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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 | 4,8 | 41 | 233 |
| БУТЕРБРОД С МАСЛОМ | 40/8 | 3,2 | 7 | 19,7 | 155 |
| СЫР (ПОРЦИЯМИ) | 6 | 1,5 | 1,6 |  | 21 |
| ЧАЙ С САХАРОМ | 180 |  |  | 8,7 | 35 |
| **Итого** | **11,1** | **13,4** | **69,4** | **444** |
| **II Завтрак** |
| СОК | 100 |  |  |  12 |  46 |
| **Итого** |  |  |  |  |
| **Обед** |
| ЩИ НА КУР/БУЛЬОНЕ СО СМЕТАНОЙ | 200 | 7 | 8,7 | 8,2 | 166 |
| ПЛОВ С КУРИЦЕЙ | 200 | 12 | 16,1 | 36,4 | 339 |
| ХЛЕБ РЖАНОЙ | 50 | 3,2 | 0,4 | 20,6 | 99 |
| КОМПОТ ИЗ СМЕСИ СУХОФРУКТОВ | 180 |  |  | 8,7 | 35 |
| **Итого** | **22,2** | **25,2** | **73,9** | **639** |
| **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 "ЗАЙЧИК" | 80 | 1,5 | 3,1 | 4 | 50 |
| КАРТОФЕЛЬНОЕ ПЮРЕ | 120 | 2,7 | 4,4 | 16,5 | 116 |
| ХЛЕБ ПШЕНИЧНЫЙ | 40 | 3,1 | 0,4 | 19 | 92 |
| КАКАО С МОЛОКОМ | 180 | 2,5 | 2,2 | 12,9 | 82 |
| **Итого** | **9,8** | **10,1** | **52,4** | **340** |
| **Всего** | **50,2** | **55,5** | **219,6** | **1655** |

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 | **МЕНЮ НА 07.07.2025Г. 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 | 150 | 4,9 | 4,6 | 30,7 | 184 |
| БУТЕРБРОД С МАСЛОМ | 30/5 | 2,4 | 4,4 | 14,7 | 109 |
| СЫР (ПОРЦИЯМИ) | 4 | 1 | 1 |  | 14 |
| ЧАЙ С САХАРОМ | 150 |  |  | 7,8 | 31 |
| **Итого** | **8,3** | **10** | **53,2** | **338** |
| **II Завтрак** |
| СОК | 100 |  |  |  12 |  46 |
| **Итого** |  |  |  |  |
| **Обед** |
| ЩИ НА КУР/БУЛЬОНЕ СО СМЕТАНОЙ | 180 | 5,2 | 7,1 | 6,6 | 131 |
| ПЛОВ С КУРИЦЕЙ | 150 | 10,6 | 14,3 | 29,1 | 287 |
| ХЛЕБ РЖАНОЙ | 40 | 2,5 | 0,4 | 16,5 | 79 |
| КОМПОТ ИЗ СМЕСИ СУХОФРУКТОВ | 150 |  |  | 7,8 | 31 |
| **Итого** | **18,3** | **21,8** | **60** | **528** |
| **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 "ЗАЙЧИК" | 60 | 1,1 | 3,1 | 3,1 | 45 |
| КАРТОФЕЛЬНОЕ ПЮРЕ | 90 | 2,1 | 4,2 | 10,9 | 90 |
| ХЛЕБ ПШЕНИЧНЫЙ | 30 | 2,3 | 0,3 | 14,3 | 69 |
| КАКАО С МОЛОКОМ | 150 | 2,5 | 2,2 | 12 | 78 |
| **Итого** | **8** | **9,8** | **40,3** | **282** |
| **Всего** | **40,4** | **47,2** | **175,1** | **1354** |

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