**Меню - раскладка на завтрак: [date] г.** состоит из питания на [kol] чел. **Составлена: [diet\_vrach]**

**Утверждено: [head\_vrach]**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Ингредиенты:**  **Блюда:** | **Порции** | **[1]** | **[2]** | **[3]** | **[4]** | **[5]** | **[6]** | **[7]** | **[8]** | **[9]** | **[10]** | **[11]** | **[12]** | **[13]** | **[14]** | **[15]** | **[16]** | **[17]** | **[18]** | **[19]** | **[20]** | **[21]** | **[22]** |
| [Блюдо1]  **[Вес1:]** | [kol1] | [v1] | [v2] | [v3] | [v4] | [v5] | [v6] | [v7] | [v8] | [v9] | [v10] | [v11] | [v12] | [v13] | [v14] | [v15] | [v16] | [v17] | [v18] | [v19] | [v20] | [v21] | [v22] |
| [Блюдо2]  **[Вес2:]** | [kol2] | [k1] | [k2] | [k3] | [k4] | [k5] | [k6] | [k7] | [k8] | [k9] | [k10] | [k11] | [k12] | [k13] | [k14] | [k15] | [k16] | [k17] | [k18] | [k19] | [k20] | [k21] | [k22] |
| [Блюдо3]  **[Вес3:]** | [kol3] | [i1] | [i2] | [i3] | [i4] | [i5] | [i6] | [i7] | [i8] | [i9] | [i10] | [i11] | [i12] | [i13] | [i14] | [i15] | [i16] | [i17] | [i18] | [i19] | [i20] | [i21] | [i22] |
| [Блюдо4]  **[Вес4:]** | [kol4] | [z1] | [z2] | [z3] | [z4] | [z5] | [z6] | [z7] | [z8] | [z9] | [z10] | [z11] | [z12] | [z13] | [z14] | [z15] | [z16] | [z17] | [z18] | [z19] | [z20] | [z21] | [z22] |
| [Блюдо5]  **[Вес5:]** | [kol5] | [x1] | [x2] | [x3] | [x4] | [x5] | [x6] | [x7] | [x8] | [x9] | [x10] | [x11] | [x12] | [x13] | [x14] | [x15] | [x16] | [x17] | [x18] | [x19] | [x20] | [x21] | [x22] |
| [Блюдо6]  [Вес6:] | [kol6] | [y1] | [y2] | [y3] | [y4] | [y5] | [y6] | [y7] | [y8] | [y9] | [y10] | [y11] | [y12] | [y13] | [y14] | [y15] | [y16] | [y17] | [y18] | [y19] | [y20] | [y21] | [y22] |
| [Блюдо7]  **[Вес7:]** | [kol7] | [q1] | [q2] | [q3] | [q4] | [q5] | [q6] | [q7] | [q8] | [q9] | [q10] | [q11] | [q12] | [q13] | [q14] | [q15] | [q16] | [q17] | [q18] | [q19] | [q20] | [q21] | [q22] |
| [Блюдо8]  **[Вес8:]** | [kol8] | [n1] | [n2] | [n3] | [n4] | [n5] | [n6] | [n7] | [n8] | [n9] | [n10] | [n11] | [n12] | [n13] | [n14] | [n15] | [n16] | [n17] | [n18] | [n19] | [n20] | [n21] | [n22] |
| **Всего**: | | [u1] | [u2] | [u3] | [u4] | [u5] | [u6] | [u7] | [u8] | [u9] | [u10] | [u11] | [u12] | [u13] | [u14] | [u15] | [u16] | [u17] | [u18] | [u19] | [u20] | [u21] | [u22] |

