

Возрастная категория: 7-11 лет

1. **день**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| № рец. | Прием пищи, наименование блюда | Масса порции,г | Пищевые вещества, г | Эн. ценность (ккал) | Витамины, мг | Минеральные вещества, мг |
| Б | Ж | У | В1 | С | А | Е | Ca | P | Mg | Fe |
|  | **завтрак** |
| 520 | каша молочная "Дружба" | 205 | 5.1 | 5.1 | 31.8 | 185.6 | 0.1 | 0.1 | 1.2 | 0.2 | 125.2 | 36.3 | 152.7 | 0.8 |
| 42 | сыр твердый | 10 | 2.3 | 3.0 | 0.0 | 37.0 | 0.0 | 0.0 | 0.1 | 0.0 | 120.0 | 5.4 | 76.8 | 0.1 |
| 1167 | чай с сахаром | 200/15 | 0.2 | 0.1 | 15.0 | 61.3 | 0.0 | 0.0 | 0.0 | 0.0 | 9.7 | 3.3 | 0.0 | 0.0 |
|  | хлеб пшеничный | 80 | 6.1 | 0.7 | 37.4 | 170.9 | 0.0 | 0.1 | 0.0 | 0.0 | 16.0 | 22.4 | 55.0 | 1.0 |
|  | всего | 510.0 | 13.7 | 8.9 | 84.3 | 454.8 | 0.1 | 0.2 | 1.4 | 0.2 | 270.9 | 67.4 | 284.5 | 1.9 |
|  | **обед** |
| 56 | салат из свежих огурцов | 60 | 0.7 | 2.4 | 1.6 | 31.2 | 0.0 | 0.0 | 19.7 | 2.4 | 59.4 | 27.5 | 40.9 | 0.8 |
| 319 | суп картофельный с горохом | 250 | 6.8 | 5.0 | 18.9 | 148.5 | 0.1 | 0.1 | 3.4 | 0.5 | 1.1 | 0.6 | 7.7 | 6.0 |
| 862 | котлета из кур | 80 | 13.1 | 7.5 | 10.2 | 161.3 | 0.1 | 0.1 | 1.0 | 0.2 | 139.1 | 20.5 | 351.1 | 1.0 |
| 903 | пюре картофельное | 150 | 2.7 | 4.7 | 17.5 | 123.3 | 0.1 | 0.6 | 32.3 | 0.5 | 82.6 | 42.3 | 197.8 | 0.0 |
|  | сок | 200 | 1.0 | 0.0 | 23.4 | 94.0 | 0.0 | 0.1 | 80.0 | 0.0 | 36.0 | 0.0 | 26.0 | 0.6 |
| ТТК №1 | булочка | 100 | 7.6 | 13.2 | 69.0 | 394.0 | 0.0 | 0.6 | 10.6 | 3.4 | 43.8 | 36.4 | 191.4 | 2.2 |
|  | хлеб ржаной | 40 | 2.8 | 0.5 | 14.6 | 71.0 | 0.0 | 0.1 | 0.0 | 0.0 | 14.7 | 13.3 | 60.9 | 1.4 |
|  | всего | 880 | 34.7 | 33.2 | 155.2 | 1023.3 | 0.3 | 1.6 | 147.0 | 7.0 | 376.7 | 140.7 | 875.8 | 12.0 |
|  | ИТОГО | 1390 | 48.4 | 42.1 | 239.5 | 1478.1 | 0.4 | 1.8 | 148.3 | 7.2 | 647.6 | 208.1 | 1160.3 | 13.9 |

1. **день**

Эн.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| № рец. | Прием пищи, наименование блюда | Массапорции,г | Пищевые вещества, г | ценность (ккал) | Витамины, мг | Минеральные вещества, мг |
| Б | Ж | У | В1 | С | А | Е | Ca | P | Mg | Fe |
|  | **завтрак** |
| 617 | пудинг из творога (запеченный) | 150 | 20.9 | 14.3 | 31.7 | 338.0 | 0.0 | 0.1 | 0.4 | 0.3 | 289.9 | 30.1 | 301.6 | 1.3 |
|  | фрукт | 200 | 0.8 | 0.8 | 19.6 | 88.0 | 0.1 | 0.0 | 40.0 | 0.0 | 20.0 | 0.0 | 12.0 | 0.6 |
| 1184 | какао с молоком | 200 | 3.8 | 4.0 | 25.8 | 154.0 | 0.1 | 0.1 | 2.2 | 0.1 | 49.9 | 0.7 | 0.0 | 0.0 |
|  | всего | 550 | 25.5 | 19.1 | 77.1 | 580.0 | 0.2 | 0.2 | 42.6 | 0.4 | 359.8 | 30.8 | 313.6 | 1.9 |
|  | **обед** |
| 51 | икра кабачковая | 60 | 1.1 | 4.7 | 4.6 | 66.0 | 0.0 | 0.8 | 29.4 | 4.8 | 25.6 | 25.3 | 33.6 | 1.2 |
| 274 | борщ с капустой и карт. со смет. | 250/10 | 2.3 | 3.7 | 7.0 | 64.3 | 0.3 | 0.1 | 7.8 | 0.4 | 70.4 | 31.1 | 250.7 | 1.3 |
| 779 | плов | 200 | 17.3 | 9.3 | 30.1 | 275.0 | 0.0 | 0.3 | 26.4 | 0.0 | 109.0 | 0.0 | 0.0 | 7.3 |
| 1168 | чай с лимоном | 200/15/7 | 0.3 | 0.1 | 15.2 | 63.0 | 0.0 | 2.5 | 0.0 | 0.0 | 17.0 | 10.0 | 7.0 | 0.9 |
| 42 | сыр твердый | 20 | 4.6 | 6.0 | 0.0 | 74.0 | 0.0 | 0.0 | 0.2 | 0.0 | 240.0 | 10.8 | 153.6 | 0.2 |
|  | хлеб пшеничный | 40 | 3.0 | 0.3 | 18.7 | 85.0 | 0.0 | 0.0 | 0.0 | 0.0 | 8.0 | 11.2 | 27.5 | 0.5 |
|  | хлеб ржаной | 40 | 2.8 | 0.5 | 14.6 | 71.0 | 0.0 | 0.1 | 0.0 | 0.0 | 14.7 | 13.3 | 60.9 | 1.4 |
|  | всего | 842.0 | 31.4 | 24.6 | 90.2 | 698.3 | 0.3 | 3.7 | 63.8 | 5.1 | 484.7 | 101.7 | 533.3 | 12.8 |
|  | ИТОГО | 1392 | 56.9 | 43.7 | 167.3 | 1278.3 | 0.5 | 3.9 | 106.4 | 5.5 | 844.5 | 132.5 | 846.9 | 14.6 |

