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| ***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*** | |