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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)

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| --- |
| **УТВЕРЖДАЮ** |
| Заведующий |
|  | Шевелева А.В. |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_20\_\_\_ года |

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| --- | --- | --- | --- | --- |
| **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) |  |
|  |  |  |
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|  |  |  |
|  |  |  |
| **Итого за ужин** | 342,8/ 393,7 |
| **Итого за день:** | 1372,28/ 1762,3 |

Составил:

|  |  |  |
| --- | --- | --- |
| Ответственный за организацию питания |  | Сарыгина Л.Н. |

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