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|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|   | Макаронные изделия | 50/50 |  |  |  |  | 66.6/66.6 |  |  |  |  |
|  | Масло сливочное | 7.1/7.1 |  |  |  |  | 9.5/9.5 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **255** | **Печень по строгановски** | **40** | **10.6** | **8.98** | **2.81** | **148** | **40** | **10.6** | **8.98** | **2.81** | **148** |
|  | Печень говяжья  | 71,2/59,2 |  |  |  |  | 71,2/59,2 |  |  |  |  |
|  | Масло растительное | 4.8/4.8 |  |  |  |  | 4.8/4.8 |  |  |  |  |
|  | Масса готовой печени | -/40 |  |  |  |  | -/40 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **330** | **Соус сметанный** | **30** | **0.42** | **1.5** | **1.76** | **22.23** | **40** | **0.56** | **2** | **2.35** | **29.65** |
|  | Сметана | 7.5/7.5 |  |  |  |  | 10/10 |  |  |  |  |
|  | Мука  | 2.25/2.25 |  |  |  |  | 3/3 |  |  |  |  |
|  | Вода | 22.5/22.5 |  |  |  |  | 30/30 |  |  |  |  |
|  | Масса белого соуса | 22.5 |  |  |  |  | 30 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **389** | **Сок** | **200** | **1** | **0** | **25.4** | **105.6** | **200** | **1** | **0** | **25.4** | **105.6** |
| **47** | **Фрукты** | **100** | **0.40** | **0.40** | **9.8** | **47** | **100** | **0.40** | **0.40** | **9.8** | **47** |
|  | **Хлеб пшеничный** | **40** | **3.12** | **2.08** | **23.28** | **100.4** | **50** | **3.85** | **1.2** | **26.7** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | **0.12** | **8** | **39.60** | **30** | **1.86** | **0.57** | **12.21** | **58.80** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего завтрак** |  | **23.71** | **23.95** | **110.52** | **745.93** |  | **26.96** | **25.94** | **28.90** | **864.4** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Обед** |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **102** | **Суп картофел. С горохом** | **250** | **9.83** | **8.88** | **16.8** | **169.34** | **250** | **9.83** | **8.88** | **16.8** | **169.34** |
|  | Картофель  | 66.7/50 |  |  |  |  | 66.7/50 |  |  |  |  |
|  | Горох  | 20.2/20 |  |  |  |  | 20.2/20 |  |  |  |  |
|  | Лук  | 12/10 |  |  |  |  | 12/10 |  |  |  |  |
|  | Морковь  | 15.7/12.5 |  |  |  |  | 15.7/12.5 |  |  |  |  |
|  | Масло растительное | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | Бульон  | 175/175 |  |  |  |  | 175/175 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **229** | **Рыба тушенная с овощами** | **100** | **9.75** | **4.95** | **3.8** | **105** | **120** | **11.7** | **5.94** | **4.56** | **126** |
|  | Минтай | 123/62 |  |  |  |  | 147.6/74.4 |  |  |  |  |
|  | Вода | 19/19 |  |  |  |  | 22.8/22.8 |  |  |  |  |
|  | Морковь | 23/18 |  |  |  |  | 27.6/21.6 |  |  |  |  |
|  | Лук  | 16/12 |  |  |  |  | 12/9.6 |  |  |  |  |
|  | Томат пюре | 10/10 |  |  |  |  | 12/12 |  |  |  |  |
|  | Масло растительное | 5/5 |  |  |  |  | 6/6 |  |  |  |  |
|  | Сахар  | 2/2 |  |  |  |  | 2.4/2.4 |  |  |  |  |
|  | Лавровый лист | 0.01/0.01 |  |  |  |  | 0.01/0.01 |  |  |  |  |
|  | Масса туш.рыбы | 50 |  |  |  |  | 60 |  |  |  |  |
|  | Масса готов.рыбы с овощами | 100 |  |  |  |  | 120 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **128** | **Картофельное пюре** | **200** | **4.34** | **12.82** | **25.18** | **241** | **200** | **4.34** | **12.82** | **25.18** | **241** |
|  | Картофель | 234/176 |  |  |  |  | 234/176 |  |  |  |  |
|  | Молоко  | 32/30 |  |  |  |  | 32/30 |  |  |  |  |
|  | Масло сливочное | 10/10 |  |  |  |  | 10/10 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **377** | **Чай с лимоном** | **200** | **0.13** | **0.02** | **15.2** | **62** | **200** | **0.13** | **0.02** | **15.2** | **62** |
|  | Чай заварка | 1/1 |  |  |  |  | 1/1 |  |  |  |  |
|  | сахар | 15/15 |  |  |  |  | 15/15 |  |  |  |  |
|  | Лимон | 8/8 |  |  |  |  | 8/8 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Йогурт** | **125** | **5.13** | **1.88** | **7.38** | **66.88** | **125** | **5.13** | **1.88** | **7.38** | **66.88** |
|  | **Хлеб пшеничный** | **40** | **2.64** | **0.44** | **16.40** | **80** | **60** | **4.50** | **0.60** | **25.80** | **126** |
|  | **Хлеб ржаной** | **20** | **1.6** | **0.2** | **10.40** | **50** | **30** | **2.43** | **0.48** | **14.79** | **73.65** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего обед** |  | **33.42** | **29.19** | **95.16** | **774.22** |  | **38.06** | **30.62** | **109.71** | **864.87** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Завтрак 2 день** |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **39** | **Салат картофельный с кукурузой и морковью** | **60** | **1.81** | **3.82** | **14.23** | **98.52** | **100** | **3.02** | **6.36** | **23.72** | **164.2** |
|  | Картофель  | 20,88/15 |  |  |  |  | 34.8/25 |  |  |  |  |
|  | Кукуруза консер | 24,96/15 |  |  |  |  | 41.6/25 |  |  |  |  |
|  | Морковь  | 18.84/15 |  |  |  |  | 31.4/25 |  |  |  |  |
|  | Огурцы солен | 15/12 |  |  |  |  | 25/20 |  |  |  |  |
|  | Масло растит | 3.6/3.6 |  |  |  |  | 6/6 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **260** | **Гуляш** | **100** | **14.55** | **16.79** | **2.89** | **221** | **100** | **14.55** | **16.79** | **2.89** | **221** |
|  | Говядина | 107/79 |  |  |  |  | 107/79 |  |  |  |  |
|  | Масло растительное | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | Лук | 12/10 |  |  |  |  | 12/10 |  |  |  |  |
|  | Томат пюре | 8/8 |  |  |  |  | 8/8 |  |  |  |  |
|  | Мука | 2/2 |  |  |  |  | 2/2 |  |  |  |  |
|  | Масса тушен.мяса | 50 |  |  |  |  | 50 |  |  |  |  |
|  | Масса соуса | 50 |  |  |  |  | 50 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **304** | **Рис отварной** | **150** | **3.65** | **5.37** | **36.68** | **209.7** | **200** | **4.87** | **7.17** | **48.8** | **279.6** |
|  | Крупа рисовая  | 54/54 |  |  |  |  | 72/72 |  |  |  |  |
|  | Масло сливочное | 6.75/6.75 |  |  |  |  | 9/9 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **382** | **Какао с молоком** | **200** | **4.08** | **3.54** | **17.58** | **118.6** | **200** | **4.08** | **3.54** | **17.59** | **118.6** |
|  | Какао | 4/4 |  |  |  |  | 4/4 |  |  |  |  |
|  | Молоко | 100/100 |  |  |  |  | 100/100 |  |  |  |  |
|  | Вода | 110/110 |  |  |  |  | 110/110 |  |  |  |  |
