  Утверждаю:

Заведующий МКДОУ

«Детский сад «Теремок»

\_\_\_\_\_\_\_ Х.А.Кураева

«\_\_\_»\_\_\_\_\_\_\_\_\_\_\_20\_\_ г

**Примерное цикличное меню на 10 дней**

**по МКДОУ «Детский сад «Теремок»**

**осенне - зимний период**

**Возрастная категория от 3 до 7 лет**

**День - понедельник**

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| **Неделя - первая**   |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **№**  **рецептур** | **Приём пищи Наименование блюд** | **Масса порции** | **Пищевые в-ва** | | | | **витамины** | | | **Минер, в-ва** | | | **Б** | **Ж** | **У** | **Ккал.** | **Вх** | **В2** | **С** | **Са** | **Fe** | | **Азбука**  **питания** | **Завтрак** | | | | | | | | | | | | Каша манная молочная | 200 г. | 6,2 | 8,05 | 31,09 | 222,02 | - | - | - | - | - | | Хлеб | 50г. | 3,12 | 8,29 | 20,02 | 165,2 | 0,028 | 0,02 | - | 12,3 | 0,78 | | Чай сладкий | 200г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - | | **Обед** | | | | | | | | | | | | Суп гороховый на к/б | 200г. | 1,87 | 3,11 | 10,87 | 79,03 | 0,05 | 0,045 | 5,04 | 25,23 | 1,39 | | Макароны отварные | 130г. | 4,79 | 4,59 | 30,62 | 182,95 | - | 0,027 | - | 13,6 | 0,6 | | Гуляш из говядины | 60/40 г. | 18,56 | 20,82 | 5,77 | 283,8 | 0,2 | 0,23 | 3,87 | - | - | | Хлеб | 70,0 г. | 5,81 | 0,91 | 33,67 | 158,9 | 0,05 | 0,035 | - | 18,9 | 1,33 | | Компот из кураги | 200 | 2,05 | 0,33 | 0 | 22,65 | 91,97 | 0,04 | 0,055 | 0,55 | 44,66 | | **Уплотнённый полдник** | | | | | | | | | | | | Каша рисовая молочная | 200 г. | 7,52 | 11,37 | 39,9 | 298,2 | - | 0,01 | - | 11,6 | 0,52 | | Хлеб | 40,0 г. | 3,32 | 0,52 | 19,24 | 90,8 | 0,028 | 0,02 | - | 12,3 | 0,78 | | Чай сладкий | 200 г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - | | Печенье | 30 г. | 2,25 | 3,54 | 22,32 | 125,1 | - | - | - | - | - | | **Итого** |  |  | **53,31** | **59,56** | **242,2** | **1706** |  |  |  |  |  | |

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| **День - вторник**  **Неделя - первая**   |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **№**  **рецептур** | **Приём пищи Наименование блюд** | **Масса порции** | **Пищевые в-ва** | | | | **витамины** | | | **Минер.**  **в-ва** | | | **Б** | **Ж** | **У** | **Ккал.** | **Bi** | **в2** | **С** | **Са** | **Fe** | | **Азбука**  **питания** | **Завтрак** | | | | | | | | | | | | Каша пшеичная молочная | 200 г. | 7,44 | 8,07 | 35,28 | 243,92 | - | - | - | - | - | | Яблоко | 50,0 | 0,2 | - | 4,2 | 19,0 | - | - | 13,0 | - | - | | Хлеб | 50г. | 3,12 | 8,29 | 20,02 | 165,2 | 0,028 | 0,02 | - | 12,3 | 0,78 | | Чай сладкий | 200г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - | | **Обед** | | | | | | | | | | | | Суп картофельный с фасолью | 200г. | 3,00 | 2,63 | 13,47 | 89,55 | 0,065 | 0,04 | 8,79 | 10,5 | 0,41 | | Жаркое по -домашнему | 220г. | 22,54 | 17,33 | 22,13 | 334,0 | 0,33 | 0,32 | 16,3 | 29,5 | 4,36 | | Салат капустный с морковью | 50 г. | 0,66 | 4,03 | 4,25 | 53,9 | 0,08 | 0,041 | 6,49 | 22,5 | 0,5 | | Хлеб | 70,0 г. | 5,81 | 0,91 | 33,67 | 158,9 | 0,05 | 0,035 | - | 18,9 | 1,33 | | Компот из кураги | 200 | 2,05 | 0,33 | 0 | 22,65 | 91,97 | 0,04 | 0,055 | 0,55 | 44,66 | | **Уплотнённый полдник** | | | | | | | | | | | | Макароны отварные с творогом и маслом | 200г. | 4,79 | 4,59 | 30,62 | 182,95 | - | 0,027 | - | 13,6 | 0,6 | | Хлеб | 40,0 г. | 3,32 | 0,52 | 19,24 | 90,8 | 0,028 | 0,02 | - | 12,3 | 0,78 | | Чай сладкий | 200г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - | |  | | | | | | | | | | | | **Итого** |  |  | **70,5** | **75,0** | **268,1** | **1914** |  |  |  |  |  | |

