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| Муниципальное бюджетное дошкольное образовательное учреждение  «Детский сад № 5 пос. Стальной Конь»  Орловского муниципального округа Орловской области  (МБДОУ «Детский сад № 5 пос. Стальной Конь» Орловского муниципального округа)   |  |  | | --- | --- | | **УТВЕРЖДАЮ** | | | Заведующий | | |  | Шевелева А.В. | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_20\_\_\_ года | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | **Ежедневное меню основного питания на** |  | ***20*** |  | **года** |   Возрастная категория: *1– 3/ 3 – 7* лет   |  |  |  | | --- | --- | --- | | **Наименование блюда** | **Выход (г)** | **Энергетическая ценность (ккал)** | | **Завтрак** | | | | Яйцо вареное | (40)/(40) |  | | Макароны с маслом и сыром | (150)/(180) |  | | Чай с сахаром | (180)/(200) |  | | Бутерброд с маслом | (20/7)/(40/10) |  | |  |  |  | |  |  |  | | **Итого за завтрак** | | 321,6/ 374,3 | | **Обед** | | | | Суп рыбный из консервов | (180)/(250) |  | | Картофельное пюре | (100)/(150) |  | | Котлета куриная | (60)/(70) |  | | Салат из квашеной капусты с лу-ком | (40)/(60) |  | | Компот из свежих яблок | (150)/(200) |  | | Хлеб ржаной | (30)/(50) |  | |  |  |  | |  |  |  | |  |  |  | | **Итого за обед** | | 503,6/ 671,1 | | **Полдник** | | | | Какао с молоком | (180)/(200) |  | | Печенье | (20)/(50) |  | |  |  |  | |  |  |  | |  |  |  | | **Итого за полдник** | | 204,28/ 323,2 | | **Ужин** | | | | Каша пшенная молочная жидкая | (200/6)/(220/6) |  | | Чай с сахаром | (180)/(200) |  | | Хлеб пшеничный | (30)/(40) |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | | **Итого за ужин** | | 342,8/ 393,7 | | **Итого за день:** | | 1372,28/ 1762,3 |   Составил:   |  |  |  | | --- | --- | --- | | Ответственный за организацию питания |  | Сарыгина Л.Н. | |