|  | Сахар  | 20/20 |  |  |  |  | 20/20 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб пшеничный** | **40** | **3.12** | **2.08** | **23.28** | **100.40** | **50** | **3.85** | **1.20** | **26.70** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | **0.12** | **8** | **39.60** | **30** | **1.86** | **0.57** | **12.21** | **58.80** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего завтрак** |  | **26.45** | **31.49** | **85.98** | **709.4** |  | **29.1** | **34.88** | **105.22** | **845.7** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Обед** |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **88** | **Щи из св.капусты** | **250/10** | **6.37** | **10.06** | **8.26** | **157.04** | **250/10** | **6.37** | **10.06** | **8.26** | **157.04** |
|  | Капуста свежая | 62.5/50 |  |  |  |  | 62,5/50 |  |  |  |  |
|  | Картофель | 40/30 |  |  |  |  | 40/30 |  |  |  |  |
|  | Морковь | 12.5/10 |  |  |  |  | 12.5/10 |  |  |  |  |
|  | Лук | 15.2/12.5 |  |  |  |  | 15.2/12.5 |  |  |  |  |
|  | Томат пюре | 2.5/2.5 |  |  |  |  | 2.5/2.5 |  |  |  |  |
|  | Масло растительное | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | Сметана  | 10/10 |  |  |  |  | 10/10 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **732** | **Оладьи со сгущ.молок** | **100/40** | **7.4** | **9.2** | **38.9** | **272** | **100/40** | **7.4** | **9.2** | **38.9** | **272** |
|  | Мука  | 48.1/48.1 |  |  |  |  | 48.1/48.1 |  |  |  |  |
|  | Сахар | 1.7/1.7 |  |  |  |  | 1.7/1.7 |  |  |  |  |
|  | Молоко | 48.1/48.1 |  |  |  |  | 48.1/48.1 |  |  |  |  |
|  | Дрожжи | 1.4/1.4 |  |  |  |  | 1.4/1.4 |  |  |  |  |
|  | Масло растительное | 8/8 |  |  |  |  | 8/8 |  |  |  |  |
|  | Соль | 3/3 |  |  |  |  | 3/3 |  |  |  |  |
|  | Молоко сгущеное | 40 |  |  |  |  | 40 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **209** | **Яйцо отварное** | **40** | **5.1** | **4.6** | **0.3** | **63** | **40** | **5.1** | **4.6** | **0.3** | **63** |
| **389** | **Сок**  | **200** | **1** | **0** | **25.4** | **105.6** | **200** | **1** | **0** | **25.4** | **105.6** |
| **338** | **Фрукты** | **100** | **1.5** | **0.5** | **21** | **96** | **100** | **1.5** | **0.5** | **21** | **96** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб пшеничный** | **20** | **1.6** | **0.2** | **10.40** | **50** | **30** | **2.43** | **0.48** | **14.79** | **73.65** |
|  | **Хлеб ржаной** | **40** | **2.64** | **0.44** | **16.40** | **80** | **60** | **4.50** | **0.60** | **25.80** | **126** |
|  | **Всего обед**  |  | **25.61** | **25** | **120.66** | **823.64** |  | **28.3** | **25.44** | **134.45** | **893.29** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Завтрак 3 день** |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **71** | **Овощи натур.свежие** | **60** | **0.66** | **0.12** | **2.28** | **13.2** | **100** | **1.1** | **0.2** | **3.8** | **22** |
|  | Помидора св.(сол) или | 70.8/60 |  |  |  |  | 118/100 |  |  |  |  |
|  | Огурцы св.(солен) | 63.12/60 |  |  |  |  | 105.2/100 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **297** | **Каша мол. «Дружба»** | **150** | **4.65** | **6.45** | **36.8** | **213.50** | **200** | **6.20** | **8.60** | **42.7** | **284.30** |
|  | Крупа рисовая | 19/19 |  |  |  |  | 25/25 |  |  |  |  |
|  | Крупа пшенная | 19/19 |  |  |  |  | 25/25 |  |  |  |  |
|  | Молоко  | 120/120 |  |  |  |  | 160/160 |  |  |  |  |
|  | Масло сливочное | 4/4 |  |  |  |  | 5/5 |  |  |  |  |
|  | Сахар  | 3/3 |  |  |  |  | 4/4 |  |  |  |  |
| **338** | **Фрукты** | **100** | **0.4** | **0.3** | **11** | **47** | **100** | **0.4** | **0.3** | **11** | **47** |
|  | **Сыр** | **33** | **3.69** | **3.97** | **0** | **82.67** | **40** | **5.68** | **4.81** | **0** | **100.20** |
| **377** | **Чай с лимоном** | **200** | **0.13** | **0.02** | **15.2** | **62** | **200** | **0.13** | **0.02** | **15.2** | **62** |
|  | Чай заварка | 1/1 |  |  |  |  | 1/1 |  |  |  |  |
|  | Сахар | 15/15 |  |  |  |  | 15/15 |  |  |  |  |
|  | Лимон  | 8/8 |  |  |  |  | 8/8 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб пшеничный** | **40** | **3.12** | **2.08** | **23.28** | **100.40** | **50** | **3.85** | **1.20** | **26.70** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | **0.12** | **8** | **39.60** | **30** | **1.86** | **0.57** | **12.21** | **58.80** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего завтрак** |  | **13.95** | **13.06** | **77.75** | **558.37** |  | **19.22** | **15.70** | **100.72** | **701.3** |
|  | **Обед** |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **82** | **Борщ с капус.картоф. и смет** | **250/10** | **6.4** | **10.03** | **11.55** | **172.04** | **250/10** | **6.4** | **10.03** | **11.55** | **171.04** |
|  | Свекла | 50/40 |  |  |  |  | 50/40 |  |  |  |  |
|  | Капуста свежая | 25/20 |  |  |  |  | 25/20 |  |  |  |  |
|  | Картофель | 26.7/20 |  |  |  |  | 26.7/20 |  |  |  |  |
|  | Морковь | 12.5/10 |  |  |  |  | 12.5/10 |  |  |  |  |
|  | Лук | 15.2/12.5 |  |  |  |  | 15.2/12.5 |  |  |  |  |
|  | Томат пюре | 7.5/7.5 |  |  |  |  | 7.5/7.5 |  |  |  |  |
|  | Масло растительное | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | Сахар | 2.5/2.5 |  |  |  |  | 2.5/2.5 |  |  |  |  |
|  | Бульон или вода | 200/200 |  |  |  |  | 200/200 |  |  |  |  |
|  | Сметана  | 10/10 |  |  |  |  | 10/10 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **637** | **Курица отварная** | **100** | **21.10** | **13.6** | **0** | **206.25** | **100** | **21.10** | **13.6** | **0** | **206.25** |
|  | Курица | 174.7/125.3 |  |  |  |  | 174.7/125.3 |  |  |  |  |
|  | Лук | 3.3/2.7 |  |  |  |  | 3.3/2.7 |  |  |  |  |
|  | Соль | 2/2 |  |  |  |  | 2/2 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **679** | **Греча отварная** | **150** | **7.46** | **5.61** | **35.84** | **230.45** | **200** | **9.94** | **7.48** | **47.78** | **307.26** |
|  | Крупа гречневая | 60.6/60.6 |  |  |  |  | 80.8/80.8 |  |  |  |  |
|  | Масло сливочное | 5.3/5.3 |  |  |  |  | 7/7 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **330** | **Соус сметанный** | **30** | **0.42** | **1.5** | **1.76** | **22.23** | **40** | **0.56** | **2** | **2.35** | **29.65** |
|  | Сметана | 7.5/7.5 |  |  |  |  | 10/10 |  |  |  |  |
|  | Мука | 2.25/2.25 |  |  |  |  | 3/3 |  |  |  |  |
|  | Вода | 22.5/22.5 |  |  |  |  | 30/30 |  |  |  |  |
|  | Масса белого соуса | 22.5 |  |  |  |  | 30 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **382** | **Какао с молоком** | **200** | **4.08** | **3.54** | **17.58** | **118.6** | **200** | **4.08** | **3.54** | **17.58** | **118.6** |
