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| **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]** |
| [Блюдо1]  **[Вес1:]**  **[ka1]** | [kol1] | [v1] | [v2] | [v3] | [v4] | [v5] | [v6] | [v7] | [v8] | [v9] | [v10] | [v11] | [v12] | [v13] | [v14] | [v15] | [v16] | [v17] | [v18] | [v19] | [v20] | [v21] |
| [Блюдо2]  **[Вес2:]**  **[ka2]** | [kol2] | [k1] | [k2] | [k3] | [k4] | [k5] | [k6] | [k7] | [k8] | [k9] | [k10] | [k11] | [k12] | [k13] | [k14] | [k15] | [k16] | [k17] | [k18] | [k19] | [k20] | [k21] |
| [Блюдо3]  **[Вес3:]**  **[ka3]** | [kol3] | [i1] | [i2] | [i3] | [i4] | [i5] | [i6] | [i7] | [i8] | [i9] | [i10] | [i11] | [i12] | [i13] | [i14] | [i15] | [i16] | [i17] | [i18] | [i19] | [i20] | [i21] |
| [Блюдо4]  [**Вес4:]**  **[ka4]** | [kol4] | [z1] | [z2] | [z3] | [z4] | [z5] | [z6] | [z7] | [z8] | [z9] | [z10] | [z11] | [z12] | [z13] | [z14] | [z15] | [z16] | [z17] | [z18] | [z19] | [z20] | [z21] |
| [Блюдо5]  **[Вес5:]**  **[ka5]** | [kol5] | [x1] | [x2] | [x3] | [x4] | [x5] | [x6] | [x7] | [x8] | [x9] | [x10] | [x11] | [x12] | [x13] | [x14] | [x15] | [x16] | [x17] | [x18] | [x19] | [x20] | [x21] |
| [Блюдо6]  **[Вес6:]**  **[ka6]** | [kol6] | [y1] | [y2] | [y3] | [y4] | [y5] | [y6] | [y7] | [y8] | [y9] | [y10] | [y11] | [y12] | [y13] | [y14] | [y15] | [y16] | [y17] | [y18] | [y19] | [y20] | [y21] |
| [Блюдо7]  **[Вес7:]**  **[ka7]** | [kol7] | [q1] | [q2] | [q3] | [q4] | [q5] | [q6] | [q7] | [q8] | [q9] | [q10] | [q11] | [q12] | [q13] | [q14] | [q15] | [q16] | [q17] | [q18] | [q19] | [q20] | [q21] |
| [Блюдо8]  **[Вес8:]**  **[ka8]** | [kol8] | [n1] | [n2] | [n3] | [n4] | [n5] | [n6] | [n7] | [n8] | [n9] | [n10] | [n11] | [n12] | [n13] | [n14] | [n15] | [n16] | [n17] | [n18] | [n19] | [n20] | [n21] |
| **Всего**: | | [u1] | [u2] | [u3] | [u4] | [u5] | [u6] | [u7] | [u8] | [u9] | [u10] | [u11] | [u12] | [u13] | [u14] | [u15] | [u16] | [u17] | [u18] | [u19] | [u20] | [u21] |

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| **[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] |
| [u22] | [u23] | [u24] | [u25] | [u26] | [u27] | [u28] | [u29] | [u30] | [u31] | [u32] | [u33] | [u34] | [u35] | [u36] | [u37] | [u38] | [u39] | [u40] | [u41] | [u42] | [u43] | [u44] | [u45] | [u46] |

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| **Меню – раскладка на обед: [date] г.** состоит из питания на [kol] чел. **Составлена: [diet\_vrach1]**  **Утверждено: [head\_vrach1]** | | | | | | | | | | | | | | | | | | | | | | |
| **Ингредиенты:**  **Блюда:** | **Порции** | **[obed1]** | **[obed2]** | **[obed3]** | **[obed4]** | **[obed5]** | **[obed6]** | **[obed7]** | **[obed8]** | **[obed9]** | **[obed10]** | **[obed11]** | **[obed12]** | **[obed13]** | **[obed14]** | **[obed15]** | **[obed16]** | **[obed17]** | **[obed18]** | **[obed19]** | **[obed20]** | **[obed21]** |
| [oбедБлюдо1]  **[oбедВес1:]**  **[oka1]** | [ob1] | [a1] | [a2] | [a3] | [a4] | [a5] | [a6] | [a7] | [a8] | [a9] | [a10] | [a11] | [a12] | [a13] | [a14] | [a15] | [a16] | [a17] | [a18] | [a19] | [a20] | [a21] |
| [oбедБлюдо2]  **[oбедВес2:]**  **[oka2]** | [ob2] | [b1] | [b2] | [b3] | [b4] | [b5] | [b6] | [b7] | [b8] | [b9] | [b10] | [b11] | [b12] | [b13] | [b14] | [b15] | [b16] | [b17] | [b18] | [b19] | [b20] | [b21] |
| [oбедБлюдо3]  **[oбедВес3:]**  **[oka3]** | [ob3] | [c1] | [c2] | [c3] | [c4] | [c5] | [c6] | [c7] | [c8] | [c9] | [c10] | [c11] | [c12] | [c13] | [c14] | [c15] | [c16] | [c17] | [c18] | [c19] | [c20] | [c21] |
| [oбедБлюдо4]  **[oбедВес4:]**  **[oka4]** | [ob4] | [d1] | [d2] | [d3] | [d4] | [d5] | [d6] | [d7] | [d8] | [d9] | [d10] | [d11] | [d12] | [d13] | [d14] | [d15] | [d16] | [d17] | [d18] | [d19] | [d20] | [d21] |
| [oбедБлюдо5]  **[oбедВес5:]**  **[oka5]** | [ob5] | [e1] | [e2] | [e3] | [e4] | [e5] | [e6] | [e7] | [e8] | [e9] | [e10] | [e11] | [e12] | [e13] | [e14] | [e15] | [e16] | [e17] | [e18] | [e19] | [e20] | [e21] |
| [oбедБлюдо6]  [**oбедВес6**:]  **[oka6]** | [ob6] | [f1] | [f2] | [f3] | [f4] | [f5] | [f6] | [f7] | [f8] | [f9] | [f10] | [f11] | [f12] | [f13] | [f14] | [f15] | [f16] | [f17] | [f18] | [f19] | [f20] | [f21] |
| [oбедБлюдо7]  **[oбедВес7:]**  **[oka7]** | [ob7] | [g1] | [g2] | [g3] | [g4] | [g5] | [g6] | [g7] | [g8] | [g9] | [g10] | [g11] | [g12] | [g13] | [g14] | [g15] | [g16] | [g17] | [g18] | [g19] | [g20] | [g21] |
| [oбедБлюдо8]  **[oбедВес8:]**  **[oka8]** | [ob8] | [h1] | [h2] | [h3] | [h4] | [h5] | [h6] | [h7] | [h8] | [h9] | [h10] | [h11] | [h12] | [h13] | [h14] | [h15] | [h16] | [h17] | [h18] | [h19] | [h20] | [h21] |
| **Всего**: | | [и1] | [и2] | [и3] | [и4] | [и5] | [и6] | [и7] | [и8] | [и9] | [и10] | [и11] | [и12] | [и13] | [и14] | [и15] | [и16] | [и17] | [и18] | [и19] | [и20] | [и21] |

