|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Меню - раскладка на ужин: [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]** |
| [Блюдо1]  **[Вес1:]**  **[uka1]** | [kol1] | [v1] | [v2] | [v3] | [v4] | [v5] | [v6] | [v7] | [v8] | [v9] | [v10] | [v11] | [v12] | [v13] | [v14] | [v15] | [v16] | [v17] | [v18] | [v19] | [v20] | [v21] |
| [Блюдо2]  **[Вес2:]**  **[uka2]** | [kol2] | [k1] | [k2] | [k3] | [k4] | [k5] | [k6] | [k7] | [k8] | [k9] | [k10] | [k11] | [k12] | [k13] | [k14] | [k15] | [k16] | [k17] | [k18] | [k19] | [k20] | [k21] |
| [Блюдо3]  **[Вес3:]**  **[uka3]** | [kol3] | [i1] | [i2] | [i3] | [i4] | [i5] | [i6] | [i7] | [i8] | [i9] | [i10] | [i11] | [i12] | [i13] | [i14] | [i15] | [i16] | [i17] | [i18] | [i19] | [i20] | [i21] |
| [Блюдо4]  **[Вес4:]**  **[uka4]** | [kol4] | [z1] | [z2] | [z3] | [z4] | [z5] | [z6] | [z7] | [z8] | [z9] | [z10] | [z11] | [z12] | [z13] | [z14] | [z15] | [z16] | [z17] | [z18] | [z19] | [z20] | [z21] |
| [Блюдо5]  **[Вес5:]**  **[uka5]** | [kol5] | [x1] | [x2] | [x3] | [x4] | [x5] | [x6] | [x7] | [x8] | [x9] | [x10] | [x11] | [x12] | [x13] | [x14] | [x15] | [x16] | [x17] | [x18] | [x19] | [x20] | [x21] |
| [Блюдо6]  [Вес6:]  **[uka6]** | [kol6] | [y1] | [y2] | [y3] | [y4] | [y5] | [y6] | [y7] | [y8] | [y9] | [y10] | [y11] | [y12] | [y13] | [y14] | [y15] | [y16] | [y17] | [y18] | [y19] | [y20] | [y21] |
| [Блюдо7]  **[Вес7:]**  **[uka7]** | [kol7] | [q1] | [q2] | [q3] | [q4] | [q5] | [q6] | [q7] | [q8] | [q9] | [q10] | [q11] | [q12] | [q13] | [q14] | [q15] | [q16] | [q17] | [q18] | [q19] | [q20] | [q21] |
| [Блюдо8]  **[Вес8:]**  **[uka8]** | [kol8] | [n1] | [n2] | [n3] | [n4] | [n5] | [n6] | [n7] | [n8] | [n9] | [n10] | [n11] | [n12] | [n13] | [n14] | [n15] | [n16] | [n17] | [n18] | [n19] | [n20] | [n21] |
| **Всего**: | | [b1] | [b2] | [b3] | [b4] | [b5] | [b6] | [b7] | [b8] | [b9] | [b10] | [b11] | [b12] | [b13] | [b14] | [b15] | [b16] | [b17] | [b18] | [b19] | [b20] | [b21] |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **[22]** | **[23]** | **[24]** | **[25]** | **[26]** | **[27]** | **[28]** | **[29]** | **[30]** | **[31]** | **[32]** | **[33]** | **[34]** | **[35]** | **[36]** | **[37]** | **[38]** | **[39]** | **[40]** | **[41]** | **[42]** | **[43]** | **[44]** | **[45]** | **[46]** |
| [v22] | [v23] | [v24] | [v25] | [v26] | [v27] | [v28] | [v29] | [v30] | [v31] | [v32] | [v33] | [v34] | [v35] | [v36] | [v37] | [v38] | [v39] | [v40] | [v41] | [v42] | [v43] | [v44] | [v45] | [v46] |
| [k22] | [k23] | [k24] | [k25] | [k26] | [k27] | [k28] | [k29] | [k30] | [k31] | [k32] | [k33] | [k34] | [k35] | [k36] | [k37] | [k38] | [k39] | [k40] | [k41] | [k42] | [k43] | [k44] | [k45] | [k46] |