1. **день**

Эн.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| № рец. | Прием пищи, наименование блюда | Массапорции,г | Пищевые вещества, г | ценность (ккал) | Витамины, мг | Минеральные вещества, мг |
| Б | Ж | У | В1 | С | А | Е | Ca | P | Mg | Fe |
|  | **завтрак** |
| 586 | омлет натуральный | 150 | 10.6 | 17.0 | 2.1 | 203.0 | 0.2 | 0.1 | 1.9 | 0.0 | 151.2 | 6.7 | 60.5 | 0.5 |
| 714 | сырники из творога | 150 | 13.8 | 10.3 | 17.4 | 203.0 | 0.0 | 0.0 | 0.0 | 0.0 | 29.0 | 20.0 | 161.0 | 1.7 |
| 1167 | чай с сахаром | 200/15 | 0.2 | 0.1 | 15.0 | 61.3 | 0.0 | 0.0 | 0.0 | 0.0 | 9.7 | 3.3 | 0.0 | 0.0 |
|  | хлеб пшеничный | 80 | 6.1 | 0.7 | 37.4 | 170.9 | 0.0 | 0.1 | 0.0 | 0.0 | 16.0 | 22.4 | 55.0 | 1.0 |
|  | всего | 595.0 | 30.6 | 28.0 | 71.9 | 638.2 | 0.2 | 0.2 | 1.9 | 0.0 | 205.9 | 52.4 | 276.6 | 3.2 |
|  | **обед** |
| 133 | винегрет овощной | 60 | 1.3 | 2.3 | 6.5 | 52.2 | 0.0 | 0.0 | 10.0 | 0.0 | 37.0 | 43.0 | 43.0 | 1.4 |
| 304 | рассольник со сметаной | 250/10 | 2.2 | 3.5 | 15.0 | 101.3 | 0.0 | 0.1 | 7.8 | 29.0 | 30.7 | 35.5 | 155.6 | 4.7 |
| 768 | гуляш | 125 | 13.9 | 6.7 | 4.5 | 135.0 | 0.0 | 0.1 | 1.1 | 0.2 | 22.0 | 26.9 | 173.9 | 4.0 |
| 888 | каша гречневая рассыпчатая | 150 | 8.9 | 6.4 | 40.0 | 253.0 | 0.0 | 0.1 | 0.0 | 0.0 | 15.6 | 36.0 | 127.8 | 2.9 |
| 1072 | компот из свежих плодов | 200 | 0.6 | 0.0 | 25.2 | 103.2 | 0.0 | 0.0 | 3.6 | 0.0 | 20.0 | 0.0 | 12.0 | 0.4 |
| ТТК №1 | булочка | 100 | 7.6 | 13.2 | 69.0 | 394.0 | 0.0 | 0.6 | 10.6 | 3.4 | 43.8 | 36.4 | 191.4 | 2.2 |
|  | хлеб ржаной | 40 | 2.8 | 0.5 | 14.6 | 71.0 | 0.0 | 0.1 | 0.0 | 0.0 | 14.7 | 13.3 | 60.9 | 1.4 |
|  | всего | 935.0 | 37.1 | 32.7 | 174.8 | 1109.7 | 0.1 | 1.1 | 33.1 | 32.6 | 183.7 | 191.1 | 764.6 | 17.0 |
|  | ИТОГО | 1530 | 67.8 | 60.7 | 246.7 | 1747.9 | 0.3 | 1.2 | 35.0 | 32.6 | 389.6 | 243.5 | 1041.2 | 20.2 |

