

Возрастная категория: 12-18 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 | 100 | 7.6 | 0.8 | 46.7 | 212.5 | 0.0 | 0.1 | 0.0 | 0.0 | 20.0 | 28.0 | 68.7 | 1.3 |
|  | всего | 530.0 | 15.2 | 9.0 | 93.6 | 496.4 | 0.1 | 0.2 | 1.4 | 0.2 | 274.9 | 73.0 | 298.2 | 2.2 |
|  | **обед** |
| 56 | салат из свежих огурцов | 100 | 1.2 | 4.0 | 2.7 | 52.0 | 0.0 | 0.0 | 32.8 | 4.0 | 99.0 | 45.8 | 68.1 | 1.3 |
| 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 | 100 | 16.4 | 9.4 | 12.8 | 201.6 | 0.1 | 0.1 | 1.0 | 0.2 | 139.1 | 20.5 | 351.1 | 1.0 |
| 903 | пюре картофельное | 180 | 3.2 | 5.6 | 21.0 | 148.0 | 0.1 | 0.7 | 39.6 | 0.6 | 101.2 | 51.8 | 242.3 | 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 | 60 | 4.2 | 0.8 | 21.9 | 106.5 | 0.0 | 0.2 | 0.0 | 0.0 | 22.0 | 19.9 | 91.4 | 2.1 |
|  | всего | 990 | 40.4 | 37.9 | 169.7 | 1144.6 | 0.3 | 1.8 | 167.3 | 8.7 | 442.2 | 175.1 | 977.9 | 13.2 |
|  | ИТОГО | 1520 | 55.6 | 46.8 | 263.3 | 1641.0 | 0.4 | 2.0 | 168.7 | 8.9 | 717.1 | 248.1 | 1276.1 | 15.4 |

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) | 200 | 27.8 | 19.0 | 42.2 | 450.6 | 0.0 | 0.1 | 0.5 | 0.4 | 386.5 | 40.1 | 402.1 | 1.7 |
| 1059 | 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 | 600 | 32.4 | 23.8 | 87.6 | 692.6 | 0.2 | 0.2 | 42.7 | 0.5 | 456.4 | 40.8 | 414.1 | 2.3 |
|  | **обед** |
| 51 | икра кабачковая | 100 | 1.4 | 6.3 | 6.1 | 88.0 | 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 | 250 | 21.6 | 11.7 | 38.0 | 343.0 | 0.0 | 0.2 | 26.5 | 0.0 | 109.1 | 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 | 60 | 4.2 | 0.8 | 21.9 | 106.5 | 0.0 | 0.2 | 0.0 | 0.0 | 22.0 | 19.9 | 91.4 | 2.1 |
|  | всего | 952.0 | 37.4 | 28.8 | 106.9 | 823.8 | 0.3 | 3.8 | 63.9 | 5.1 | 492.1 | 108.3 | 563.8 | 13.5 |
|  | ИТОГО | 1552 | 69.8 | 52.6 | 194.5 | 1516.4 | 0.5 | 4.0 | 106.6 | 5.6 | 948.5 | 149.1 | 977.9 | 15.8 |

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 | 200 | 14.1 | 22.6 | 2.8 | 270.6 | 0.3 | 0.1 | 2.5 | 0.0 | 201.6 | 8.9 | 80.6 | 0.6 |
| 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 | 100 | 7.6 | 0.8 | 46.7 | 212.5 | 0.0 | 0.1 | 0.0 | 0.0 | 20.0 | 28.0 | 68.7 | 1.3 |
|  | всего | 665.0 | 35.7 | 33.8 | 81.9 | 747.4 | 0.3 | 0.2 | 2.5 | 0.0 | 260.3 | 60.2 | 310.3 | 3.6 |
|  | **обед** |
| 133 | винегрет овощной | 100 | 1.6 | 3.0 | 8.6 | 69.5 | 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 | 180 | 9.5 | 6.9 | 43.2 | 273.0 | 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 | 60 | 4.2 | 0.8 | 21.9 | 106.5 | 0.0 | 0.2 | 0.0 | 0.0 | 22.0 | 19.9 | 91.4 | 2.1 |
|  | всего | 1030.0 | 39.5 | 34.1 | 187.4 | 1182.5 | 0.1 | 1.2 | 33.1 | 32.6 | 191.0 | 197.7 | 795.1 | 17.7 |
|  | ИТОГО | 1695 | 75.2 | 67.8 | 269.3 | 1929.9 | 0.4 | 1.4 | 35.6 | 32.6 | 451.3 | 257.9 | 1105.4 | 21.3 |