|  | Какао | 4/4 |  |  |  |  | 4/4 |  |  |  |  |
|  | Молоко | 100/100 |  |  |  |  | 100/100 |  |  |  |  |
|  | Вода | 110/110 |  |  |  |  | 110/110 |  |  |  |  |
|  | Сахар | 20/20 |  |  |  |  | 20/20 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Йогурт** | **125** | **5.13** | **1.88** | **7.38** | **66.88** | **125** | **5.13** | **1.88** | **7.38** | **66.88** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб пшеничный** | **40** | **2.64** | **0.44** | **16.40** | **80** | **60** | **4.50** | **0.60** | **25.80** | **126** |
|  | **Хлеб ржаной** | **20** | **1.6** | **0.2** | **10.40** | **50** | **30** | **2.43** | **0.48** | **14.79** | **73.65** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего обед** |  | **48.83** | **36.8** | **100.91** | **945.45** |  | **54.14** | **39.61** | **127.23** | **1099.33** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Завтрак день 4** |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **51** | **Салат из свеклы** | **60** | **0.85** | **0.65** | **8.36** | **56.34** | **60** | **1.42** | **6.09** | **10.2** | **93.9** |
|  | Свекла | 75/59 |  |  |  |  | 75/59 |  |  |  |  |
|  | Масло растительное | 4/4 |  |  |  |  | 4/4 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **245** | **Рыба припущенная** | **100** | **17.54** | **2.38** | **0.31** | **92.5** | **100** | **17.54** | **2.38** | **0.31** | **92.5** |
|  | Хек рыба | 132,4/98 |  |  |  |  | 132,4/98 |  |  |  |  |
|  | Или треска | 128,9/98 |  |  |  |  | 128,9/98 |  |  |  |  |
|  | Лук  | 4/3 |  |  |  |  | 4/3 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **128** | **Картофельное пюре** | **200** | **4.34** | **12.82** | **25.18** | **241** | **200** | **4.34** | **12.82** | **25.18** | **241** |
|  | Картофель | 234/176 |  |  |  |  | 234/176 |  |  |  |  |
|  | Молоко | 32/30 |  |  |  |  | 32/30 |  |  |  |  |
|  | Масло сливочное | 10/10 |  |  |  |  | 10/10 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **389** | **Сок**  | **200** | **1** | **0** | **25.4** | **105.6** | **200** | **1** | **0** | **25.4** | **105.6** |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **338** | **Фрукты** | **100** | **1** | **0** | **12** | **49** | **100** | **1** | **0** | **12** | **49** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб пшеничный** | **40** | **3.12** | **2.08** | **23.28** | **100.40** | **50** | **3.85** | **1.20** | **26.70** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | **0.12** | **8** | **39.60** | **30** | **1.86** | **0.57** | **12.21** | **58.80** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего завтрак** |  | **29.15** | **8.05** | **82.73** | **684.44** |  | **29.03** | **23.06** | **100.12** | **767.8** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Обед** |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **96** | **Рассольник** | **250** | **6.36** | **8.9** | **11.81** | **158.34** | **250** | **6.36** | **8.9** | **11.81** | **158.34** |
|  | Картофель | 100/75 |  |  |  |  | 100/75 |  |  |  |  |
|  | Крупа рис или перлов. | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | Морковь | 12.5/10 |  |  |  |  | 12.5/10 |  |  |  |  |
|  | Лук | 6/5 |  |  |  |  | 6/5 |  |  |  |  |
|  | Огурцы соленые | 16.75/15 |  |  |  |  | 16.75/15 |  |  |  |  |
|  | Масло растительное | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | Бульон или вода | 187.5/187.5 |  |  |  |  | 187.5/187.5 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **259** | **Жаркое по домашнему** | **230** | **21.29** | **23.29** | **21.79** | **387.7** | **230** | **21.29** | **23.78** | **21.79** | **387.7** |
|  | Говядина | 140.6/103.8 |  |  |  |  | 140.6/103.8 |  |  |  |  |
|  | Картофель | 174.8/131.4 |  |  |  |  | 174.8/131.4 |  |  |  |  |
|  | Лук | 15.8/13.14 |  |  |  |  | 15.8/13.14 |  |  |  |  |
|  | Томат пюре | 7.89\7.89 |  |  |  |  | 7.89/7.89 |  |  |  |  |
|  | Масло растительное | 7.89/7.89 |  |  |  |  | 7.89/7.89 |  |  |  |  |
|  | Масса тушеного мяса | 65.7 |  |  |  |  | 65.7 |  |  |  |  |
|  | Масса готовых овощ. | 164.3 |  |  |  |  | 164.3 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **379** | **Кофейный напиток** | **200** | **3.17** | **2.68** | **15.9** | **100.6** | **200** | **3.17** | **2.68** | **15.9** | **100.6** |
|  | Кофейный напиток | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | Вода  | 120/120 |  |  |  |  | 120/120 |  |  |  |  |
|  | Сахар  | 20/20 |  |  |  |  | 20/20 |  |  |  |  |
|  | Молоко  | 100/100 |  |  |  |  | 100/100 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **338** | **Фрукты** | **100** | **1** | **0** | **12** | **49** | **100** | **1** | **0** | **12** | **49** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб пшеничный** | **40** | **2.64** | **0.44** | **16.40** | **80** | **60** | **4.5** | **0.6** | **25.8** | **126** |
|  | **Хлеб ржаной** | **20** | **1.6** | **0.2** | **10.4** | **50** | **30** | **2.43** | **0.48** | **14.79** | **73.65** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Обед всего** |  | **36.06** | **35.31** | **88.3** | **825.6** |  | **37.76** | **36.44** | **80.21** | **895.29** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Завтрак день 5** |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **43** | **Салат из белок.капусты** | **100** | **1.41** | **5.08** | **9.02** | **87.4** | **100** | **1.41** | **5.08** | **9.02** | **87.40** |
|  | Капуста | 99/79 |  |  |  |  | 99/79 |  |  |  |  |
|  | Морковь | 13/10 |  |  |  |  | 13/10 |  |  |  |  |
|  | Лим.кислота | 0.3/0.3 |  |  |  |  | 0.3/0.3 |  |  |  |  |
|  | Сахар | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | Соль | 1.5/1.5 |  |  |  |  | 1.5/1.5 |  |  |  |  |
|  | Масло растительное | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **462** | **Тефтели из говядины** | **100** | **10.4** | **15.2** | **12.08** | **201.6** | **100** | **10.4** | **15.2** | **12.08** | **201.6** |
|  | Говядина | 65/50 |  |  |  |  | 65/50 |  |  |  |  |
|  | Лук | 29/25 |  |  |  |  | 29/25 |  |  |  |  |
|  | Рис | 6/6 |  |  |  |  | 6/6 |  |  |  |  |
|  | Мука | 4/4 |  |  |  |  | 4/4 |  |  |  |  |
|  | Масло растительное | 3/3 |  |  |  |  | 3/3 |  |  |  |  |
|  | Томат пюре | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | вода | 15/15 |  |  |  |  | 15/15 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **330** | **Соус сметанный** | **30** | **0.42** | **1.5** | **1.76** | **22.23** | **40** | **0.56** | **2** | **2.35** | **29.65** |