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| **День - среда**  **Неделя - первая**   |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **№**  **рецептур** | **Приём пищи Наименование блюд** | **Масса порции** | **Пищевые в-ва** | | | | **витамины** | | | **Минер. в-ва** | | | **Б** | **Ж** | **У** | **Ккал.** | **Bi** | **В2** | **С** | **Са** | **Fe** | | **Азбука**  **питания** | **Завтрак** | | | | | | | | | | | | Каша рисовая молочная | 200г. | 7,52 | 11,37 | 39,9 | 298,2 | - | 0,01 | - | 11,6 | 0,52 | | Хлеб | 50г. | 3,12 | 8,29 | 20,02 | 165,2 | - | - | - | - | - | | Чай сладкий | 200г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - | | **Обед** | | | | | | | | | | | | Салат капустный с морковкой | 50 г. | 0,66 | 4,03 | 4,25 | 53,97 | - | - | - | - | - | | Суп перловый | 200г. | 2,09 | 4,21 | 16,32 | 108,51 | 0,085 | 0,05 | 10,09 | 9,05 | 0,41 | | Макароны отварные | 130г. | 4,79 | 4,59 | 30,62 | 182,95 | - | 0,027 | - | 13,6 | 0,6 | | Жаренная рыба | 70 г. | 10,36 | 1,93 | 6,79 | 85,93 | 0,07 | 1,01 | - | 40,93 | 0,49 | | Хлеб | 70 г. | 5,81 | 0,91 | 33,67 | 158,09 | 0,05 | 0,035 | - | 18,9 | 1,33 | | Яблочный компот | 180 г. | 0,72 | - | 21,0 | 90,0 | - | - | - | - | - | | **Уплотнённый полдник** | | | | | | | | | | | | Оладьи с маслом | 75/5 г. | 4,67 | 4,31 | 40,69 | 220,31 | - | - | - | - | - | | Хлеб | 40,0 г. | 3,32 | 0,52 | 19,24 | 90,8 | 0,028 | 0,02 | - | 12,3 | 0,78 | | Чай сладкий | 200 г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - | |  | | | | | | | | | | | | Итого |  |  | 78,6 | 53,1 | 279,1 | 1899 |  |  |  |  |  | |

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| **День - четверг**  **Неделя - первая**   |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **№** | **Приём пищи** | **Масса** | **Пищевые вещества** | | |  | **витамины** | | | **Минер. в-ва** | | | **рецептур** | **Наименование блюд** | **порции** | **Б** | **Ж** | **У** | **Ккал.** | **Bi** | **в2** | **С** | **Са** | **Fe** | | **Азбука** | **Завтрак** | | | | | | | | | | | | **питания** | Каша манная молочная с маслом | 200 г. | 6,2 | 8,05 | 31,09 | 222,02 | - | - | - | - | - | |  | Хлеб | 50г. | 3,12 | 8,29 | 20,02 | 165,2 | 0,028 | 0,02 | - | 12,3 | 0,78 | | Яблоко | 50,0 | 0,2 | - | 4,2 | 19,0 | - | - | 13,0 | - | - | |  | Чай сладкий | 200г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - | |  | **Обед** | | | | | | | | | | | |  | Борщ на к/б | 200г. | 2,58 | 7,82 | 9,12 | 114,35 | 0,182 | 0,1 | 29,14 | 52,05 | 1,27 | |  | Плов узбекский с курицей | 200г. | 3,11 | 8,5 | 32,43 | 216,5 | 0,112 | 0,15 | 5,04 | 6,3 | 0,052 | |  | Помидор маринованный | 60 | - | - | 1.8 | 8.0 | 13.8 | 0.36 | 0.012 | - | 2,6 | |  | Хлеб | 70,0 г. | 5,81 | 0,91 | 33,67 | 158,9 | 0,05 | 0,035 | - | 18,9 | 1,33 | |  | Компот из кураги | 200 | 2,05 | 0,33 | 0 | 22,65 | 91,97 | 0,04 | 0,055 | 0,55 | 44,66 | |  | **Уплотнённый полдник** | | | | | | | | | | | |  | Чуду с творогом и маслом | 200 г. | 6,18 | 8,37 | 32,34 | 232,48 | - | - | - | - | - | |  | Хлеб | 40,0 г. | 3,32 | 0,52 | 19,24 | 90,8 | 0,028 | 0,02 | - | 12,3 | 0,78 | |  | Чай сладкий | 200 г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - | |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | | | | | | | | | | | | **Итого** |  |  | **44,2** | **60,13** | **279,4** | **1806** |  |  |  |  |  | |

