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| **Меню** **На 23 июля 2025 г.** |  |  |
| **№ п/п** | **Наименование блюда** | **Выход блюда, гр.** | **Энергетическая ценность (ккал)** |
|
|  | **Завтрак** |  |  |
| 1 | Суп молочный с крупой манной | 150/180 | 106,42/127,71 |
| 2 | Чай с сахаром | 150/7/180/10 | 31,94/38,32 |
| 3 | Бутерброды с сыром | 45 | 122,32 |
|  | **2 завтрак** |  |  |
| 1 | Яблоки | 114/100 | 47,00 |
|  | **Обед** |  |  |
| 1 | Суп рыбный | 180 | 92,34 |
| 2 | Макаронные изделия отварные с маслом | 110/130 | 104,40/123,38 |
| 3 | Котлеты рубленные | 50/70 | 202,09/282,93 |
| 4 | Салат из отварной свеклы и моркови с растительным маслом | 40/50 | 50,52/63,15 |
| 5 | Хлеб ржаной | 25 | 43,50 |
| 6 | Хлеб пшеничный | 25 | 58,75 |
| 7 | Компот из сушеных фруктов | 150/180 | 117,51/141,01 |
|  | **Полдник** |  |  |
| 1 | Булочка молочная | 70/80 | 248,93/284,50 |
| 2 | Кефир | 150/180 | 79,50/95,470 |
|  | **ИТОГО** | **1285/1475** | **1305,02/1520,81** |

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| **Меню** **на 05 марта 2025 г.** |  |  |
| **№ п/п** | **Наименование блюда** | **Выход блюда, гр.** | **Энергетическая ценность (ккал)** |
|
|  | **Завтрак** |  |  |
| 1 | Суп молочный с крупой манной | 150/180 | 106,42/127,71 |
| 2 | Чай с сахаром | 150/7/180/10 | 31,94/38,32 |
| 3 | Бутерброды с сыром | 45 | 122,32 |
|  | **2 завтрак** |  |  |
| 1 | Яблоки | 114/100 | 47,00 |
|  | **Обед** |  |  |
| 1 | Суп рыбный | 180 | 92,34 |
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|  | **Полдник** |  |  |
| 1 | Булочка молочная | 70/80 | 248,93/284,50 |
| 2 | Кефир | 150/180 | 79,50/95,470 |
|  | **ИТОГО** | **1285/1475** | **1305,02/1520,81** |

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| **Меню** **на 05 марта 2025 г.** |  |  |
| **№ п/п** | **Наименование блюда** | **Выход блюда, гр.** | **Энергетическая ценность (ккал)** |
|
|  | **Завтрак** |  |  |
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