|  | Сметана | 7.5/7.5 |  |  |  |  | 10/10 |  |  |  |  |
|  | Мука | 2.25/2.25 |  |  |  |  | 3/3 |  |  |  |  |
|  | Вода | 22.5/22.5 |  |  |  |  | 30/30 |  |  |  |  |
|  | Масса белого соуса | 22.5 |  |  |  |  | 30 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Греча рассыпчатая** | **150** | **7.46** | **5.61** | **35.84** | **230.45** | **200** | **9.94** | **7.48** | **47.78** | **307.26** |
|  | Крупа гречневая | 60.6/60.6 |  |  |  |  | 80.8/80.8 |  |  |  |  |
|  | Масло сливочное | 5.3/5.3 |  |  |  |  | 7/7 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **349** | **Компот из сухофруктов** | **200** | **0.66** | **0.09** | **32.01** | **132.8** | **200** | **0.66** | **0.09** | **32.01** | **132.8** |
|  | Сухофрукты | 20/25 |  |  |  |  | 20/25 |  |  |  |  |
|  | Сахар | 20/20 |  |  |  |  | 20/20 |  |  |  |  |
|  | Лимон.кислота | 0.2/0.2 |  |  |  |  | 0.2/0.2 |  |  |  |  |
|  | Вода  | 200/200 |  |  |  |  | 200/200 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **338** | **Фрукты** | **100** | **1.5** | **0.5** | **21** | **96** | **100** | **1.5** | **0.5** | **21** | **96** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб пшеничный** | **40** | **3.12** | **2.08** | **23.28** | **100.4** | **50** | **3.85** | **1.2** | **26.7** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | **0.12** | **8** | **39.60** | **30** | **1.86** | **0.57** | **12.21** | **58.80** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего завтрак** |  | **26.27** | **30.18** | **142.99** | **910.48** |  | **30.18** | **32.12** | **163.15** | **1040.51** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Обед** |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **94** | **Суп молочный с крупой** | **250** | **6.2** | **7.9** | **23.2** | **188** | **250** | **6.2** | **7.9** | **23.2** | **188** |
|  | Молоко  | 125/125 |  |  |  |  | 125/125 |  |  |  |  |
|  | Вода | 138/138 |  |  |  |  | 138/138 |  |  |  |  |
|  | Крупа рис | 15/15 |  |  |  |  | 15/15 |  |  |  |  |
|  | Масло сливочное | 2/2 |  |  |  |  | 2/2 |  |  |  |  |
|  | Сахар | 3/3 |  |  |  |  | 3/3 |  |  |  |  |
|  | Соль  | 3/3 |  |  |  |  | 3/3 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **309** | **Биточки куриные** | **100** | **17.66** | **16.11** | **14.90** | **275.23** | **100** | **17.66** | **16.11** | **14.9** | **275.23** |
|  | Мясо птицы | 69.7/69 |  |  |  |  | 69.7/69 |  |  |  |  |
|  | Хлеб | 20/20 |  |  |  |  | 20/20 |  |  |  |  |
|  | Молоко | 24/24 |  |  |  |  | 24/24 |  |  |  |  |
|  | Соль | 0.3/0.3 |  |  |  |  | 0.3/0.3 |  |  |  |  |
|  | Мука | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | Масло растительное | 2/2 |  |  |  |  | 2/2 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **330** | **Соус сметанный** | **30** | **0.42** | **1.5** | **1.76** | **22.23** | **40** | **0.56** | **2** | **2.35** | **29.65** |
|  | Сметана | 7.5/7.5 |  |  |  |  | 10/10 |  |  |  |  |
|  | Мука пшеничная | 2.25/2.25 |  |  |  |  | 3/3 |  |  |  |  |
|  | Вода | 22.5/22.5 |  |  |  |  | 30/30 |  |  |  |  |
|  | Масса белого соуса | 22.5 |  |  |  |  | 30 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **202** | **Макароны отварные** | **150** | **5.46** | **5.79** | **30.45** | **195.7** | **200** | **7.28** | **7.71** | **40.61** | **260.95** |
|  | Макаронные изделия | 50/50 |  |  |  |  | 66.6/66.6 |  |  |  |  |
|  | Масло сливочное | 7.1/7.1 |  |  |  |  | 9.5/9.5 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **386** | **Кефир 2.5-3.5%** | **200** | **5.6** | **6.4** | **8.2** | **117** | **200** | **5.6** | **6.4** | **8.2** | **117** |
|  | **Фрукты** | **100** | **1.5** | **0.5** | **21** | **96** | **100** | **1.5** | **0.5** | **21** | **96** |
|  | **Хлеб пшеничный**  | **40** | **2.64** | **0.44** | **16.40** | **80** | **60** | **4.50** | **0.60** | **25.8** | **126** |
|  | **Хлеб ржаной** | **20** | **1.6** | **0.2** | **10.40** | **50** | **30** | **2.43** | **0.48** | **14.79** | **73.65** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Мучные кондит.изд** | **50** | **5** | **8** | **31** | **358** | **50** | **5** | **8** | **31** | **358** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего обед** |  | **46.08** | **46.84** | **157.31** | **382.16** |  | **50.73** | **49.7** | **181.85** | **1524.48** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Завтрак день 6** |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Ватрушка с творогом** | **100** | **12.5** | **6.7** | **44.5** | **286.4** | **100** | **12.5** | **6.7** | **44.5** | **286.4** |
|  | **Мука**  | **49/49** |  |  |  |  | **49** |  |  |  |  |
|  | **Сахар**  | **2.6/2.6** |  |  |  |  | **2.6** |  |  |  |  |
|  | **Масло сливочное** | **2.2/2.2** |  |  |  |  | **2.2** |  |  |  |  |
|  | **Яйцо** | **0.07/0.07** |  |  |  |  | **0.07** |  |  |  |  |
|  | **Дрожжи** | **1.4/1.4** |  |  |  |  | **1.4** |  |  |  |  |
|  | **Молоко** | **19.8/19.8** |  |  |  |  | **19.8** |  |  |  |  |
|  | **Фарш:** |  |  |  |  |  |  |  |  |  |  |
|  | **Творог** | **33.3** |  |  |  |  | **33.3** |  |  |  |  |
|  | **Сахар** | **4/4** |  |  |  |  | **4/4** |  |  |  |  |
|  | **Мука** | **2.3/2.3** |  |  |  |  | **2.3/2.3** |  |  |  |  |
|  | **Яйцо** | **0.009** |  |  |  |  | **0.009** |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **268** | **Биточки** | **100** | **16.5** | **24.2** | **14.32** | **344** | **100** | **16.5** | **24.2** | **14.32** | **344** |
|  | Говядина | 100/74 |  |  |  |  | 100/74 |  |  |  |  |
|  | Хлеб пшеничный | 18/13.5 |  |  |  |  | 18/13.5 |  |  |  |  |
|  | Молоко | 24/24 |  |  |  |  | 24/24 |  |  |  |  |
|  | Лук | 10/8 |  |  |  |  | 10/8 |  |  |  |  |
|  | Сухари | 10/10 |  |  |  |  | 10/10 |  |  |  |  |
|  | Масса п/ф | 124 |  |  |  |  | 124 |  |  |  |  |
|  | Масло растительное | 6/6 |  |  |  |  | 6/6 |  |  |  |  |
|  | Масса туш.издел | 100 |  |  |  |  | 100 |  |  |  |  |
|  | Масло сливочное | 10/10 |  |  |  |  | 10/10 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **304** | **Рис отварной** | **150** | **3.65** | **5.37** | **36.68** | **209.7** | **200** | **4.87** | **7.17** | **48.8** | **279.6** |
|  | Крупа рисовая | 54/54 |  |  |  |  | 72/72 |  |  |  |  |
