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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **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** | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **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** | |