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| № рец. | Прием пищи, наименование блюда | Массапорции,г | Пищевые вещества, г | ценность (ккал) | Витамины, мг | Минеральные вещества, мг |
| Б | Ж | У | В1 | С | А | Е | Ca | P | Mg | Fe |
|  | **завтрак** |
| 572 | яйцо вареное | 40 | 5.1 | 4.6 | 0.3 | 63.0 | 0.1 | 0.0 | 0.0 | 0.0 | 22.0 | 21.6 | 74.0 | 1.1 |
| 520 | каша манная молочная | 205 | 4.8 | 5.1 | 24.5 | 157.0 | 0.0 | 0.2 | 7.0 | 0.1 | 12.1 | 21.1 | 67.0 | 0.6 |
| 1167 | чай с сахаром | 200/15 | 0.2 | 0.1 | 15.0 | 61.3 | 0.0 | 0.0 | 0.0 | 0.0 | 9.7 | 3.3 | 0.0 | 0.0 |
|  | хлеб пшеничный | 80 | 6.1 | 0.7 | 37.4 | 170.9 | 0.0 | 0.1 | 0.0 | 0.0 | 16.0 | 22.4 | 55.0 | 1.0 |
|  | всего | 540.0 | 16.2 | 10.5 | 77.2 | 452.2 | 0.2 | 0.3 | 7.1 | 0.1 | 59.8 | 68.4 | 196.1 | 2.7 |
|  | **обед** |
| 59 | салат из свежих помидоров | 60 | 0.9 | 2.4 | 2.1 | 35.4 | 0.0 | 0.0 | 34.4 | 2.4 | 59.4 | 27.5 | 40.9 | 0.8 |
| 334 | суп с мак.изд. и картофелем | 250 | 2.8 | 2.3 | 18.9 | 108.0 | 0.6 | 0.0 | 12.4 | 0.0 | 13.4 | 0.0 | 0.0 | 0.4 |
| 227 | рыба припущенная | 90 | 11.2 | 6.0 | 1.0 | 114.7 | 0.0 | 0.1 | 0.7 | 0.3 | 55.8 | 23.8 | 255.0 | 0.6 |
| 903 | пюре картофельное | 150 | 2.7 | 4.7 | 17.6 | 123.3 | 0.1 | 0.6 | 32.3 | 0.5 | 82.6 | 42.3 | 197.8 | 0.0 |
| 1072 | компот из свежих плодов | 200 | 0.6 | 0.0 | 25.2 | 103.2 | 0.0 | 0.0 | 3.6 | 0.0 | 20.0 | 0.0 | 12.0 | 0.4 |
| ТТК №1 | булочка | 100 | 7.6 | 13.2 | 69.0 | 394.0 | 0.0 | 0.3 | 5.3 | 1.7 | 21.9 | 18.2 | 95.7 | 1.1 |
|  | хлеб ржаной | 40 | 2.8 | 0.5 | 14.6 | 71.0 | 0.0 | 0.1 | 0.0 | 0.0 | 14.7 | 13.3 | 60.9 | 1.4 |
|  | всего | 890.0 | 28.6 | 29.0 | 148.4 | 949.6 | 0.7 | 1.1 | 88.7 | 5.0 | 267.8 | 125.2 | 662.3 | 4.8 |
|  | ИТОГО | 1430 | 44.7 | 39.5 | 225.6 | 1401.8 | 0.9 | 1.5 | 95.8 | 5.1 | 327.6 | 193.6 | 858.4 | 7.5 |

1. **день**

Эн.

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| № рец. | Прием пищи, наименование блюда | Массапорции,г | Пищевые вещества, г | ценность (ккал) | Витамины, мг | Минеральные вещества, мг |
| Б | Ж | У | В1 | С | А | Е | Ca | P | Mg | Fe |
|  | **завтрак** |
| 520 | каша геркулесовая молочная | 205 | 3.9 | 8.2 | 17.5 | 160.7 | 0.0 | 0.3 | 14.9 | 0.0 | 22.3 | 53.9 | 137.8 | 1.5 |
| 1167 | чай с сахаром | 200/15 | 0.2 | 0.1 | 15.0 | 61.3 | 0.0 | 0.0 | 0.0 | 0.0 | 9.7 | 3.3 | 0.0 | 0.0 |
| 42 | сыр твердый | 10 | 2.3 | 3.0 | 0.0 | 37.0 | 0.0 | 0.0 | 0.1 | 0.0 | 120.0 | 5.4 | 76.8 | 0.1 |
|  | хлеб пшеничный | 80 | 6.1 | 0.7 | 37.4 | 170.9 | 0.0 | 0.1 | 0.0 | 0.0 | 16.0 | 22.4 | 55.0 | 1.0 |
|  | всего | 510.0 | 12.5 | 12.0 | 69.9 | 429.9 | 0.1 | 0.4 | 15.0 | 0.0 | 168.0 | 85.0 | 269.7 | 2.7 |
|  | **обед** |
| 222 | икра свекольная | 60 | 1.4 | 4.0 | 7.0 | 71.4 | 0.0 | 4.0 | 0.0 | 0.0 | 23.4 | 35.4 | 10.8 | 4.0 |
| 319 | суп картофельный с горохом | 250 | 5.6 | 4.9 | 18.5 | 142.2 | 0.1 | 0.1 | 3.4 | 0.5 | 1.1 | 0.6 | 7.7 | 6.0 |
| 760 | мясо тушеное | 125 | 23.8 | 9.5 | 5.8 | 206.0 | 0.1 | 1.4 | 0.0 | 4.1 | 20.0 | 170.0 | 21.0 | 2.0 |
| 897 | макаронные изделия отварные | 150 | 5.0 | 7.5 | 30.1 | 208.0 | 0.0 | 0.9 | 0.0 | 0.0 | 32.0 | 28.4 | 154.7 | 2.1 |
| 1059 | фрукт | 200 | 0.8 | 0.8 | 19.6 | 88.0 | 0.4 | 0.3 | 59.0 | 0.0 | 2.7 | 0.0 | 0.0 | 3.4 |
| 1072 | компот из свежих плодов | 200 | 0.6 | 0.0 | 25.2 | 103.2 | 0.0 | 0.0 | 3.6 | 0.0 | 20.0 | 0.0 | 12.0 | 0.4 |
|  | хлеб ржаной | 40 | 2.8 | 0.5 | 14.6 | 71.0 | 0.0 | 0.1 | 0.0 | 0.0 | 14.7 | 13.3 | 60.9 | 1.4 |
|  | всего | 1025.0 | 39.9 | 27.2 | 120.8 | 889.8 | 0.5 | 6.7 | 66.0 | 4.6 | 113.9 | 247.8 | 267.1 | 19.3 |
|  | ИТОГО | 1535 | 52.4 | 39.1 | 190.7 | 1319.7 | 0.6 | 7.1 | 81.0 | 4.6 | 281.9 | 332.8 | 536.7 | 22.0 |

