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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **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** |

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| **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** |

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