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| Дата 23.05.2025 | **ЯСЛИ** | |
| Завтрак | Гр | Ккал |
| Омлет натуральный | 85 | 89,4 |
| Каша Ассорти на молоке | 100 | 73,88 |
| Кофейный напиток с молоком | 150 | 87,85 |
| Хлеб пшеничный | 30 | 70,5 |
| Второй Завтрак |  |  |
| Яблоки | 150/1 шт | 51,6 |
| Обед |  |  |
| Щи из свежей капусты с мясом со сметаной | 150/7/3,4 | 100,87 |
| Плов с мясом | 180 | 395,66 |
| Компот из смеси сухофруктов | 150 | 60,72 |
| Хлеб ржаной | 40 | 69,9 |
| Полдник |  |  |
| Пряник | 37,6 | 146,4 |
| Варенец | 160 | 88,85 |
| Ужин |  |  |
| Капуста тушеная с морковью в молоке |  | 78,15 |
| Чай полусладкий с лимоном | 150/5 | 23,14 |
| Хлеб пшеничный | 30 | 70,5 |
| Заведующий МБДОУ «Детский сад 238» Сепп М.А. |  |  |

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| |  |  |  | | --- | --- | --- | | Дата 23.05.2025 | **САД** | | | Завтрак | Гр | Ккал | | Омлет натуральный | 85 | 89,4 | | Каша Ассорти на молоке | 150 | 117,68 | | Кофейный напиток с молоком | 200 | 101,8 | | Хлеб пшеничный | 40,5 | 94 | | Второй Завтрак |  |  | | Яблоки | 150/1 шт | 51,6 | | Обед |  |  | | Щи из свежей капусты с мясом со сметаной | 200/7/3,4 | 115,7 | | Плов с мясом | 230 | 479,44 | | Компот из смеси сухофруктов | 200 | 84,52 | | Хлеб ржаной | 47,08 | 87,39 | | Полдник |  |  | | Пряник  Вафли | 37,6  20 | 146,4  68,52 | | Варенец | 190 | 105,5 | | Ужин |  |  | | Капуста тушеная с морковью в молоке | 250 | 78,15 | | Чай полусладкий с лимоном | 200/7 | 34,3 | | Хлеб пшеничный | 40,5 | 94 | |  |  |  | | | | | | | | | |
| Заведующий МБДОУ «Детский сад 238» Сепп М.А. | |  | |  | |  | |  |
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