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**

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

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| --- | --- | --- | --- | --- | --- | --- |
| **С 1-3****лет** | **ккал** | **С3-7лет** | **ккал** |  |  |  |
|  |  |  |  | **Завтрак** |  |  |
| **5/25** | **33** | **5/30** | **33** | Батон, Масло (порциями) |  |  |
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|  |  |  |  |  |  |  |
|  |  |  |  | **2 завтрак** |  |  |
| **100** |  | **100** |  | Сок |  |  |
|  |  |  |  | **Обед** |  |  |
| **40** | **42** | **50** | **52** | Икра свекольная |  |  |
| **220** | **69** | **275** | **87** | Суп картоф с клецками |  |  |
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|  |  |  |  | **Полдник** |  |  |
| **160** |  | **180** |  | Молоко |  |  |
| **30** |  | **40** |  | Печенье |  |  |
|  |  |  |  | **Ужин** |  |  |
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|  |  |  |  |  |  |  |
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| 8.04.2025 | 8.04.2025 |  |  |  |
|  ЗавтракКаша пшенная молочная м/с | ЗавтракЧай с молоком м/с |  |  |  |
| 8.04.2025 | 8.04.2025 | 8.04.2025 | 8.04.2025 | 8.04.2025 |
| ОбедКомпот с/ф м/с |  ОбедСуп картоф с клецкамим/с | ОбедСуфле из отварного мяса м/с | ОбедГуляш из отварного мяса м/с | ОбедКаша рисовая м/с |
| 8.04.2025 | 8.04.2025 | 8.04.2025 |  |  |
| ПолдникМолоко м/с | УжинПтица, тушеная в соусе с овощами м/с | УжинЧай с сахаромм/с |  |  |
|  |  |  |  |  |