Заведующий МБДОУ Заведующий МБДОУ

ДС №20 «Калинка» ДС №20 «Калинка»

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| \_\_\_\_\_\_\_Мостовая Т.А.    **МЕНЮ**  **ВЫХОД ПОРЦИЙ ДАТА 22.04.2025 год**     |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **С 1-3**  **лет** | **ккал** | **С3-7лет** | **ккал** |  |  | |  |  |  |  | **Завтрак** |  | | **5/25** | **33** | **5/30** | **33** | Батон, Масло (порциями) |  | | **150** | **173** | **200** | **216** | Каша пшенная молочная |  | | **150** | **62** | **180** | **79** | Кофейный напиток с молоком |  | |  |  |  |  |  |  | |  |  |  |  | **2 завтрак** |  | | **100** |  | **100** |  | Сок |  | |  |  |  |  | **Обед** |  | | **40** | **42** | **50** | **52** | Икра свекольная |  | | **220** | **69** | **275** | **87** | Суп картоф с клецками |  | | **80** | **215** |  |  | Суфле из отварного мяса |  | |  |  | **80** | **125** | Гуляш из отварного мяса |  | | **11** | **77** | **130** | **133** | Каша рисовая |  | | **40** |  | **50** |  | Хлеб ржано-пшеничный |  | | **150** | **38** | **180** | **45** | Кисель |  | |  |  |  |  | **Полдник** |  | | **160** |  | **180** |  | Молоко |  | | **30** |  | **40** |  | Печенье | **Ужин** | |  |  |  |  | **Ужин** |  | | **180** | **42** | **200** | **195** | Птица, тушеная в соусе с овощами |  | |  |  |  |  |  |  | | **150** | **38** | **180** | **45** | Чай с сахаром |  | | **20** |  | **30** |  | Батон |  | | \_\_\_\_\_\_\_ Мостовая Т.А.    **МЕНЮ**  **ВЫХОД ПОРЦИЙ ДАТА 22.04.2025 год**     |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **С 1-3**  **лет** | **ккал** | **С3-7лет** | **ккал** |  |  |  | |  |  |  |  | **Завтрак** |  |  | | **5/25** | **33** | **5/30** | **33** | Батон, Масло (порциями) |  |  | | **150** | **173** | **200** | **216** | Каша пшенная молочная |  |  | | **150** | **62** | **180** | **79** | Кофейный напиток с молоком |  |  | |  |  |  |  |  |  |  | |  |  |  |  | **2 завтрак** |  |  | | **100** |  | **100** |  | Сок |  |  | |  |  |  |  | **Обед** |  |  | | **40** | **42** | **50** | **52** | Икра свекольная |  |  | | **220** | **69** | **275** | **87** | Суп картоф с клецками |  |  | | **80** | **215** |  |  | Суфле из отварного мяса |  |  | |  |  | **80** | **125** | Гуляш из отварного мяса |  |  | | **11** | **77** | **130** | **133** | Каша рисовая |  |  | | **40** |  | **50** |  | Хлеб ржано-пшеничный |  |  | | **150** | **38** | **180** | **45** | Кисель |  |  | |  |  |  |  | **Полдник** |  |  | | **160** |  | **180** |  | Молоко |  |  | | **30** |  | **40** |  | Печенье |  |  | |  |  |  |  | **Ужин** |  |  | | **180** | **42** | **200** | **195** | Птица, тушеная в соусе с овощами |  |  | |  |  |  |  |  |  |  | | **150** | **38** | **180** | **45** | Чай с сахаром |  |  | | |  |  | | --- | --- | |  |  | |

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| --- | --- | --- | --- | --- |
| 8.04.2025 | 8.04.2025 |  |  |  |
| Завтрак  Каша пшенная молочная м/с | Завтрак  Чай с молоком  м/с |  |  |  |
| 8.04.2025 | 8.04.2025 | 8.04.2025 | 8.04.2025 | 8.04.2025 |
| Обед  Компот с/ф  м/с | Обед  Суп картоф с клецками  м/с | Обед  Суфле из отварного мяса м/с | Обед  Гуляш из отварного мяса м/с | Обед  Каша рисовая  м/с |
| 8.04.2025 | 8.04.2025 | 8.04.2025 |  |  |
| Полдник  Молоко  м/с | Ужин  Птица, тушеная в соусе с овощами  м/с | Ужин  Чай с сахаром  м/с |  |  |
|  |  |  |  |  |