|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Меню 07.10.2021******Завтрак***

|  |  |  |
| --- | --- | --- |
|  | ***ясли*** | ***сад*** |
| ***Лапша молочная*** | ***160*** | ***170*** |
| ***Масло (порциями)*** | ***8*** | ***10*** |
| ***Батон нарезной*** | ***30*** | ***40*** |
| ***Чай с сахаром*** | ***150*** | ***180*** |
|  |  |  |
|  |  |  |
|  ***калорийность*** | ***351*** | ***451*** |

***Обед***

|  |  |  |
| --- | --- | --- |
|  | ***ясли*** | ***сад*** |
| ***Суп гороховый на сливочном масле*** | ***150*** | ***180*** |
| ***Тефтели мясные с рисом в томатном соусе*** | ***100/40*** | ***130/50*** |
| ***Салат из свежей капусты*** | ***40*** | ***50*** |
| ***Компот из сухофруктов*** | ***150*** | ***180*** |
| ***Хлеб йодированный*** | ***40*** | ***50*** |
|  |  |  |
|  ***калорийность*** | ***493*** | ***629*** |

***Полдник***

|  |  |  |
| --- | --- | --- |
|  | ***ясли*** | ***сад*** |
| ***Напиток витаминизированный*** | ***160*** | ***200*** |
| ***Печенье*** | ***40*** | ***50*** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  ***калорийность*** | ***220*** | ***270*** |

***Ужин***

|  |  |  |
| --- | --- | --- |
|  | ***ясли*** | ***сад*** |
| ***Картофель тушеный*** | ***190*** | ***200*** |
| ***Огурец консервированный*** | ***30*** | ***50*** |
| ***Чай с сахаром*** | ***180*** | ***200*** |
| ***Калач царский*** | ***30*** | ***40*** |
|  |  |  |
|  |  |  |
|  ***калорийность*** | ***351*** | ***449*** |

 |