|  | Масло сливочное | 6.75/6.75 |  |  |  |  | 9/9 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **330** | **Соус сметанный** | **30** | **0.42** | **1.5** | **1.76** | **22.23** | **40** | **0.56** | **2** | **2.35** | **29.65** |
|  | Сметана | 7.5/7.5 |  |  |  |  | 10/10 |  |  |  |  |
|  | Мука | 2.25/2.25 |  |  |  |  | 3/3 |  |  |  |  |
|  | Вода | 22.5/22.5 |  |  |  |  | 30/30 |  |  |  |  |
|  | Масса белого соуса | 22.5 |  |  |  |  | 30 |  |  |  |  |
|  | **Йогурт** | **125** | **5.13** | **1.88** | **7.38** | **66.88** | **125** | **5.13** | **1.88** | **7.38** | **66.38** |
| **389** | **Сок**  | **200** | **1** | **0** | **25.4** | **105.6** | **200** | **1** | **0** | **25.4** | **105.6** |
|  | **Хлеб пшеничный** | **40** | **3.12** | **2.08** | **23.28** | **100.4** | **50** | **3.85** | **1.20** | **26.70** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | **0.12** | **8** | **39.60** | **30** | **1.86** | **0.57** | **12.21** | **58.80** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего завтрак** |  | **43.62** | **41.85** | **161.32** | **1174.81** |  | **46.27** | **43.72** | **181.66** | **1297.43** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Обед** |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **87** | **Суп картофельный с рыбн.консервами** | **250** | **8.6** | **8.41** | **14.33** | **172.25** | **250** | **8.6** | **8.41** | **14.33** | **172.25** |
|  | Консервы рыбн. | 40/40 |  |  |  |  | 40/40 |  |  |  |  |
|  | Картофель | 93.25/70 |  |  |  |  | 93.25/70 |  |  |  |  |
|  | Морковь | 20/16 |  |  |  |  | 20/16 |  |  |  |  |
|  | Лук | 11.3/9.75 |  |  |  |  | 11.3/9.75 |  |  |  |  |
|  | Крупа рисовая | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | Масло сливочное | 3.75/3.75 |  |  |  |  | 3.75/3.75 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **128** | **Картофельное пюре** | **200** | **4.34** | **12.82** | **25.18** | **241** | **200** | **4.34** | **12.82** | **25.18** | **241** |
|  | Картофель | 234/176 |  |  |  |  | 234/176 |  |  |  |  |
|  | Молоко | 32/30 |  |  |  |  | 32/30 |  |  |  |  |
|  | Масло сливочное | 10/10 |  |  |  |  | 10/10 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **255** | **Печень по строгановски** | **40** | **10.6** | **8.98** | **2.81** | **148** | **40** | **10.6** | **8.98** | **2.81** | **148** |
|  | Печень говяжья  | 71,2/59,2 |  |  |  |  | 71,2/59,2 |  |  |  |  |
|  | Масло растительное | 4.8/4.8 |  |  |  |  | 4.8/4.8 |  |  |  |  |
|  | Масса готовой печени | -/40 |  |  |  |  | -/40 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **349** | **Компот из сухофруктов** | **200** | **0.66** | **0.09** | **32.01** | **132.8** | **200** | **0.66** | **0.09** | **32.01** | **132.8** |
|  | Сухофрукты | 20/25 |  |  |  |  | 20/25 |  |  |  |  |
|  | Сахар | 20/20 |  |  |  |  | 20/20 |  |  |  |  |
|  | Лимон.кислота | 0.2/0.2 |  |  |  |  | 0.2/0.2 |  |  |  |  |
|  | Вода | 200/200 |  |  |  |  | 200/200 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **47** | **Фрукты** | **100** | **0.4** | **0.3** | **11** | **47** | **100** | **0.4** | **0.3** | **11** | **47** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб пшеничный** | **40** | **2.64** | **0.44** | **16.40** | **80** | **60** | **4.50** | **0.60** | **25.8** | **126** |
|  | **Хлеб ржаной** | **20** | **1.6** | **0.2** | **10.40** | **50** | **30** | **2.43** | **0.48** | **14.79** | **73.65** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего обед** |  | **28.84** | **31.24** | **12.13** | **871.05** |  | **31.53** | **31.68** | **125.92** | **940.7** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Завтрак день 7** |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **50** | **Салат из св.свеклы с чесноком и сыром** | **100** | **4.67** | **9.38** | **7.19** | **131** | **100** | **4.67** | **9.38** | **7.19** | **131** |
|  | Свекла | 103.3/81 |  |  |  |  | 103.3/81 |  |  |  |  |
|  | Чеснок | 0.64/0.5 |  |  |  |  | 0.64/0.5 |  |  |  |  |
|  | Соль | 1/1 |  |  |  |  | 1/1 |  |  |  |  |
|  | Масло растительное | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | Сыр  | 16.5/15 |  |  |  |  | 16.5/15 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **128** | **Картофельное пюре** | **200** | **4.34** | **12.82** | **25.18** | **241** | **200** | **4.34** | **12.82** | **25.18** | **241** |
|  | Картофель | 234/176 |  |  |  |  | 234/176 |  |  |  |  |
|  | Молоко | 32/30 |  |  |  |  | 32/30 |  |  |  |  |
|  | Масло сливочное | 10/10 |  |  |  |  | 10/10 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **309** | **Биточки куриные** | **100** | **17.66** | **16.11** | **14.90** | **275.23** | **100** | **17.66** | **16.11** | **14.90** | **275.23** |
|  | Мясо птицы | 69.7/69 |  |  |  |  | 69.7/69 |  |  |  |  |
|  | Хлеб | 20/20 |  |  |  |  | 20/20 |  |  |  |  |
|  | Молоко | 24/24 |  |  |  |  | 24/24 |  |  |  |  |
|  | Соль | 0.3/0.3 |  |  |  |  | 0.3/0.3 |  |  |  |  |
|  | Мука | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | Масло растительное | 2/2 |  |  |  |  | 2/2 |  |  |  |  |
| **379** | **Кофейный напиток** | **200** | **3.17** | **2.68** | **15.9** | **100.6** | **200** | **3.17** | **2.68** | **15.9** | **100.6** |
|  | Кофейный напиток | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | Вода  | 120/120 |  |  |  |  | 120/120 |  |  |  |  |
|  | Сахар  | 20/20 |  |  |  |  | 20/20 |  |  |  |  |
|  | Молоко  | 100/100 |  |  |  |  | 100/100 |  |  |  |  |
| **338** | **Фрукты** | **100** | **0.40** | **0.40** | **9.8** | **47** | **100** | **0.40** | **0.40** | **9.8** | **47** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб пшеничный** | **40** | **3.12** | **2.08** | **23.28** | **100.4** | **50** | **3.85** | **1.20** | **26.70** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | **0.12** | **8** | **39.60** | **30** | **1.86** | **0.57** | **12.21** | **58.80** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего завтрак** |  | **34.66** | **43.59** | **104.25** | **934.83** |  | **35.95** | **43.16** | **111.88** | **980.63** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Обед** |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **104** | **Суп с фрикадельками** | **250/35** | **8.89** | **6.59** | **13.5** | **159.8** | **250/35** | **8.89** | **6.56** | **13.5** | **159.8** |
|  | Картофель | 114.6/86 |  |  |  |  | 114,6/86 |  |  |  |  |
|  | Морковь | 10.75/8.6 |  |  |  |  | 10.75/8.6 |  |  |  |  |