| [i22] | [i23] | [i24] | [i25] | [i26] | [i27] | [i28] | [i29] | [i30] | [i31] | [i32] | [i33] | [i34] | [i35] | [i36] | [i37] | [i38] | [i39] | [i40] | [i41] | [i42] | [i43] | [i44] | [i45] | [i46] |
| [z22] | [z23] | [z24] | [z25] | [z26] | [z27] | [z28] | [z29] | [z30] | [z31] | [z32] | [z33] | [z34] | [z35] | [z36] | [z37] | [z38] | [z39] | [z40] | [z41] | [z42] | [z43] | [z44] | [z45] | [z46] |
| [x22] | [x23] | [x24] | [x25] | [x26] | [x27] | [x28] | [x29] | [x30] | [x31] | [x32] | [x33] | [x34] | [x35] | [x36] | [x37] | [x38] | [x39] | [x40] | [x41] | [x42] | [x43] | [x44] | [x45] | [x46] |
| [y22] | [y23] | [y24] | [y25] | [y26] | [y27] | [y28] | [y29] | [y30] | [y31] | [y32] | [y33] | [y34] | [y35] | [y36] | [y37] | [y38] | [y39] | [y40] | [y41] | [y42] | [y43] | [y44] | [y45] | [y46] |
| [q22] | [q23] | [q24] | [q25] | [q26] | [q27] | [q28] | [q29] | [q30] | [q31] | [q32] | [q33] | [q34] | [q35] | [q36] | [q37] | [q38] | [q39] | [q40] | [q41] | [q42] | [q43] | [q44] | [q45] | [q46] |
| [n22] | [n23] | [n24] | [n25] | [n26] | [n27] | [n28] | [n29] | [n30] | [n31] | [n32] | [n33] | [n34] | [n35] | [n36] | [n37] | [n38] | [n39] | [n40] | [n41] | [n42] | [n43] | [n44] | [n45] | [n46] |
| [b22] | [b23] | [b24] | [b25] | [b26] | [b27] | [b28] | [b29] | [b30] | [b31] | [b32] | [b33] | [b34] | [b35] | [b36] | [b37] | [b38] | [b39] | [b40] | [b41] | [b42] | [b43] | [b44] | [b45] | [b46] |

|  |  |
| --- | --- |
| **Ингредиенты** | **Общий вес за день** |
| **[я1]** | **[t1]** |
| **[я2]** | **[t2]** |
| **[я3]** | **[t3]** |
| **[я4]** | **[t4]** |
| **[я5]** | **[t5]** |
| **[я6]** | **[t6]** |
| **[я7]** | **[t7]** |
| **[я8]** | **[t8]** |
| **[я9]** | **[t9]** |
| **[я10]** | **[t10]** |
| **[я11]** | **[t11]** |
| **[я12]** | **[t12]** |
| **[я13]** | **[t13]** |
| **[я14]** | **[t14]** |
| **[я15]** | **[t15]** |
| **[я16]** | **[t16]** |
| **[я17]** | **[t17]** |
| **[я18]** | **[t18]** |
| **[я19]** | **[t19]** |
| **[я20]** | **[t20]** |
| **[я21]** | **[t21]** |
| **[я22]** | **[t22]** |
| **[я23]** | **[t23]** |
| **[я24]** | **[t24]** |
| **[я25]** | **[t25]** |
| **[я26]** | **[t26]** |
| **[я27]** | **[t27]** |
| **[я28]** | **[t28]** |
| **[я29]** | **[t29]** |
| **[я30]** | **[t30]** |
| **[я31]** | **[t31]** |
| **[я32]** | **[t32]** |
| **[я33]** | **[t33]** |
| **[я34]** | **[t34]** |
| **[я35]** | **[t35]** |
| **[я36]** | **[t36]** |
| **[я37]** | **[t37]** |
| **[я38]** | **[t38]** |
| **[я39]** | **[t39]** |
| **[я40]** | **[t40]** |
| **[я41]** | **[t41]** |
| **[я42]** | **[t42]** |
| **[я43]** | **[t43]** |
| **[я44]** | **[t44]** |
| **[я45]** | **[t45]** |
| **[я46]** | **[t46]** |
| **[я47]** | **[t47]** |
| **[я48]** | **[t48]** |
| **[я49]** | **[t49]** |
| **[я50]** | **[t50]** |