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| **День-пятница**  **Неделя - первая**   |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **№**  **рецептур** | **Приём пищи Наименование блюд** | **Масса порции** | **Пищевые вещества** | | | | **витамины** | | | **Минер, в-ва** | | | **Б** | **Ж** | **У** | **Ккал.** | **Вх** | **в2** | **С** | **Са** | **Fe** | | **Азбука**  **питания** | **Завтрак** | | | | | | | | | | | | Каша пшенная молочная с маслом | 200 г. | 7,44 | 8,07 | 35,28 | 243,92 | 0,07 | 0,28 | 1,5 | 186 | 0,29 | | Хлеб | 50г. | 3,12 | 8,29 | 20,02 | 165,2 | 0,028 | 0,02 | - | 12,3 | 0,78 | | Яблоко | 50,0 | 0,2 | - | 4,2 | 19,0 | - | - | 13,0 | - | - | | Чай сладкий | 200г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - | | **Обед** | | | | | | | | | | | | Суп вермишеловый на к/б | 200г. | 1,85 | 6,19 | 12,34 | 112,47 | - | - | - | - | - | | Голубцы с мясом | 200г. | 14,3 | 38,13 | 12,66 | 450,63 | 0,29 | 0,22 | 30,85 | 51,7 | 2,93 | | Каша гречневая с масл. | 200 г. | 8,01 | 8,69 | 30,72 | 232,8 | 0,22 | 0,35 | 1/5 | 18,68 | 0,55 | | Огурец маринов. | 60 | - | - | 1.8 | 8.0 | 13.8 | 0.36 | 0.012 | - | 2,6 | | Хлеб | 70,0 г. | 5,81 | 0,91 | 33,67 | 158,9 | 0,05 | 0,035 | - | 18,9 | 1,33 | | Яблочный компот | 180 г. | 0,72 | - | 21,0 | 90,0 | - | - | - | - | - | | **Уплотнённый полдник** | | | | | | | | | | | | Суп молочный рисовый | 200 г. | 5,58 | 6,12 | 19,73 | 156,08 | 0,07 | 0,24 | 0,14 | 168,75 | 0,29 | | Хлеб | 40,0 г. | 3,32 | 0,52 | 19,24 | 90,8 | 0,028 | 0,02 | - | 12,3 | 0,78 | | Чай сладкий | 200 г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - | | Мармелад | 35 | 3,54 | 0 | 0 | 35,18 | 152,5 | 0 | 0 | 0 | 0 | |  | | | | | | | | | | | | **Итого** |  |  | **55,0** | **87,9** | **233,1** | **1917** |  |  |  |  |  | |
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| **День - вторник**  **Неделя - вторая**   |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **№**  **рецептур** | **Приём пищи Наименование блюд** | **Масса порции** | **Пищевые вещества** | | | | **витамины** | | | **Минер.**  **в-ва** | | | **Б** | **Ж** | **У** | **Ккал.** | **Bi** | **в2** | **С** | **Са** | **Fe** | | **Азбука**  **Питания** | **Завтрак** | | | | | | | | | | | | Каша пшенная молочная с маслом | 200 г. | 7,44 | 8,07 | 35,28 | 243,92 | 0,07 | 0,28 | 1,5 | 186 | 0,29 | | Хлеб | 50г. | 3,36 | 0,52 | 25,77 | 115,5 | - | - | - | - | - | | Чай сладкий | 200 г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - | | **Обед** | | | | | | | | | | | | Суп карт, с мясными фрикадельками | 130/25Г. | 7,0 | 6,06 | 8,94 | 116,43 | - | - | - | - | - | | Каша гречневая молочная с маслом | 200 г. | 8,01 | 8,69 | 30,72 | 232,8 | 0,22 | 0,35 | 1/5 | 18,68 | 0,55 | | Хлеб | 70 г. | 5,81 | 0,91 | 33,67 | 158,9 | 0,05 | 0,035 | - | 18,9 | 1,33 | | Компот яблочный | 200 г. | 0,12 | - | 17,5 | 67,5 | - | - | - | - | - | | Салат капустный с морковкой | 50 г. | 0,66 | 4,03 | 4,25 | 53,97 | - | - | - | - | - | | **Уплотнённый полдник** | | | | | | | | | | | | Яйцо отварное | 50 г. | 6,35 | 5,75 | 0,35 | 78,5 | 0,035 | 0,08 | - | 16,5 | 0,75 | | Хлеб с маслом | 50 г. | 3,12 | 8,29 | 20,02 | 165,2 | 0,028 | 0,02 | - | 16,8 | 0,84 | | Чай сладкий | 200 г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - | | Вафля | 200 | 5,6 | 6,4 | 9,4 | 116,0 | - | - | - | - | - | | **Итого** |  |  | **55,5** | **61,5** | **260,5** | **1824** |  |  |  |  |  | |