1. **день**

Эн.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| № рец. | Прием пищи, наименование блюда | Массапорции,г | Пищевые вещества, г | ценность (ккал) | Витамины, мг | Минеральные вещества, мг |
| Б | Ж | У | В1 | С | А | Е | Ca | P | Mg | Fe |
|  | **завтрак** |  |
| 619 | запеканка из творога | 150 | 15.0 | 10.5 | 13.0 | 209.0 | 0.3 | 0.6 | 0.0 | 12.0 | 348.0 | 8.0 | 6.0 | 0.0 |
|  | фрукт | 200 | 0.8 | 0.8 | 19.6 | 88.0 | 0.1 | 0.0 | 40.0 | 0.0 | 20.0 | 0.0 | 12.0 | 0.6 |
| 1167 | чай с сахаром | 200/15 | 0.2 | 0.1 | 15.0 | 61.3 | 0.0 | 0.0 | 0.0 | 0.0 | 9.7 | 3.3 | 0.0 | 0.0 |
|  | всего | 565.0 | 16.0 | 11.4 | 47.6 | 358.3 | 0.4 | 0.6 | 40.1 | 12.0 | 377.7 | 11.3 | 18.0 | 0.6 |
|  | **обед** |
| 51 | икра кабачковая | 60 | 1.1 | 4.7 | 4.6 | 66.0 | 0.0 | 0.8 | 29.4 | 4.8 | 25.6 | 25.3 | 33.6 | 1.2 |
| 294 | щи из свежей капусты со смет. | 250/10 | 2.2 | 4.6 | 8.6 | 83.7 | 0.0 | 0.1 | 11.5 | 0.3 | 45.0 | 31.4 | 70.0 | 1.1 |
| 795 | котлета | 80 | 10.3 | 8.1 | 9.4 | 153.0 | 0.0 | 0.1 | 0.0 | 0.0 | 31.2 | 22.6 | 123.0 | 1.9 |
| 891 | рис отварной | 150 | 3.4 | 4.2 | 36.0 | 195.0 | 0.4 | 0.4 | 0.0 | 0.0 | 1.4 | 12.0 | 70.3 | 0.6 |
| 1072 | компот из свежих плодов | 200 | 0.6 | 0.0 | 25.2 | 103.2 | 0.0 | 0.0 | 3.6 | 0.0 | 20.0 | 0.0 | 12.0 | 0.4 |
| ТТК№1 | булочка | 50 | 3.8 | 6.6 | 34.5 | 197.0 | 0.0 | 0.3 | 5.3 | 1.7 | 21.9 | 18.2 | 95.7 | 1.1 |
|  | хлеб ржаной | 40 | 2.8 | 0.5 | 14.6 | 71.0 | 0.0 | 0.1 | 0.0 | 0.0 | 14.7 | 13.3 | 60.9 | 1.4 |
|  | всего | 840.0 | 24.1 | 28.7 | 132.8 | 868.9 | 0.4 | 1.8 | 49.8 | 6.8 | 159.8 | 122.8 | 465.5 | 7.6 |
|  | ИТОГО | 1405 | 40.1 | 40.0 | 180.4 | 1227.2 | 0.8 | 2.4 | 89.9 | 18.8 | 537.5 | 134.1 | 483.5 | 8.2 |

1. **день**

Эн.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| № рец. | Прием пищи, наименование блюда | Массапорции,г | Пищевые вещества, г | ценность (ккал) | Витамины, мг | Минеральные вещества, мг |
| Б | Ж | У | В1 | С | А | Е | Ca | P | Mg | Fe |
|  | **завтрак** |
| 520 | каша молочная "Дружба" | 205 | 5.1 | 5.1 | 31.8 | 185.6 | 0.1 | 0.1 | 1.2 | 0.2 | 125.2 | 36.3 | 152.7 | 0.8 |
|  | фрукт | 200 | 0.8 | 0.8 | 19.6 | 88.0 | 0.1 | 0.0 | 40.0 | 0.0 | 20.0 | 0.0 | 12.0 | 0.6 |
| 1184 | какао с молоком | 200 | 3.8 | 4.0 | 25.8 | 154.0 | 0.1 | 0.1 | 2.2 | 0.1 | 49.9 | 0.7 | 0.0 | 0.0 |
|  | хлеб пшеничный | 80 | 6.1 | 0.7 | 37.4 | 170.9 | 0.0 | 0.1 | 0.0 | 0.0 | 16.0 | 22.4 | 55.0 | 1.0 |
|  | всего | 685.0 | 15.8 | 10.6 | 114.6 | 598.5 | 0.2 | 0.3 | 43.4 | 0.3 | 211.1 | 59.4 | 219.7 | 2.4 |
|  | **обед** |
| 56 | салат из свежих огурцов | 60 | 0.7 | 2.4 | 1.6 | 31.2 | 0.0 | 0.0 | 19.7 | 2.4 | 59.4 | 27.5 | 40.9 | 0.8 |
| 317 | суп картофельный с крупой рис. ифрикадельками | 250/25 | 6.2 | 7.0 | 13.6 | 142.6 | 0.3 | 0.1 | 5.1 | 0.0 | 62.8 | 5.4 | 29.8 | 1.6 |
| 836 | куры отварные | 80 | 15.3 | 11.7 | 0.2 | 164.7 | 0.0 | 0.0 | 0.0 | 0.0 | 4.6 | 1.3 | 68.2 | 1.0 |
| 888 | каша гречневая рассыпчатая | 150 | 7.9 | 5.7 | 36.0 | 227.7 | 0.0 | 0.1 | 0.0 | 0.0 | 15.6 | 36.0 | 127.8 | 2.9 |
| 1072 | компот из свежих плодов | 200 | 0.6 | 0.0 | 25.2 | 103.2 | 0.0 | 0.0 | 3.6 | 0.0 | 20.0 | 0.0 | 12.0 | 0.4 |
| ТТК№1 | булочка | 50 | 3.8 | 6.6 | 34.5 | 197.0 | 0.0 | 0.3 | 5.3 | 1.7 | 21.9 | 18.2 | 95.7 | 1.1 |
|  | хлеб ржаной | 40 | 2.8 | 0.5 | 14.6 | 71.0 | 0.0 | 0.1 | 0.0 | 0.0 | 14.7 | 13.3 | 60.9 | 1.4 |
|  | всего | 855.0 | 37.2 | 33.9 | 125.7 | 937.4 | 0.4 | 0.7 | 33.7 | 4.2 | 199.1 | 101.8 | 435.3 | 9.1 |
|  | ИТОГО | 1540 | 53.0 | 44.5 | 240.4 | 1535.9 | 0.6 | 1.0 | 77.2 | 4.5 | 410.2 | 161.2 | 655.0 | 11.5 |