|  | Лук | 10.32/8.6 |  |  |  |  | 10.32/8.6 |  |  |  |  |
|  | Томат пюре | 2.15/2.15 |  |  |  |  | 2.15/2.15 |  |  |  |  |
|  | Масло растительное | 2.15/2.15 |  |  |  |  | 2.15/2.15 |  |  |  |  |
|  | Бульон | 150.5/150.5 |  |  |  |  | 150.5/150.5 |  |  |  |  |
|  | Фрикадельки: | 35 |  |  |  |  | 35 |  |  |  |  |
|  | Говядина | 54.22/39.9 |  |  |  |  | 54.22/39.9 |  |  |  |  |
|  | Лук | 4.17/3.5 |  |  |  |  | 4.17/3.5 |  |  |  |  |
|  | Вода | 3.5/3.5 |  |  |  |  | 3.5/3.5 |  |  |  |  |
|  | яйцо | 1/100шт/2.8 |  |  |  |  | 1/100шт/2.8 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Каша гречневая рассы.** | **150** | **7.46** | **5.61** | **35.84** | **230.45** | **200** | **9.94** | **7.48** | **47.78** | **307.26** |
|  | Крупа гречневая | 60.6/60.6 |  |  |  |  | 80.8/80.8 |  |  |  |  |
|  | Масло сливочное | 5.3/5.3 |  |  |  |  | 7/7 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **330** | **Соус сметанный** | **30** | **0.42** | **1.5** | **1.76** | **22.23** | **40** | **0.56** | **2** | **2.35** | **29.65** |
|  | Сметана | 7.5/7.5 |  |  |  |  | 10/10 |  |  |  |  |
|  | Мука | 2.25/2.25 |  |  |  |  | 3/3 |  |  |  |  |
|  | Вода | 22.5/22.5 |  |  |  |  | 30/30 |  |  |  |  |
|  | Масса белого соуса | 22.5 |  |  |  |  | 30 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **234** | **Котлета рыбная** | **100** | **12.16** | **4.61** | **14.95** | **219.35** | **100** | **12.16** | **4.61** | **14.95** | **219.35** |
|  | Минтай | 131.25/61.88 |  |  |  |  | 131.25/61.88 |  |  |  |  |
|  | Хлеб | 16.88/16.88 |  |  |  |  | 16.88/16.88 |  |  |  |  |
|  | Молоко | 24.38/24.38 |  |  |  |  | 24.38/24.38 |  |  |  |  |
|  | Сухари | 9.38/9.38 |  |  |  |  | 9.38/9.38 |  |  |  |  |
|  | Масса п/ф | 108.75 |  |  |  |  | 108.75 |  |  |  |  |
|  | Масло растительное | 9.38/9.38 |  |  |  |  | 9.38/9.38 |  |  |  |  |
|  | Масло сливочное | 6.25/6.25 |  |  |  |  | 6.25/6.25 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **389** | **Сок**  | **200** | **1** | **0** | **25.4** | **105.6** | **200** | **1.0** | **0** | **25.4** | **105.6** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб ржаной** | **40** | **2.64** | **0.44** | **16.40** | **80** | **60** | **4.50** | **0.60** | **25.8** | **126** |
|  | **Хлеб пшеничный** | **20** | **1.6** | **0.2** | **10.40** | **50** | **30** | **2.43** | **0.48** | **14.79** | **73.65** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего обед** |  | **34.17** | **18.95** | **118.25** | **817.93** |  | **39.48** | **21.73** | **144.57** | **1021.31** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Завтрак день 8** |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **67** | **Винегрет**  | **100** | **1.4** | **10.1** | **6.8** | **124** | **100** | **1.4** | **10.1** | **6.8** | **124** |
|  | Картофель  | 29/21 |  |  |  |  | 29/21 |  |  |  |  |
|  | Свекла | 19/15 |  |  |  |  | 19/15 |  |  |  |  |
|  | Морковь | 13/10 |  |  |  |  | 13/10 |  |  |  |  |
|  | Огурцы соленые | 19/15 |  |  |  |  | 19/15 |  |  |  |  |
|  | Капуста квашенная | 21/15 |  |  |  |  | 21/15 |  |  |  |  |
|  | Лук | 18/15 |  |  |  |  | 18/15 |  |  |  |  |
|  | Масло растительное | 10/10 |  |  |  |  | 10/10 |  |  |  |  |
|  | Соль | 1/1 |  |  |  |  | 1/1 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **202** | **Макароны отварные** | **150** | **5.46** | **5.79** | **30.45** | **195.7** | **200** | **7.28** | **7.71** | **40.61** | **260.95** |
|  | Макаронные изделия | 50/50 |  |  |  |  | 66.6/66.6 |  |  |  |  |
|  | Масло сливочное | 7.1/7.1 |  |  |  |  | 9.5/9.5 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **330** | **Соус сметанный** | **30** | **0.42** | **1.5** | **1.76** | **22.23** | **40** | **0.56** | **2** | **2.35** | **29.65** |
|  | Сметана | 7.5/7.5 |  |  |  |  | 10/10 |  |  |  |  |
|  | Мука | 2.25/2.25 |  |  |  |  | 3/3 |  |  |  |  |
|  | Вода | 22.5/22.5 |  |  |  |  | 30/30 |  |  |  |  |
|  | Масса белого соуса | 22.5 |  |  |  |  | 30 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **637** | **Курица отварная**  | **100** | **21.10** | **13.6** | **0** | **206.25** | **100** | **21.10** | **13.6** | **0** | **206.25** |
|  | Курица | 174.7/125.3 |  |  |  |  | 174.7/125.3 |  |  |  |  |
|  | Лук | 3.3/2.7 |  |  |  |  | 3.3/2.7 |  |  |  |  |
|  | Соль  | 2/2 |  |  |  |  | 2/2 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **389** | **Сок**  | **200** | **1** | **0** | **25.4** | **105.6** | **200** | **1.0** | **0** | **25.4** | **105.6** |
|  | **Хлеб ржаной** | **20** | **1.3** | **0.12** | **8** | **39.60** | **30** | **1.86** | **0.57** | **12.21** | **58.80** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб пшеничный** | **40** | **3.12** | **2.08** | **23.28** | **100.4** | **50** | **3.85** | **1.20** | **26.70** | **127** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего завтрак** |  | **32.62** | **33.19** | **95.69** | **793.78** |  | **37.05** | **35.18** | **114.07** | **912.25** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Обед**  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **71** | **Овощи свежие** | **60** | **0.66** | **0.12** | **2.28** | **13.2** | **100** | **1.1** | **0.2** | **3.8** | **22** |
|  | Помидора св.(солен) или | 70.8/60 |  |  |  |  | 118/100 |  |  |  |  |
|  | Огурцы св.(солен) | 63.12/60 |  |  |  |  | 105.2/100 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **88** | **Щи из св.капусты** | **250/10** | **6.37** | **10.06** | **8.26** | **157.04** | **250/10** | **6.37** | **10.06** | **8.26** | **157.04** |
|  | Капуста свежая | 62.5/50 |  |  |  | 62.5/50 |  |  |  |  |  |
|  | Картофель | 40/30 |  |  |  | 40/30 |  |  |  |  |  |
|  | Морковь | 12.5/10 |  |  |  | 12.5/10 |  |  |  |  |  |
|  | Лук | 15.2/12.5 |  |  |  | 15.2/12.5 |  |  |  |  |  |
|  | Томат пюре | 2.5/2.5 |  |  |  | 2.5/2.5 |  |  |  |  |  |
|  | Масло растительное | 5/5 |  |  |  | 5/5 |  |  |  |  |  |
|  | Сметана  | 10/10 |  |  |  | 10/10 |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **304** | **Рис отварной** | **150** | **3.65** | **5.37** | **36.68** | **209.7** | **200** | **4.87** | **7.17** | **48.8** | **279.6** |
|  | Крупа рисовая | 54/54 |  |  |  |  | 72/72 |  |  |  |  |
|  | Масло сливочное | 6.75/6.75 |  |  |  |  | 9/9 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **260** | **Гуляш** | **100** | **14.55** | **16.79** | **2.89** | **221** | **100** | **14.55** | **16.79** | **2.89** | **221** |
