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| ***Меню 22.03.2022***  ***Завтрак***   |  |  |  | | --- | --- | --- | |  | ***ясли*** | ***сад*** | | ***Каша манная молочная*** | ***150*** | ***160*** | | ***Масло (порциями)*** | ***8*** | ***10*** | | ***Калач царский*** | ***30*** | ***40*** | | ***Чай с сахаром*** | ***150*** | ***180*** | |  |  |  | |  |  |  | | ***калорийность*** | ***349*** | ***451*** |   ***Обед***   |  |  |  | | --- | --- | --- | |  | ***ясли*** | ***сад*** | | ***Суп рисовый на курином бульоне*** | ***150*** | ***180*** | | ***Капуста тушеная с мясом*** | ***150*** | ***180*** | | ***Компот из смеси сухофруктов*** | ***150*** | ***180*** | | ***Хлеб йодированный*** | ***40*** | ***50*** | |  |  |  | |  |  |  | | ***калорийность*** | ***492*** | ***631*** |   ***Полдник***   |  |  |  | | --- | --- | --- | |  | ***ясли*** | ***сад*** | | ***Молоко кипяченое*** | ***160*** | ***200*** | | ***Сухарик домашний*** | ***40*** | ***50*** | |  |  |  | |  |  |  | |  |  |  | |  |  |  | | ***калорийность*** | ***220*** | ***270*** |   ***Ужин***   |  |  |  | | --- | --- | --- | |  | ***ясли*** | ***сад*** | | ***Запеканка творожно-пшенная паровая*** | ***170*** | ***200*** | | ***Соус сметанный сладкий*** | ***40*** | ***50*** | | ***Чай с сахаром*** | ***180*** | ***200*** | |  |  |  | |  |  |  | |  |  |  | | ***калорийность*** | ***350*** | ***450*** | |