**Меню - раскладка на обед: [date] г.** состоит из питания на [kol] чел. **Составлена: [diet\_vrach]**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Ингредиенты:**  **Блюда:** | **Порции** | **[o1]** | **[o2]** | **[o3]** | **[o4]** | **[o5]** | **[o6]** | **[o7]** | **[o8]** | **[o9]** | **[o10]** | **[o11]** | **[o12]** | **[o13]** | **[o14]** | **[o15]** | **[o16]** | **[o17]** | **[o18]** | **[o19]** | **[o20]** | **[o21]** | **[o22]** |
| [oБлюдо1]  **[oВес1:]** | [ob1] | [a1] | [a2] | [a3] | [a4] | [a5] | [a6] | [a7] | [a8] | [a9] | [a10] | [a11] | [a12] | [a13] | [a14] | [a15] | [a16] | [a17] | [a18] | [a19] | [a20] | [a21] | [a22] |
| [oБлюдо2]  **[oВес2:]** | [ob2] | [b1] | [b2] | [b3] | [b4] | [b5] | [b6] | [b7] | [b8] | [b9] | [b10] | [b11] | [b12] | [b13] | [b14] | [b15] | [b16] | [b17] | [b18] | [b19] | [b20] | [b21] | [b22] |
| [oБлюдо3]  **[oВес3:]** | [ob3] | [c1] | [c2] | [c3] | [c4] | [c5] | [c6] | [c7] | [c8] | [c9] | [c10] | [c11] | [c12] | [c13] | [c14] | [c15] | [c16] | [c17] | [c18] | [c19] | [c20] | [c21] | [c22] |
| [oБлюдо4]  **[oВес4:]** | [ob4] | [d1] | [d2] | [d3] | [d4] | [d5] | [d6] | [d7] | [d8] | [d9] | [d10] | [d11] | [d12] | [d13] | [d14] | [d15] | [d16] | [d17] | [d18] | [d19] | [d20] | [d21] | [d22] |
| [oБлюдо5]  **[oВес5:]** | [ob5] | [e1] | [e2] | [e3] | [e4] | [e5] | [e6] | [e7] | [e8] | [e9] | [e10] | [e11] | [e12] | [e13] | [e14] | [e15] | [e16] | [e17] | [e18] | [e19] | [e20] | [x21] | [x22] |
| [oБлюдо6]  [oВес6:] | [ob6] | [f1] | [f2] | [f3] | [f4] | [f5] | [f6] | [f7] | [f8] | [f9] | [f10] | [f11] | [f12] | [f13] | [f14] | [f15] | [f16] | [f17] | [f18] | [f19] | [f20] | [f21] | [f22] |
| [oБлюдо7]  **[oВес7:]** | [ob7] | [g1] | [g2] | [g3] | [g4] | [g5] | [g6] | [g7] | [g8] | [g9] | [g10] | [g11] | [g12] | [g13] | [g14] | [g15] | [g16] | [g17] | [g18] | [g19] | [g20] | [g21] | [g22] |
| [oБлюдо8]  **[Вес8:]** | [ob8] | [h1] | [h2] | [h3] | [h4] | [h5] | [h6] | [h7] | [h8] | [n9] | [h10] | [h11] | [h12] | [h13] | [h14] | [h15] | [h16] | [h17] | [h18] | [h19] | [h20] | [h21] | [h22] |
| **Всего**: | | [i1] | [i2] | [i3] | [i4] | [i5] | [i6] | [i7] | [i8] | [i9] | [i10] | [i11] | [i12] | [i13] | [i14] | [i15] | [i16] | [i17] | [i18] | [i19] | [i20] | [i21] | [i22] |