|  | Говядина | 107/79 |  |  |  |  | 107/79 |  |  |  |  |
|  | Масло растительное | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | Лук | 12/10 |  |  |  |  | 12/10 |  |  |  |  |
|  | Томат пюре | 8/8 |  |  |  |  | 8/8 |  |  |  |  |
|  | Мука | 2/2 |  |  |  |  | 2/2 |  |  |  |  |
|  | Масса тушенного мяса | 50 |  |  |  |  | 50 |  |  |  |  |
|  | Масса соуса | 50 |  |  |  |  | 50 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **47** | **Фрукты** | **100** | **0.4** | **0.3** | **11** | **47** | **100** | **0.4** | **0.3** | **11** | **47** |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **377** | **Чай с лимоном** | **200** | **0.13** | **0.02** | **15.2** | **62** | **200** | **0.13** | **0.02** | **15.2** | **62** |
|  | Чай заварка | 1/1 |  |  |  |  | 1/1 |  |  |  |  |
|  | Сахар | 15/15 |  |  |  |  | 15/15 |  |  |  |  |
|  | Лимонная кислота | 8/8 |  |  |  |  | 8/8 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб пшеничный** | **40** | **2.64** | **0.44** | **16.40** | **80** | **60** | **4.50** | **0.60** | **25.8** | **126** |
|  | **Хлеб ржаной** | **20** | **1.6** | **0.2** | **10.40** | **50** | **30** | **2.43** | **0.48** | **14.79** | **73.65** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего обед** |  | **30** | **33.3** | **103.11** | **839.94** |  | **34.35** | **35.62** | **130.54** | **988.29** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Завтрак день 9** |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **40** | **Салат витаминный** | **60** | **0.9** | **2.7** | **26.3** | **52.9** | **100** | **1.5** | **4.5** | **27.8** | **88.3** |
|  | Капуста свежая | 32/27 |  |  |  |  | 52/45 |  |  |  |  |
|  | Морковь | 18/13 |  |  |  |  | 27/22 |  |  |  |  |
|  | Зеленый горошек | 26/15 |  |  |  |  | 36/25 |  |  |  |  |
|  | Сахар | 3/3 |  |  |  |  | 5/5 |  |  |  |  |
|  | Масло растительное | 4/4 |  |  |  |  | 6/6 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **679** | **Греча отварная** | **150** | **7.46** | **5.61** | **35.84** | **230.45** | **200** | **9.94** | **7.48** | **47.78** | **307** |
|  | Крупа гречневая | 60.6/60.6 |  |  |  |  | 80.8/80.8 |  |  |  |  |
|  | Масло сливочное | 5.3/5.3 |  |  |  |  | 7/7 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **330** | **Соус сметанный** | **30** | **0.42** | **1.5** | **1.76** | **22.23** | **40** | **0.56** | **2** | **2.35** | **29.65** |
|  | Сметана | 7.5/7.5 |  |  |  |  | 10/10 |  |  |  |  |
|  | Мука | 2.25/2.25 |  |  |  |  | 3/3 |  |  |  |  |
|  | Вода | 22.5/22.5 |  |  |  |  | 30/30 |  |  |  |  |
|  | Масса белого соуса | 22.5 |  |  |  |  | 30 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **268** | **Котлета из говядины** | **10** | **16.5** | **24.2** | **14.32** | **344** | **100** | **16.5** | **24.2** | **14.32** | **344** |
|  | Говядина | 100/74 |  |  |  |  | 100/74 |  |  |  |  |
|  | Хлеб | 18/13.5 |  |  |  |  | 18/13.5 |  |  |  |  |
|  | Молоко | 24/24 |  |  |  |  | 24/24 |  |  |  |  |
|  | Лук | 10/8 |  |  |  |  | 10/8 |  |  |  |  |
|  | Сухари | 10/10 |  |  |  |  | 10/10 |  |  |  |  |
|  | Масса п/ф | 124 |  |  |  |  | 124 |  |  |  |  |
|  | Масло растительное | 6/6 |  |  |  |  | 6/6 |  |  |  |  |
|  | Масса туш.издел. | 100 |  |  |  |  | 100 |  |  |  |  |
|  | Масло сливочное | 10/10 |  |  |  |  | 10/10 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **379** | **Кофейный напиток** | **200** | **3.17** | **2.68** | **15.9** | **100.6** | **200** | **3.17** | **2.68** | **15.9** | **100.6** |
|  | Кофейный напиток | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | Вода  | 120/120 |  |  |  |  | 120/120 |  |  |  |  |
|  | Сахар  | 20/20 |  |  |  |  | 20/20 |  |  |  |  |
|  | Молоко  | 100/100 |  |  |  |  | 100/100 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **338** | **Фрукты** | **100** | **1** | **0** | **12** | **49** | **100** | **1** | **0** | **12** | **49** |
|  | **Йогурт** | **125** | **5.13** | **1.88** | **7.38** | **66.88** | **125** | **5.13** | **1.88** | **7.38** | **66.88** |
|  | **Хлеб пшеничный** | **40** | **3.12** | **2.08** | **23.28** | **100.4** | **50** | **3.85** | **1.20** | **26.70** | **127** |
|  | **Хлеб ржаной** | **20** | **1.3** | **0.12** | **8** | **39.60** | **30** | **1.86** | **0.57** | **12.21** | **58.80** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего завтрак** |  | **39** | **40.77** | **44.78** | **1006.06** |  | **43.48** | **44.51** | **166.44** | **1171.23** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Обед** |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **208** | **Суп с макаронными изделиями** | **250** | **2.69** | **2.84** | **17.14** | **104.75** | **250** | **2.69** | **2.84** | **17.14** | **104.75** |
|  | Картофель | 100/75 |  |  |  |  | 100/75 |  |  |  |  |
|  | Макаронные изделия | 10/10 |  |  |  |  | 10/10 |  |  |  |  |
|  | Морковь | 12.5/10 |  |  |  |  | 12.5/10 |  |  |  |  |
|  | Лук | 12/10 |  |  |  |  | 12/10 |  |  |  |  |
|  | Масло растительное | 2.5/2.5 |  |  |  |  | 2.5/2.5 |  |  |  |  |
|  | Вода или бульон | 188/188 |  |  |  |  | 188/188 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **219** | **Сырники из творога** | **150/40** | **21.68** | **17.94** | **34.28** | **386** | **150/40** | **21.68** | **17.94** | **34.28** | **386** |
|  | Творог | 153 |  |  |  |  | 153 |  |  |  |  |
|  | Мука | 21 |  |  |  |  | 21 |  |  |  |  |
|  | Яйца | 1/7шт/6г |  |  |  |  | 1/7шт/6г |  |  |  |  |
|  | Масло растительное | 9 |  |  |  |  | 9 |  |  |  |  |
|  | Масса гот.сырников | 150 |  |  |  |  | 150 |  |  |  |  |
|  | Молоко сгущеное | 40 |  |  |  |  | 40 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **382** | **Какао с молоком** | **200** | **4.08** | **3.54** | **17.58** | **118.6** | **200** | **4.08** | **3.54** | **17.58** | **118.6** |
|  | Какао порошок | 4/4 |  |  |  |  | 4/4 |  |  |  |  |
|  | Молоко | 100/100 |  |  |  |  | 100/100 |  |  |  |  |
|  | Вода | 110/110 |  |  |  |  | 110/110 |  |  |  |  |
|  | Сахар  | 20/20 |  |  |  |  | 20/20 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **283** | **Сыр** | **33** | **3.69** | **3.97** | **0** | **82.67** | **40** | **5.68** | **4.81** | **0** | **100.20** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Мучные кондит.изд** | **50** | **5** | **8** | **31** | **358** | **50** | **5** | **8** | **31** | **358** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб пшеничный** | **40** | **2.64** | **0.44** | **16.40** | **80** | **60** | **4.50** | **0.60** | **25.8** | **126** |