1. **день**

Эн.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| № рец. | Прием пищи, наименование блюда | Массапорции,г | Пищевые вещества, г | ценность (ккал) | Витамины, мг | Минеральные вещества, мг |
| Б | Ж | У | В1 | С | А | Е | Ca | P | Mg | Fe |
|  | **завтрак** |
| 1260 | оладьи | 120 | 7.2 | 11.9 | 39.2 | 297.6 | 0.0 | 0.2 | 3.2 | 1.0 | 12.2 | 10.1 | 54.2 | 1.3 |
| 41 | масло сливочное | 15 | 0.1 | 12.3 | 0.1 | 112.5 | 0.1 | 0.0 | 0.0 | 1.2 | 3.3 | 0.5 | 2.9 | 0.0 |
| 1167 | чай с сахаром | 200/15 | 0.2 | 0.1 | 15.0 | 61.3 | 0.0 | 0.0 | 0.0 | 0.0 | 9.7 | 3.3 | 0.0 | 0.0 |
|  | хлеб пшеничный | 80 | 6.1 | 0.7 | 37.4 | 170.9 | 0.0 | 0.1 | 0.0 | 0.0 | 16.0 | 22.4 | 55.0 | 1.0 |
|  | всего | 430 | 13.6 | 25.0 | 91.7 | 642.3 | 0.1 | 0.3 | 3.2 | 2.2 | 41.2 | 36.3 | 112.1 | 2.4 |
|  | **обед** |
| 51 | икра кабачковая | 60 | 1.1 | 4.7 | 4.6 | 66.0 | 0.0 | 0.8 | 29.1 | 4.8 | 25.6 | 25.3 | 63.2 | 1.1 |
| 306 | рассольник ленинградский со смет. | 250/10 | 2.2 | 3.5 | 15.0 | 101.0 | 0.0 | 0.1 | 7.8 | 29.0 | 30.7 | 35.5 | 155.6 | 4.7 |
| 817 | запеканка картофельная с мясом | 243 | 19.4 | 19.0 | 32.0 | 384.8 | 0.0 | 0.2 | 3.8 | 153.0 | 6.9 | 151.9 | 272.7 | 3.1 |
|  | сок | 200 | 1.0 | 0.0 | 23.4 | 94.0 | 0.0 | 0.1 | 80.0 | 0.0 | 36.0 | 0.0 | 26.0 | 0.6 |
| ТТК №1 | булочка | 100 | 7.6 | 13.2 | 69.0 | 394.0 | 0.0 | 0.6 | 10.6 | 3.4 | 43.8 | 36.4 | 191.4 | 2.2 |
|  | хлеб ржаной | 40 | 2.8 | 0.5 | 14.6 | 71.0 | 0.0 | 0.1 | 0.0 | 0.0 | 14.7 | 13.3 | 60.9 | 1.4 |
|  | всего | 803.0 | 34.0 | 40.9 | 158.6 | 1110.8 | 0.1 | 1.8 | 131.3 | 190.2 | 157.7 | 262.4 | 769.8 | 13.1 |
|  | ИТОГО | 1233 | 47.6 | 65.9 | 250.3 | 1753.1 | 0.2 | 2.1 | 134.5 | 192.4 | 198.8 | 298.7 | 881.9 | 15.5 |

1. **день**

Эн.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| № рец. | Прием пищи, наименование блюда | Массапорции,г | Пищевые вещества, г | ценность (ккал) | Витамины, мг | Минеральные вещества, мг |
| Б | Ж | У | В1 | С | А | Е | Ca | P | Mg | Fe |
|  | **завтрак** |
| 586 | омлет натуральный | 150 | 10.6 | 17.0 | 2.1 | 203.0 | 0.2 | 0.1 | 1.9 | 0.0 | 151.2 | 6.7 | 60.5 | 0.5 |
| 714 | сырники из творога | 150 | 13.8 | 10.3 | 17.4 | 203.0 | 0.0 | 0.0 | 0.0 | 0.0 | 29.0 | 20.0 | 161.0 | 1.7 |
| 1184 | какао с молоком | 200 | 3.8 | 4.0 | 25.8 | 154.0 | 0.1 | 0.1 | 2.2 | 0.1 | 49.9 | 0.7 | 0.0 | 0.0 |
|  | хлеб пшеничный | 80 | 6.1 | 0.7 | 37.4 | 170.9 | 0.0 | 0.1 | 0.0 | 0.0 | 16.0 | 22.4 | 55.0 | 1.0 |
|  | всего | 580.0 | 34.2 | 32.0 | 82.7 | 730.9 | 0.2 | 0.2 | 4.1 | 0.1 | 246.1 | 49.8 | 276.5 | 3.2 |
|  | **обед** |
| 60 | салат из свежих помидоров и огурцов | 60 | 0.6 | 3.7 | 2.8 | 46.8 | 0.0 | 4.0 | 0.0 | 0.0 | 23.4 | 35.4 | 10.8 | 4.0 |
| 315 | суп из овощей со сметаной | 250/10 | 2.7 | 4.3 | 23.1 | 96.0 | 0.1 | 11.0 | 0.0 | 1.1 | 41.5 | 100.5 | 24.0 | 0.9 |
| 227 | рыба припущенная | 90 | 11.2 | 6.0 | 1.0 | 114.7 | 0.0 | 0.1 | 0.7 | 0.3 | 55.8 | 23.8 | 255.0 | 0.6 |
| 903 | пюре картофельное | 150 | 2.7 | 4.7 | 17.5 | 123.3 | 0.1 | 0.6 | 32.3 | 0.5 | 82.6 | 42.3 | 197.8 | 0.0 |
|  | фрукт | 200 | 0.8 | 0.8 | 19.6 | 88.0 | 0.2 | 0.3 | 60.0 | 0.0 | 3.6 | 0.1 | 0.0 | 0.0 |
| 1072 | компот из свежих плодов | 200 | 0.6 | 0.0 | 25.2 | 103.2 | 0.0 | 0.0 | 3.6 | 0.0 | 20.0 | 0.0 | 12.0 | 0.4 |
|  | хлеб ржаной | 40 | 2.8 | 0.5 | 14.6 | 71.0 | 0.0 | 0.1 | 0.0 | 0.0 | 14.7 | 13.3 | 60.9 | 1.4 |
|  | всего | 1000.0 | 21.3 | 20.0 | 103.9 | 643.0 | 0.4 | 16.1 | 96.7 | 1.9 | 241.6 | 215.5 | 560.5 | 7.3 |
|  | ИТОГО | 1580 | 55.5 | 52.0 | 186.6 | 1373.9 | 0.7 | 16.3 | 100.8 | 2.0 | 487.7 | 265.3 | 837.0 | 10.5 |