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| **День - среда**  **Неделя - вторая**   |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **№**  **рецептур** | **Приём пищи Наименование блюд** | **Масса порции** | **Пищевые вещества** | | | | **витамины** | | | **Минер, в-ва** | | | **Б** | **Ж** | **У** | **Ккал.** | **Bi** | **в2** | **С** | **Са** | **Fe** | | **Азбука**  **питания** | **Завтрак** | | | | | | | | | | | | Каша рисовая молочная | 200 г. | 7,52 | 11,37 | 39,9 | 298,2 | - | 0,01 | - | 11,6 | 0,52 | | Хлеб с маслом | 50г. | 3,12 | 8,29 | 20,02 | 165,2 | 0,028 | 0,02 | - | 12,3 | 0,78 | | Чай сладкий | 200 г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - | | **Обед** | | | | | | | | | | | | Суп гороховый | 200г. | 1,85 | 6,19 | 12,34 | 112,47 | - | - | - | - | - | | Перловая рассыпчатая | 140 г. | 3,04 | 4,5 | 27,44 | 163,0 | - | - | - | - | - | | Жаренная рыба | 70 г. | 10,36 | 1,93 | 6,79 | 85,93 | 0,07 | 1,01 | - | 40,93 | 0,49 | | Огурец маринованный | 60 | - | - | 1.8 | 8.0 | 13.8 | 0.36 | 0.012 | - | 2,6 | | Хлеб | 70,0 г. | 5,81 | 0,91 | 33,67 | 158,9 | 0,05 | 0,035 | - | 18,9 | 1,33 | | Компот из с/ф | 200 г. | 0,12 | - | 17,5 | 67,5 | - | - | - | - | - | | **Уплотнённый полдник** | | | | | | | | | | | | Оладьи с маслом | 75/5 г. | 4,67 | 4,31 | 40,69 | 220,31 | - | - | - | - | - | | Хлеб | 40,0 г. | 3,32 | 0,52 | 19,24 | 90,8 | 0,028 | 0,02 | - | 12,3 | 0,78 | | Чай сладкий | 200 г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - | | **Итого** |  |  | **48,0** | **50,9** | **286,5** | **1772** |  |  |  |  |  | |

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| **День - четверг**  **Неделя - вторая**   |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **№**  **рецептур** | **Приём пищи Наименование блюд** | **Масса**  **порции** | **Пищевые вещества** | | | | **витамины** | | | **Минер, в- ва** | | | **Б** | **Ж** | **У** | **Ккал.** | **Bi** | **В2** | **С** | **Са** | **Fe** | | **Азбука**  **питания** | **Завтрак** | | | | | | | | | | | | Каша манная молочная с маслом | 200 г. | 6,2 | 8,05 | 31,09 | 222,02 | - | - | - | - | - | | Яблоко | 50,0 | 0,2 | - | 4,2 | 19,0 | - | - | 13,0 | - | - | | Хлеб | 50г. | 3,12 | 8,29 | 20,02 | 165,2 | 0,028 | 0,02 | - | 12,3 | 0,78 | | Чай сладкий | 150г. | 1,82 | 1,92 | 12,84 | 72,74 | 0,03 | 0,13 | 0,7 | 8,4 | 0,07 | | **Обед** | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  | | Суп вермишеловый на к/б | 200г. | 1,85 | 6,19 | 12,34 | 112,47 | - | - | - | - | - | | Плов из курицы | 0,250 | 20,30 | 17,00 | 1,98 | 377 | 0,62 | 0,06 | 1,01 | 45,1 | 2,19 | | Помидор маринованный | 60 | - | - | 1.8 | 8.0 | 13.8 | 0.36 | 0.012 | - | 2,6 | | Хлеб | 70,0 г. | 5,81 | 0,91 | 33,67 | 158,9 | 0,05 | 0,035 | - | 18,9 | 1,33 | | Компот из сухофруктов | 200 г. | 0,56 | - | 27,89 | 113,84 | - | - | - | - | - | | **Уплотнённый полдник** | | | | | | | | | | | | Чуду с творогом и маслом | 200 г. | 6,18 | 8,37 | 32,34 | 232,48 | - | - | - | - | - | | Хлеб | 40г. | 30,42 | 0,52 | 19,24 | 90,8 | 0,028 | 0,02 | - | 12,3 | 0,78 | | Чай сладкий | 200 г. | 0,12 | - | 12,04 | 48,64 | - | - | - | - | - | | **Итого** |  | **59,2** | **52,8** | **2828** | **1806** |  |  |  |  |  | |  | | | | | | | | | | | | |

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