**Утверждено: [head\_vrach]**

**Меню - раскладка на ужин: [date] г.** состоит из питания на [kol] чел. **Составлена: [diet\_vrach]**

**Утверждено: [head\_vrach]**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Ингредиенты:**  **Блюда:** | **Порции** | **[sup1]** | **[sup2]** | **[sup3]** | **[sup4]** | **[sup5]** | **[sup6]** | **[sup7]** | **[sup8]** | **[sup9]** | **[sup10]** | **[sup11]** | **[sup12]** | **[sup13]** | **[sup14]** | **[sup15]** | **[sup16]** | **[sup17]** | **[sup18]** | **[sup19]** | **[sup20]** | **[sup21]** | **[sup22]** |
| [уБлюдо1]  **[уВес1:]** | [yz1] | [j1] | [j2] | [j3] | [j4] | [j5] | [j6] | [j7] | [j8] | [j9] | [j10] | [j11] | [j12] | [j13] | [j14] | [j15] | [j16] | [j17] | [j18] | [j19] | [j20] | [j21] | [j22] |
| [уБлюдо2]  **[уВес2:]** | [yz2] | [l1] | [l2] | [l3] | [l4] | [l5] | [l6] | [l7] | [l8] | [l9] | [l10] | [l11] | [l12] | [l13] | [l14] | [l15] | [l16] | [l17] | [l18] | [l19] | [l20] | [l21] | [l22] |
| [уБлюдо3]  **[уВес3:]** | [yz3] | [p1] | [p2] | [p3] | [p4] | [p5] | [p6] | [p7] | [p8] | [p9] | [p10] | [p11] | [p12] | [p13] | [p14] | [p15] | [p16] | [p17] | [p18] | [p19] | [p20] | [p21] | [p22] |
| [уБлюдо4]  **[уВес4:]** | [yz4] | [r1] | [r2] | [r3] | [r4] | [z5] | [r6] | [r7] | [r8] | [r9] | [r10] | [r11] | [r12] | [r13] | [r14] | [r15] | [r16] | [r17] | [r18] | [r19] | [r20] | [r21] | [r22] |
| [уБлюдо5]  **[уВес5:]** | [yz5] | [s1] | [s2] | [s3] | [s4] | [s5] | [s6] | [s7] | [s8] | [s9] | [s10] | [s11] | [s12] | [s13] | [s14] | [s15] | [s16] | [s17] | [s18] | [s19] | [s20] | [s21] | [s22] |
| [уБлюдо6]  [уВес6:] | [yz6] | [б1] | [б2] | [б3] | [б4] | [б5] | [б6] | [б7] | [б8] | [б9] | [б10] | [б11] | [б12] | [б13] | [б14] | [б15] | [б16] | [б17] | [б18] | [б19] | [б20] | [б21] | [б22] |
| [уБлюдо7]  **[уВес7:]** | [yz7] | [в1] | [в2] | [в3] | [в4] | [в5] | [в6] | [в7] | [в8] | [в9] | [в10] | [в11] | [в12] | [в13] | [в14] | [в15] | [в16] | [в17] | [в18] | [в19] | [в20] | [в21] | [в22] |
| [уБлюдо8]  **[уВес8:]** | [yz8] | [г1] | [г2] | [г3] | [г4] | [г5] | [г6] | [г7] | [г8] | [г9] | [г10] | [г11] | [г12] | [г13] | [г14] | [г15] | [г16] | [г17] | [г18] | [г19] | [г20] | [г21] | [г22] |
| **Всего**: | | [д1] | [д2] | [д3] | [д4] | [д5] | [д6] | [д7] | [д8] | [д9] | [д10] | [д11] | [д12] | [д13] | [д14] | [д15] | [д16] | [д17] | [д18] | [д19] | [д20] | [д21] | [д22] |

|  |  |
| --- | --- |
| **Ингредиенты** | **Общий вес за день** |
| **[q1]** | **[t1]** |
| **[q2]** | **[t2]** |
| **[q3]** | **[t3]** |
| **[q4]** | **[t4]** |
| **[q5]** | **[t5]** |
| **[q6]** | **[t6]** |
| **[q7]** | **[t7]** |
| **[q8]** | **[t8]** |
| **[q9]** | **[t9]** |
| **[q10]** | **[t10]** |
| **[q11]** | **[t11]** |
| **[q12]** | **[t12]** |
| **[q13]** | **[t13]** |
| **[q14]** | **[t14]** |
| **[q15]** | **[t15]** |
| **[q16]** | **[t16]** |
| **[q17]** | **[t17]** |
| **[q18]** | **[t18]** |
| **[q19]** | **[t19]** |
| **[q20]** | **[t20]** |
| **[q21]** | **[t21]** |
| **[q22]** | **[t22]** |
| **[q23]** | **[t23]** |
| **[q24]** | **[t24]** |
| **[q25]** | **[t25]** |
| **[q26]** | **[t26]** |
| **[q27]** | **[t27]** |
| **[q28]** | **[t28]** |
| **[q29]** | **[t29]** |
| **[q30]** | **[t30]** |
| **[q31]** | **[t31]** |
| **[q32]** | **[t32]** |
| **[q33]** | **[t33]** |
| **[q34]** | **[t34]** |
| **[q35]** | **[t35]** |
| **[q36]** | **[t36]** |
| **[q37]** | **[t37]** |
| **[q38]** | **[t38]** |
| **[q39]** | **[t39]** |
| **[q40]** | **[t40]** |
| **[q41]** | **[t41]** |
| **[q42]** | **[t42]** |
| **[q43]** | **[t43]** |
| **[q44]** | **[t44]** |
| **[q45]** | **[t45]** |
| **[q46]** | **[t46]** |
| **[q47]** | **[t47]** |
| **[q48]** | **[t48]** |
| **[q49]** | **[t49]** |
| **[q50]** | **[t50]** |