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|  | УтверждаюЗаведующая МДОУ «Детский сад №32»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Н.Б. Кузнецова |  | УтверждаюЗаведующая МДОУ «Детский сад №32»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Н.Б. Кузнецова |
| **МЕНЮ НА 09.07.2025Г. САД** | **МЕНЮ НА 09.07.2025Г. ЯСЛИ** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **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 |
| КАКАО С МОЛОКОМ | 180 | 1,6 | 1,5 | 10,6 | 62 |
| **Итого** | **11,2** | **16** | **60,6** | **431** |
| **II Завтрак** |
| СОК | 100 |  |  |  12 |  46 |
| **Итого** |  |  |  |  |
| **Обед** |
| СВЕКОЛЬНИК НА КУР/БУЛЬОНЕ СО СМЕТАНОЙ | 200 | 6,9 | 8,7 | 10,8 | 186 |
| КАРТОШКА ТУШЕНАЯ С КУРИЦЕЙ | 200 | 10,9 | 15 | 20,9 | 273 |
| ХЛЕБ РЖАНОЙ | 50 | 3,2 | 0,4 | 20,6 | 99 |
| КОМПОТ ИЗ СМЕСИ СУХОФРУКТОВ | 180 |  |  | 7,8 | 31 |
| **Итого** | 21 | **24,1** | **60,1** | **589** |
| **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 ВИТАМИННЫЙ | 80 | 1,5 | 2,1 | 3,9 | 41 |
| ОМЛЕТ НАТУРАЛЬНЫЙ | 120 | 9,6 | 12,3 | 8 | 197 |
| ХЛЕБ ПШЕНИЧНЫЙ | 40 | 3,1 | 0,4 | 19 | 92 |
| ЧАЙ С САХАРОМ | 180 |  |  | 7,8 | 31 |
| **Итого** | **14,2** | **14,8** | **38,7** | **361** |
| **Всего** | **53,5** | **61,7** | **195,3** | **1613** |

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| **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 |
| КАКАО С МОЛОКОМ | 150 | 2,2 | 1,9 | 10,5 | 69 |
| **Итого** | **10** | **13,4** | **48,4** | **357** |
| **II Завтрак** |
| СОК | 100 |  |  |  12 |  46 |
| **Итого** |  |  |  |  |
| **Обед** |
| СВЕКОЛЬНИК НА КУР/БУЛЬОНЕ СО СМЕТАНОЙ | 180 | 5,2 | 7,1 | 9 | 160 |
| КАРТОШКА ТУШЕНАЯ С КУРИЦЕЙ | 150 | 9,7 | 13,3 | 15,8 | 222 |
| ХЛЕБ РЖАНОЙ | 40 | 2,5 | 0,4 | 16,5 | 79 |
| КОМПОТ ИЗ СМЕСИ СУХОФРУКТОВ | 150 |  |  | 6,8 | 27 |
| **Итого** | **17,4** | **20,8** | **48,1** | **488** |
| **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 ВИТАМИННЫЙ | 60 | 1 | 2,1 | 3,1 | 36 |
| ОМЛЕТ НАТУРАЛЬНЫЙ | 90 | 6,6 | 10,7 | 5,5 | 155 |
| ХЛЕБ ПШЕНИЧНЫЙ | 30 | 2,3 | 0,3 | 14,3 | 69 |
| ЧАЙ С САХАРОМ | 150 |  |  | 6,8 | 27 |
| **Итого** | **9,9** | **13,1** | **29,7** | **287** |
| **Всего** | **43,1** | **52,9** | **159,8** | **1338** |

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