1. **день**

Эн.

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| № рец. | Прием пищи, наименование блюда | Массапорции,г | Пищевые вещества, г | ценность (ккал) | Витамины, мг | Минеральные вещества, мг |
| Б | Ж | У | В1 | С | А | Е | Ca | P | Mg | Fe |
|  | **завтрак** |
| 520 | каша геркулесовая молочная | 205 | 3.9 | 8.2 | 17.5 | 160.7 | 0.0 | 0.3 | 14.9 | 0.0 | 22.3 | 53.9 | 137.8 | 1.5 |
| 41 | масло сливочное | 10 | 0.1 | 8.2 | 0.1 | 75.0 | 0.1 | 0.0 | 0.0 | 0.8 | 2.2 | 0.3 | 1.9 | 0.0 |
| 42 | сыр твердый | 10 | 2.3 | 3.0 | 0.0 | 37.0 | 0.0 | 0.0 | 0.1 | 0.0 | 120.0 | 5.4 | 76.8 | 0.1 |
| 1167 | чай с сахаром | 200/15 | 0.2 | 0.1 | 15.0 | 61.3 | 0.0 | 0.0 | 0.0 | 0.0 | 9.7 | 3.3 | 0.0 | 0.0 |
|  | хлеб пшеничный | 80 | 6.1 | 0.7 | 37.4 | 170.9 | 0.0 | 0.1 | 0.0 | 0.0 | 16.0 | 22.4 | 55.0 | 1.0 |
|  | всего | 520.0 | 12.5 | 20.2 | 70.0 | 504.9 | 0.1 | 0.4 | 15.0 | 0.8 | 170.2 | 85.3 | 271.6 | 2.7 |
|  | **обед** |
| 133 | винегрет овощной | 60 | 1.3 | 2.3 | 6.5 | 52.2 | 9.8 | 0.6 | 5.0 | 0.1 | 51.0 | 38.0 | 5.5 | 1.2 |
| 317 | суп картофельный с крупой рис. ифрикадельками | 250/25 | 6.2 | 7.0 | 13.6 | 142.6 | 0.3 | 0.1 | 5.1 | 0.0 | 62.8 | 5.4 | 29.8 | 1.6 |
| 897 | макаронные изделия отварные | 150 | 5.0 | 7.5 | 30.1 | 208.0 | 0.0 | 0.9 | 0.0 | 0.0 | 32.0 | 28.4 | 154.7 | 2.1 |
| 795 | котлета | 80 | 10.3 | 8.1 | 9.4 | 153.0 | 0.0 | 0.1 | 0.0 | 0.0 | 31.2 | 22.6 | 123.0 | 1.9 |
| 1184 | какао с молоком | 200 | 3.8 | 4.0 | 25.8 | 154.0 | 0.1 | 0.1 | 2.2 | 0.1 | 49.9 | 0.7 | 0.0 | 0.0 |
| ТТК №1 | булочка | 100 | 7.6 | 13.2 | 69.0 | 394.0 | 0.0 | 0.6 | 10.6 | 3.4 | 43.8 | 36.4 | 191.4 | 2.2 |
|  | хлеб ржаной | 40 | 2.8 | 0.5 | 14.6 | 71.0 | 0.0 | 0.1 | 0.0 | 0.0 | 14.7 | 13.3 | 60.9 | 1.4 |
|  | всего | 905.0 | 37.0 | 42.6 | 168.9 | 1174.8 | 10.2 | 2.4 | 22.9 | 3.5 | 285.4 | 144.9 | 565.3 | 10.4 |
|  | ИТОГО | 1425 | 49.5 | 62.8 | 238.9 | 1679.7 | 10.3 | 2.8 | 38.0 | 4.4 | 455.6 | 230.2 | 836.9 | 13.1 |
|  | **Итого за 10 дней** | 14460 | 515.8 | 490.3 | 2166.4 | 14795.6 | 15.3 | 40.1 | 906.8 | 277.0 | 4581.0 | 2199.8 | 8137.8 | 137.1 |
|  | Завтрак | 5485 | 190.6 | 177.5 | 787.1 | 5390.0 | 1.8 | 3.1 | 173.9 | 16.0 | 2110.6 | 546.0 | 2238.4 | 23.8 |
| Обед | 8975.0 | 325.3 | 312.8 | 1379.4 | 9405.6 | 13.5 | 37.0 | 732.9 | 261.0 | 2470.4 | 1653.8 | 5899.4 | 113.3 |
|  | **Итого за 1 день** | 1446 | 51.6 | 49.0 | 216.6 | 1479.6 | 1.5 | 4.0 | 90.7 | 27.7 | 458.1 | 220.0 | 813.8 | 13.7 |
|  | Завтрак | 549 | 19.1 | 17.8 | 78.7 | 539.0 | 0.2 | 0.3 | 17.4 | 1.6 | 211.1 | 54.6 | 223.8 | 2.4 |
| Обед | 897.5 | 32.5 | 31.3 | 137.9 | 940.6 | 1.3 | 3.7 | 73.3 | 26.1 | 247.0 | 165.4 | 589.9 | 11.3 |
| % соотношение |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Завтрак** |  |  |  |  | **24%** |  |  |  |  |  |  |  |  |
| **Обед** |  |  |  |  | **30%** |  |  |  |  |  |  |  |  |

