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|  **УТВЕРЖДАЮ** **Заведующий МАДОУ д/с «Пчелка»** **\_\_\_\_\_\_\_\_\_\_\_\_\_\_О.С. Бутылина****Меню: 08.04.2025 года**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1 завтрак:** | Выход блюда детям до 3 лет | Выход блюда детямдо 6 лет | Калорийностьблюда для детейдо 3 лет | Калорийностьблюда длядетей до 7 лет |
| **Каша манная молочная** | **150** | **200** | **146,66** | **183,42** |
| **Чай с сахаром** | **150** | **200** | **28,36** | **36,49** |
| **Батон с маслом** | **25/5** | **30/5** | **96,48** | **117,1** |
|  |  |  | **271,5** | **337** |
| **2 завтрак: Яблоко- ясли** | **90** |  | **41,4** |  |
| **Сок «Яблоко-груша»-сад** |  | **100** |  | **50** |
| **Обед:** |  |  |  |  |
| **Суп картофельный с рисом на кур/б** | **150** | **200** | **114,92** | **153,22** |
| **Овощное рагу с отварной птицей** | **150** | **200** | **257,32** | **341,86** |
| **Компот из с/ф** | **150** | **180** | **50,8** | **63,76** |
| **Хлеб ржано-пшеничный** | **30** | **40** | **63** | **84** |
| **Хлеб в/с** | **20** | **30** | **47,4** | **63** |
|  |  |  | **533,44** | **705,84** |
|  |  |  |  |  |
| **Полдник:** |  |  |  |  |
| **Снежок** | **150** | **200** | **118,5** | **158** |
| **Пряник** | **1шт** | **1шт** | **175** | **175** |
|  |  |  | **293,5** | **333** |
|  |  |  |  |  |
| **Итого за день на 10,5 часов** |  |  |  |  |
| **Ужин:** |  |  |  |  |
| **Каша гречневая молочная** | **150** | **200** | **155,21** | **203,8** |
| **Чай с сахаром**  | **150** | **200** | **28,36** | **36,49** |
| **Батон** | **25** | **30** | **74,25** | **89,1** |
|  |  |  | **257,82** | **329,39** |
| **Итого за день на 12 часов** |  |  | **1397,66** | **1755,23** |

Рекомендации по организации ужина дома: блюдо из творога**Медицинская сестра \_\_\_\_\_\_\_ /Котолевская З.А./** |  **УТВЕРЖДАЮ** **Заведующий МАДОУ д/с «Пчелка»** **\_\_\_\_\_\_\_\_\_\_\_\_\_\_ О.С.Бутылина****Меню: 08.04.2025 года**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1 завтрак:** | Выход блюда детям до 3 лет | Выход блюда детямдо 7 лет | Калорийностьблюда для детейдо 3 лет | Калорийностьблюда длядетей до 7 лет |
| **Каша манная молочная** | **150** | **200** | **146,66** | **183,42** |
| **Чай с сахаром** | **150** | **200** | **28,36** | **36,49** |
| **Батон с маслом** | **25/5** | **30/5** | **96,48** | **117,1** |
|  |  |  | **271,5** | **337** |
| **2 завтрак: Яблоко- ясли** | **90** |  | **41,4** |  |
| **Сок «Яблоко-груша»-сад** |  | **100** |  | **50** |
| **Обед:** |  |  |  |  |
| **Суп картофельный с рисом на кур/б** | **150** | **200** | **114,92** | **153,22** |
| **Овощное рагу с отварной птицей** | **150** | **200** | **257,32** | **341,86** |
| **Компот из с/ф** | **150** | **180** | **50,8** | **63,76** |
| **Хлеб ржано- пшеничный** | **30** | **40** | **63** | **84** |
| **Хлеб в/с** | **20** | **30** | **47,4** | **63** |
|  |  |  | **533,44** | **705,84** |
|  |  |  |  |  |
| **Полдник:** |  |  |  |  |
| **Снежок** | **150** | **200** | **118,5** | **158** |
| **Пряник** | **1/2шт** | **1шт** | **175** | **175** |
|  |  |  | **293,5** | **333** |
|  |  |  |  |  |
| **Итого за день на 10,5 часов** |  |  | **1139** | **1425,84** |
| **Ужин:** |  |  |  |  |
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Рекомендации по организации ужина дома: блюдо из творога**Медицинская сестра \_\_\_\_\_\_\_ /Котолевская З.А./** |