**Меню - раскладка на ужин: [date] г.** состоит из питания на [kol] чел. **Составлена: [diet\_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**: | | [b1] | [b2] | [b3] | [b4] | [b5] | [b6] | [b7] | [b8] | [b9] | [b10] | [b11] | [b12] | [b13] | [b14] | [b15] | [b16] | [b17] | [b18] | [b19] | [b20] | [b21] | [b22] |

**Утверждено: [head\_vrach]**

|  |  |
| --- | --- |
| **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]** |