**Ведомость контроля за рационом питания (7 -11 лет)**

|  |  |  |
| --- | --- | --- |
| Наименование группы продуктов | нормав г. | Фактически выдано продуктов в брутто по дням на 1 чел-ка |
|  | брутто | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **итого за 10 дн.** | **откл.,%** |
|  |  |
| хлеб ржаной | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40.0 | 0 |
| хлеб пшеничный | 75 | 94 | 80 | 80 | 94.4 | 80 | 14 | 80 | 80 | 94.4 | 80 | 77.7 |  |
| мука пшеничная | 7.5 | 33.78 | 0 | 4 | 0 | 1.6 | 0 | 0 | 33.78 | 0 | 39.86 | 11.3 |  |
| крупы, бобовые,мак. | 30 | 64.2 | 44 | 68.6 | 43.5 | 209.2 | 61 | 111.6 | 5 | 0 | 65.2 | 67.2 |  |
| картофель, свежие овощи | 300 | 326.2 | 259.87 | 223.5 | 322.9 | 153.5 | 199.5 | 196.3 | 570.2 | 390.5 | 299.2 | 294.2 |  |
| фрукты свежие | 100 | 0 | 200 | 0 | 0 | 221.4 | 200 | 200 | 0 | 221.4 | 0 | 104.3 |  |
| сухофрукты | 7.5 | 0 | 20 | 20 | 20 | 0 | 20 | 0 | 0 | 20 | 20 | 12.0 |  |
| сахар | 17 | 14.5 | 42.5 | 20 | 29 | 7.8 | 29 | 29 | 7.2 | 41.8 | 20.5 | 24.1 |  |
| какао-порошок | 0.6 | 0 | 2 | 0 | 0 | 0 | 0 | 2 | 0 | 2 | 0 | 0.6 |  |
| чай | 0.2 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 0.7 |  |
| птица | 17 | 92 | 0 | 0 | 0 | 0 | 0 | 166 | 0 | 0 | 81.6 | 34.0 |  |
| рыба | 30 | 0 | 0 | 0 | 112 | 0 | 112 | 0 | 0 | 112 | 0 | 33.6 |  |
| молоко, кисло-молочн., творог | 250 | 142.6 | 203 | 41.5 | 143.8 | 100 | 146 | 195 | 48.1 | 185.3 | 100 | 130.5 |  |
| сметана | 5 | 0 | 28.4 | 10 | 0 | 0 | 29.5 | 0 | 10 | 10 | 20 | 10.8 |  |
| сыр | 5 | 10 | 15 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 10 | 4.5 |  |
| масло сливочн. | 15 | 22.43 | 3.4 | 22 | 15 | 10 | 16.5 | 10 | 3.43 | 27 | 30.43 | 16.0 |  |
| масло растител. | 7.5 | 13.13 | 10 | 16 | 13.5 | 12.6 | 16 | 5.5 | 12.13 | 6.1 | 8.63 | 11.4 |  |
| яйца | 1/2 (20) | 1/40. | 3/16. | 14,5. | 0 | 0 | 0 | 0 | 1/40. | 14/5. | 13/20. | 13/2. |  |
| соль | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 |  |
| дрожжи | 0.5 | 0.85 | 0 | 0 | 0 | 0 | 0 | 0 | 2.25 | 0 | 0.85 | 0.4 |  |

**Ведомость контроля за рационом питания (7 -11 лет)**

|  |  |  |
| --- | --- | --- |
| Наименование группы продуктов | нормав г. | Фактически выдано продуктов в брутто по дням на 1 чел-ка |
|  | брутто | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **итого за 10 дн.** |  |
|  |  |
| хлеб ржаной | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40.0 |  |
| хлеб пшеничный | 75 | 94 | 80 | 80 | 94.4 | 80 | 14 | 80 | 80 | 94.4 | 80 | 77.7 |  |
| мука пшеничная | 7.5 | 23.5 | 0 | 4 | 0 | 1.6 | 0 | 0 | 23.5 | 0 | 23.5 | 7.6 |  |
| крупы, бобовые,мак. | 30 | 38.5 | 20 | 48.2 | 43.5 | 39.2 | 40.5 | 70.35 | 5 | 0 | 25.5 | 33.1 |  |
| картофель, свежие овощи | 300 | 326.2 | 259.87 | 223.5 | 322.9 | 153.5 | 199.5 | 196.3 | 570.2 | 390.5 | 299.2 | 294.2 |  |
| фрукты свежие | 100 | 0 | 200 | 0 | 0 | 221.4 | 200 | 200 | 0 | 221.4 | 0 | 104.3 |  |
| сухофрукты | 7.5 | 0 | 24 | 15 | 15 | 15 | 15 | 0 | 0 | 15 | 15 | 11.4 |  |
| сахар | 17 | 14.5 | 32.5 | 20 | 19 | 7.8 | 15 | 20 | 7.2 | 41.8 | 20.5 | 19.8 |  |
| какао-порошок | 0.6 | 0 | 2 | 0 | 0 | 0 | 0 | 2 | 0 | 2 | 0 | 0.6 |  |
| чай | 0.2 | 0.5 | 0 | 0.5 | 0.5 | 0.5 | 0.5 | 0 | 0.5 | 0 | 0.5 | 0.4 |  |
| мясо говядины 1 кат | 38.5 | 0 | 107 | 107 | 0 | 90.4 | 0 | 39 | 107 | 0 | 39 | 48.9 |  |
| птица | 24 | 60.5 | 0 | 0 | 0 | 0 | 0 | 166 | 0 | 0 | 81.6 | 30.8 |  |
| рыба | 30 | 0 | 0 | 0 | 112 | 0 | 112 | 0 | 0 | 112 | 0 | 33.6 |  |
| колбасные изделия | 7.5 | 0 | 0 | 50 | 0 | 0 | 0 | 0 | 0 | 50 | 0 | 10.0 |  |
| молоко, кисло-молочн., творог | 250 | 242.6 | 253 | 141.5 | 353.6 | 250 | 293.8 | 325 | 0 | 295.1 | 250 | 240.5 |  |
| сметана | 5 | 0 | 10 | 10 | 0 | 0 | 29.5 | 0 | 0 | 10 | 20 | 8.0 |  |
| сыр | 5 | 10 | 15 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 10 | 4.5 |  |
| масло сливочн. | 15 | 22.43 | 3.4 | 22 | 15 | 10 | 16.5 | 10 | 3.43 | 27 | 30.43 | 16.0 |  |
| масло растител. | 7.5 | 11.3 | 10 | 11.25 | 9 | 7 | 11.25 | 5.5 | 5 | 6.1 | 5.5 | 8.2 |  |
| яйца | 20 | 0.025 | 0.2 | 2.8 | 0 | 0 | 0 | 0 | 0.025 | 2.8 | 0.025 | 24.0 |  |
| соль | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 | 2.5 |  |

