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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 | Калорийность  блюда для  детейдо 3 лет | Калорийность  блюда для  детей 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 | Калорийность  блюда для  детейдо 3 лет | Калорийность  блюда для  детей 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:** |  |  |  |  | |  |  |  |  |  | |  |  |  |  |  | |  |  |  |  |  | |  |  |  |  |  | |  |  |  |  |  |   Рекомендации по организации ужина дома: блюдо из творога  **Медицинская сестра \_\_\_\_\_\_\_ /Котолевская З.А./** |