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