7-11 лет

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| № рец. | Прием пищи, наименование блюда | Массапорции, г | Пищевые вещества, г | Эн.ценность (ккал) | Витамины, мг | Минеральные вещества, мг |
| Б | Ж | У | В1 | С | А | Е | Ca | P | Mg | Fe |
|  | Завтрак |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | каша рисовая молочная | 205 | 3.5 | 1.9 | 33.4 | 160 |  |  |  |  |  |  |  |  |
|  | чай с сахаром | 200 | 0.2 | 0.05 | 15.01 | 61.3 |  |  |  |  |  |  |  |  |
|  | хлеб пшеничный | 80 | 6 | 2.3 | 41.1 | 209.1 |  |  |  |  |  |  |  |  |
|  | сыр твердый | 10 | 2.3 | 3 | 0 | 37 |  |  |  |  |  |  |  |  |
|  | масло сливочное | 10 | 0.05 | 8.2 | 0.08 | 75 |  |  |  |  |  |  |  |  |
|  | Итого: |  | 12.05 | 15.45 | 89.59 | 542.4 |  |  |  |  |  |  |  |  |
|  | Обед |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | салат из белокочанной капусты | 80 | 1.7 | 5.1 | 4.84 | 73.1 |  |  |  |  |  |  |  |  |
|  | суп гороховый | 250 | 7.6 | 5.5 | 21.05 | 165 |  |  |  |  |  |  |  |  |
|  | котлеты мясные | 80 | 11.4 | 9.1 | 10.4 | 170 |  |  |  |  |  |  |  |  |
|  | картофельное пюре | 150 | 3 | 5.2 | 19.5 | 137 |  |  |  |  |  |  |  |  |
|  | компот из сухофруктов | 200 | 0.56 | 0 | 25.23 | 103.2 |  |  |  |  |  |  |  |  |
|  | хлеб ржаной | 70/60 | 3.9 | 0.72 | 20.5 | 99.2 |  |  |  |  |  |  |  |  |
|  | Итого: |  | 28.16 | 25.62 | 101.52 | 747.5 |  |  |  |  |  |  |  |  |
|  | Полдник |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | какао с молоком | 200 | 3.8 | 4 | 25.8 | 154 |  |  |  |  |  |  |  |  |
|  | пудинг творожный запеченый | 150/10 | 20.9 | 14.3 | 31.7 | 338 |  |  |  |  |  |  |  |  |
|  | Итого: |  | 24.7 | 18.3 | 57.5 | 492 |  |  |  |  |  |  |  |  |
|  | Ужин |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | куры отварные | 80 | 17 | 13 | 0.2 | 183 |  |  |  |  |  |  |  |  |
|  | макаронные изделия отварные | 150 | 5 | 7.5 | 30.1 | 208 |  |  |  |  |  |  |  |  |
|  | чай с сахаром | 200 | 0.2 | 0.05 | 15.01 | 61.3 |  |  |  |  |  |  |  |  |
|  | хлеб пшеничный | 80 | 6 | 2.3 | 41.1 | 209.1 |  |  |  |  |  |  |  |  |
|  | масло сливочное | 10 | 0.05 | 8.2 | 0.08 | 75 |  |  |  |  |  |  |  |  |
|  | хлеб ржаной | 30 | 1.95 | 0.36 | 10.25 | 49.6 |  |  |  |  |  |  |  |  |
|  | Итого: |  | 30.2 | 31.41 | 96.74 | 786 |  |  |  |  |  |  |  |  |

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|  | Ужин - 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | фрукт (яблоко, груша, банан, апельс | 200 | 1.6 | 0.5 | 22.6 | 104 |  |  |  |  |  |  |  |  |
|  | сок натуральный | 200 | 1 | 0 | 23.4 | 94 |  |  |  |  |  |  |  |  |
|  | булочка | 50 | 3.75 | 6.6 | 34.5 | 197 |  |  |  |  |  |  |  |  |
|  | Итого: |  | 6.35 | 7.1 | 80.5 | 395 |  |  |  |  |  |  |  |  |
|  | Всего за день: |  | 101.46 | 97.88 | 425.85 | 2962.9 |  |  |  |  |  |  |  |  |
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# Отчет о совместимости для НОВОЕ МЕНЮ 2017 (7-11) 1111.xls Дата отчета: 30.11.2017 12:37

Некоторые свойства данной книги не поддерживаются более ранними версиями Excel. Открытие книги в более ранней версии Excel или ее сохранение в формате более ранней версии приведет к потере или ограничению функциональности этих свойств.

# Несущественная потеря точности Число

**экземпляров**

Некоторые ячейки или стили в этой книге содержат форматирование, не

поддерживаемое выбранным форматом файла. Эти форматы будут преобразованы в наиболее близкий из имеющихся форматов.

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# Версия

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