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| **Меню – раскладка на ужин: [date] г.** состоит из питания на [kol] чел. **Составлена: [diet\_vrach2]**  **Утверждено: [head\_vrach2]** | | | | | | | | | | | | | | | | | | | | | | | |
| **Ингредиенты:**  **Блюда:** | **Порции** | **[sup1]** | **[sup2]** | **[sup3]** | **[sup4]** | **[sup5]** | **[sup6]** | **[sup7]** | **[sup8]** | **[sup9]** | | **[sup10]** | **[sup11]** | **[sup12]** | **[sup13]** | **[sup14]** | **[sup15]** | **[sup16]** | **[sup17]** | **[sup18]** | **[sup19]** | **[sup20]** | **[sup21]** |
| [уБлюдо1]  **[уВес1:]**  **[uka1]** | [yz1] | [j1] | [j2] | [j3] | [j4] | [j5] | [j6] | [j7] | [j8] | [j9] | | [j10] | [j11] | [j12] | [j13] | [j14] | [j15] | [j16] | [j17] | [j18] | [j19] | [j20] | [j21] |
| [уБлюдо2]  **[уВес2:]**  **[uka2]** | [yz2] | [l1] | [l2] | [l3] | [l4] | [l5] | [l6] | [l7] | [l8] | [l9] | | [l10] | [l11] | [l12] | [l13] | [l14] | [l15] | [l16] | [l17] | [l18] | [l19] | [l20] | [l21] |
| [уБлюдо3]  **[уВес3:]**  **[uka3]** | [yz3] | [p1] | [p2] | [p3] | [p4] | [p5] | [p6] | [p7] | [p8] | [p9] | | [p10] | [p11] | [p12] | [p13] | [p14] | [p15] | [p16] | [p17] | [p18] | [p19] | [p20] | [p21] |
| [уБлюдо4]  **[уВес4:]**  **[uka4]** | [yz4] | [r1] | [r2] | [r3] | [r4] | [r5] | [r6] | [r7] | [r8] | [r9] | | [r10] | [r11] | [r12] | [r13] | [r14] | [r15] | [r16] | [r17] | [r18] | [r19] | [r20] | [r21] |
| [уБлюдо5]  **[уВес5:]**  **[uka5]** | [yz5] | [s1] | [s2] | [s3] | [s4] | [s5] | [s6] | [s7] | [s8] | [s9] | | [s10] | [s11] | [s12] | [s13] | [s14] | [s15] | [s16] | [s17] | [s18] | [s19] | [s20] | [s21] |
| [уБлюдо6]  **[уВес6:]**  **[uka6]** | [yz6] | [б1] | [б2] | [б3] | [б4] | [б5] | [б6] | [б7] | [б8] | [б9] | | [б10] | [б11] | [б12] | [б13] | [б14] | [б15] | [б16] | [б17] | [б18] | [б19] | [б20] | [б21] |
| [уБлюдо7]  **[уВес7:]**  **[uka7]** | [yz7] | [в1] | [в2] | [в3] | [в4] | [в5] | [в6] | [в7] | [в8] | [в9] | | [в10] | [в11] | [в12] | [в13] | [в14] | [в15] | [в16] | [в17] | [в18] | [в19] | [в20] | [в21] |
| [уБлюдо8]  **[уВес8:]**  **[uka8]** | [yz8] | [г1] | [г2] | [г3] | [г4] | [г5] | [г6] | [г7] | [г8] | [г9] | | [г10] | [г11] | [г12] | [г13] | [г14] | [г15] | [г16] | [г17] | [г18] | [г19] | [г20] | [г21] |
| **Всего**: | | [д1] | [д2] | [д3] | [д4] | [д5] | [д6] | [д7] | [д8] | [д9] | [д10] | | [д11] | [д12] | [д13] | [д14] | [д15] | [д16] | [д17] | [д18] | [д19] | [д20] | [д21] |

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| **Ингредиенты** | **Общий вес за день** |
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