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| --- | --- | --- | --- |
|  | Утверждаю  Заведующая МДОУ «Детский сад №32»  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Н.Б. Кузнецова |  | Утверждаю  Заведующая МДОУ «Детский сад №32»  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Н.Б. Кузнецова |
| **МЕНЮ НА 08.07.2025Г. САД** | | **МЕНЮ НА 08.07.2025Г. ЯСЛИ** | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Наименование блюда** | **Выход** | **Химический состав** | | | **Энерге- тическая ценность, ккал** | |  | | | | **Белки, г** | **Жиры, г** | **Углеводы, г** | | **Завтрак** | | | | | | | КАША ГЕРКУЛЕСОВАЯ МОЛОЧНАЯ | 200 | 6,9 | 8,8 | 26,1 | 212 | | БУТЕРБРОД С МАСЛОМ | 40/8 | 3,2 | 7 | 19,7 | 155 | | КОФЕЙНЫЙ НАПИТОК С МОЛОКОМ | 180 | 2,5 | 2,2 | 11 | 74 | | **Итого** | | **12,6** | **18** | **56,8** | **441** | | **II Завтрак** | | | | | | | СОК | 100 |  |  | 12 | 46 | | **Итого** | |  |  |  |  | | **Обед** | | | | | | | СУП ПОЛЕВОЙ НА КУР/БУЛЬОНЕ СО СМЕТАНОЙ | 200 | 5,3 | 9 | 12,1 | 175 | | КОТЛЕТЫ КУРИНЫЕ | 70 | 11,7 | 15,3 | 2,7 | 204 | | ОВОЩИ ТУШЕНЫЕ | 130 | 2,3 | 3,3 | 6,3 | 76 | | ХЛЕБ РЖАНОЙ | 50 | 3,2 | 0,4 | 20,6 | 99 | | КОМПОТ ИЗ СМЕСИ СУХОФРУКТОВ | 180 |  |  | 6,8 | 27 | | **Итого** | | **22,5** | **28** | **48,5** | **581** | | **Полдник** | | | | | | | МОЛОКО КИПЯЧЕНОЕ | 200 | 5,6 | 4,9 | 9,3 | 105 | | БУТЕРБРОД С ПОВИДЛОМ | 35/13 | 2,8 | 0,4 | 25 | 114 | | **Итого** | | **8,4** | **5,3** | **34,3** | **219** | | **Ужин** | | | | | | | ТВОРОЖНАЯ ЗАПЕКАНКА СО СЛАДКИМ СОУСОМ | 160/30 | 21,3 | 17 | 19,5 | 318 | | ЧАЙ С САХАРОМ | 180 |  |  | 6,8 | 27 | | **Итого** | | **21,3** | **17** | **26,3** | **345** | | **Всего** | | **64,8** | **68,3** | **177,9** | **1632** | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **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 | | КОФЕЙНЫЙ НАПИТОК С МОЛОКОМ | 150 | 2,5 | 2,2 | 10 | 70 | | **Итого** | | **10,7** | **14,7** | **45,2** | **358** | | **II Завтрак** | | | | | | | СОК | 100 |  |  | 12 | 46 | | **Итого** | |  |  |  |  | | **Обед** | | | | | | | СУП ПОЛЕВОЙ НА КУР/БУЛЬОНЕ СО СМЕТАНОЙ | 180 | 4,3 | 7,3 | 9,6 | 144 | | КОТЛЕТЫ КУРИНЫЕ | 60 | 10,3 | 13 | 2,7 | 178 | | ОВОЩИ ТУШЕНЫЕ | 90 | 1,8 | 3,3 | 4,7 | 67 | | ХЛЕБ РЖАНОЙ | 40 | 2,5 | 0,4 | 16,5 | 79 | | КОМПОТ ИЗ СМЕСИ СУХОФРУКТОВ | 150 |  |  | 5,8 | 23 | | **Итого** | | **18,9** | **24** | **39,3** | **491** | | **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** | | | | | | | ТВОРОЖНАЯ ЗАПЕКАНКА 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** | | **52,2** | **57,5** | **142** | **1338** | |