|  | **Хлеб ржаной** | **20** | **1.6** | **0.2** | **10.40** | **50** | **30** | **2.43** | **0.48** | **14.79** | **73.65** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего обед** |  | **41.38** | **36.93** | **126.8** | **1180.02** |  | **46.06** | **38.21** | **140.59** | **1267.2** |
|  | **Завтрак день 10** |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **66** | **Салат из моркови с изюмом** | **100** | **1.26** | **0.13** | **22.2** | **95.3** | **100** | **1.26** | **0.13** | **22.2** | **95.3** |
|  | Морковь | 100 |  |  |  |  | 100 |  |  |  |  |
|  | Изюм | 11 |  |  |  |  | 11 |  |  |  |  |
|  | Сахар  | 10 |  |  |  |  | 10 |  |  |  |  |
|  | Лимон  | 11.9/5 |  |  |  |  | 11.9/5 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Запеканка творожная** | **150/50** | **30.93** | **22.89** | **36** | **310.66** | **150/50** | **30.93** | **22.89** | **36** | **310.66** |
|  | Творог | 141/140 |  |  |  |  | 141/140 |  |  |  |  |
|  | Крупа манная | 10/10 |  |  |  |  | 10/10 |  |  |  |  |
|  | Или мука | 12/12 |  |  |  |  | 12/12 |  |  |  |  |
|  | Сахар | 10/10 |  |  |  |  | 10/10 |  |  |  |  |
|  | Яйца | 1/10шт/4г |  |  |  |  | 1/10шт/4г |  |  |  |  |
|  | Масло сливочное | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | Сухари | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | Сметана | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | Сгущ.молоко | 50/50 |  |  |  |  | 50/50 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **377** | **Чай с лимоном** | **200** | **0.13** | **0.02** | **15.2** | **62** | **200** | **0.13** | **0.02** | **15.2** | **62** |
|  | Чай заварка | 1/1 |  |  |  |  | 1/1 |  |  |  |  |
|  | Сахар | 15/15 |  |  |  |  | 15/15 |  |  |  |  |
|  | Лимон  | 8/8 |  |  |  |  | 8/8 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **209** | **Яйцо отварное** | **40** | **5.1** | **4.6** | **0.3** | **63** | **40** | **5.1** | **4.6** | **0.3** | **63** |
|  | **Мучные кондит.изд** | **50** | **5** | **8** | **31** | **358** | **50** | **5** | **8** | **31** | **358** |
|  | **Йогурт** | **125** | **5.13** | **1.88** | **7.38** | **66.88** | **125** | **5.13** | **1.88** | **7.38** | **66.88** |
|  | **Хлеб ржаной** | **20** | **1.3** | **0.12** | **8** | **39.60** | **30** | **1.86** | **0.57** | **12.21** | **58.80** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Хлеб пшеничный** | **40** | **3.12** | **2.08** | **23.28** | **100.4** | **50** | **3.85** | **1.20** | **26.70** | **127** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего завтрак** |  | **51.97** | **39.72** | **143.36** | **1095.84** |  | **53.26** | **39.29** | **150.99** | **1074.76** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Обед** |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **82** | **Борщ с капустой и смет** | **250/10** | **6.4** | **10.03** | **11.55** | **171.04** | **250/10** | **6.4** | **10.03** | **11.55** | **171.04** |
|  | Свекла | 50/40 |  |  |  |  | 50/40 |  |  |  |  |
|  | Капуста свежая | 25/20 |  |  |  |  | 25/20 |  |  |  |  |
|  | Картофель | 26.7/20 |  |  |  |  | 26.6/20 |  |  |  |  |
|  | Морковь | 12.5/10 |  |  |  |  | 12.5/10 |  |  |  |  |
|  | Лук | 15.2/12.5 |  |  |  |  | 15.2/12.5 |  |  |  |  |
|  | Томат пюре | 7.5/7.5 |  |  |  |  | 7.5/7.5 |  |  |  |  |
|  | Масло растительное | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | Сахар | 2.5/2.5 |  |  |  |  | 2.5/2.5 |  |  |  |  |
|  | Бульон или вода | 200/200 |  |  |  |  | 200/200 |  |  |  |  |
|  | Сметана  | 10/10 |  |  |  |  | 10/10 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **43** | **Салат из бел.капусты** | **100** | **1.41** | **5.08** | **9.02** | **87.40** | **100** | **1.41** | **5.08** | **9.02** | **87.40** |
|  | Капуста | 99/79 |  |  |  |  | 99/79 |  |  |  |  |
|  | Морковь | 13/10 |  |  |  |  | 13/10 |  |  |  |  |
|  | Лим.кислота | 0.3/0.3 |  |  |  |  | 0.3/0.3 |  |  |  |  |
|  | Сахар | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | Соль | 1.5/1.5 |  |  |  |  | 1.5/1.5 |  |  |  |  |
|  | Масло растительное | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **309** | **Биточки куриные** | **100** | **17.66** | **16.11** | **14.90** | **275.23** | **100** | **17.66** | **16.11** | **14.90** | **275.23** |
|  | Мясо птицы | 69.7/69 |  |  |  |  | 69.7/69 |  |  |  |  |
|  | Хлеб | 20/20 |  |  |  |  | 20/20 |  |  |  |  |
|  | Молоко | 24/24 |  |  |  |  | 24/24 |  |  |  |  |
|  | Соль | 0.3/0.3 |  |  |  |  | 0.3/0.3 |  |  |  |  |
|  | Мука | 5/5 |  |  |  |  | 5/5 |  |  |  |  |
|  | Масло растительное | 2/2 |  |  |  |  | 2/2 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **128** | **Картофельное пюре** | **200** | **4.34** | **12.82** | **25.18** | **241** | **200** | **4.34** | **12.82** | **25.18** | **241** |
|  | Картофель | 234/176 |  |  |  |  | 234/176 |  |  |  |  |
|  | Молоко | 32/30 |  |  |  |  | 32/30 |  |  |  |  |
|  | Масло сливочное | 10/10 |  |  |  |  | 10/10 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **349** | **Компот из сухофруктов** | **200** | **0.66** | **0.09** | **32.01** | **132.8** | **200** | **0.66** | **0.09** | **32.01** | **132.8** |
|  | Сухофрукты | 20/25 |  |  |  |  | 20/25 |  |  |  |  |
|  | Сахар | 20/20 |  |  |  |  | 20/20 |  |  |  |  |
|  | Лимон.кислота | 0.2/0.2 |  |  |  |  | 0.2/0.2 |  |  |  |  |
|  | вода | 200/200 |  |  |  |  | 200/200 |  |  |  |  |
|  | **Хлеб пшеничный** | **40** | **2.64** | **0.44** | **16.40** | **80** | **60** | **4.50** | **0.60** | **25.8** | **126** |
|  | **Хлеб ржаной** | **20** | **1.6** | **0.2** | **10.40** | **50** | **30** | **2.43** | **0.48** | **14.79** | **73.65** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего обед** |  | **34.71** | **45.77** | **119.46** | **1037.47** |  | **37.4** | **45.21** | **133.26** | **1107.12** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего за 12 дней** |  | **680.5** | **655.38** | **2291.46** | **18111.42** |  | **748.31** | **691.82** | **2548.54** | **20257.89** |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Всего за 12 дней на 1 человека** |  | **68.05** | **65.54** | **229.15** | **1811.14** |  | **74.83** | **69.18** | **254.85** | **2025.89** |
|  |  |  |  |  |  |  |  |  |  |  |  |
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