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** |
| 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 | 100 | 7.6 | 0.8 | 46.7 | 212.5 | 0.0 | 0.1 | 0.0 | 0.0 | 20.0 | 28.0 | 68.7 | 1.3 |
|  | всего | 560.0 | 17.7 | 10.6 | 86.5 | 493.8 | 0.2 | 0.4 | 7.1 | 0.1 | 63.8 | 74.0 | 209.8 | 3.0 |
|  | **обед** |
| 59 | салат из свежих помидоров | 100 | 1.5 | 4.1 | 3.6 | 59.0 | 0.0 | 0.0 | 57.0 | 4.0 | 99.0 | 45.8 | 68.1 | 1.3 |
| 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 | 100 | 12.4 | 6.9 | 1.1 | 125.0 | 0.0 | 0.1 | 0.9 | 0.4 | 66.9 | 28.6 | 306.1 | 0.8 |
| 903 | пюре картофельное | 180 | 3.2 | 5.6 | 21.0 | 148.0 | 0.1 | 0.7 | 39.6 | 0.6 | 101.2 | 51.8 | 242.3 | 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 | 0.1 | 0.0 | 0.0 | 0.0 | 269.0 | 104.0 | 24.0 | 1.5 |
|  | хлеб ржаной | 60 | 4.2 | 0.8 | 21.9 | 106.5 | 0.0 | 0.2 | 0.0 | 0.0 | 22.0 | 19.9 | 91.4 | 2.1 |
|  | всего | 990.0 | 32.3 | 32.8 | 160.7 | 1043.7 | 0.9 | 1.1 | 113.4 | 5.0 | 591.5 | 250.2 | 743.8 | 6.5 |
|  | ИТОГО | 1550 | 50.0 | 43.4 | 247.2 | 1537.5 | 1.0 | 1.5 | 120.5 | 5.1 | 655.3 | 324.1 | 953.6 | 9.5 |

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 | 100 | 7.6 | 0.8 | 46.7 | 212.5 | 0.0 | 0.1 | 0.0 | 0.0 | 20.0 | 28.0 | 68.7 | 1.3 |
|  | всего | 530.0 | 14.0 | 12.1 | 79.2 | 471.5 | 0.1 | 0.5 | 15.0 | 0.0 | 172.0 | 90.6 | 283.3 | 2.9 |
|  | **обед** |
| 222 | икра свекольная | 100 | 2.3 | 6.8 | 11.7 | 119.0 | 0.0 | 6.6 | 0.0 | 0.0 | 39.0 | 59.0 | 18.0 | 6.6 |
| 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 | 180 | 5.4 | 8.1 | 32.5 | 225.0 | 0.0 | 1.0 | 0.0 | 0.0 | 36.0 | 32.0 | 174.0 | 2.4 |
| 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 | 60 | 4.2 | 0.8 | 21.9 | 106.5 | 0.0 | 0.2 | 0.0 | 0.0 | 22.0 | 19.9 | 91.4 | 2.1 |
|  | всего | 1115.0 | 42.6 | 30.8 | 135.2 | 989.9 | 0.5 | 9.6 | 66.0 | 4.6 | 140.8 | 281.5 | 324.0 | 22.9 |
|  | ИТОГО | 1645 | 56.6 | 42.9 | 214.4 | 1461.4 | 0.6 | 10.0 | 81.0 | 4.6 | 312.8 | 372.1 | 607.4 | 25.8 |

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 | 200 | 20.0 | 14.0 | 17.3 | 278.0 | 0.3 | 0.6 | 0.0 | 12.0 | 348.0 | 8.0 | 6.0 | 0.0 |
| 1059 | 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 | 615.0 | 21.0 | 14.9 | 51.9 | 427.3 | 0.4 | 0.6 | 40.1 | 12.0 | 377.7 | 11.3 | 18.0 | 0.6 |
|  | **обед** |
| ТТК №5 | салат "Мозайка" | 100 | 2.2 | 3.8 | 10.8 | 87.0 | 0.0 | 0.2 | 21.2 | 4.5 | 52.6 | 34.5 | 108.3 | 1.8 |
| 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 | 100 | 12.8 | 10.3 | 11.7 | 191.3 | 0.0 | 0.1 | 0.0 | 0.0 | 31.2 | 22.6 | 123.0 | 1.9 |
| 891 | рис отварной | 180 | 4.1 | 5.0 | 43.2 | 235.0 | 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 | 60 | 4.2 | 0.8 | 21.9 | 106.5 | 0.0 | 0.2 | 0.0 | 0.0 | 22.0 | 19.9 | 91.4 | 2.1 |
|  | всего | 950.0 | 29.8 | 31.1 | 155.9 | 1003.7 | 0.4 | 1.3 | 41.7 | 6.5 | 194.1 | 138.6 | 570.6 | 8.9 |
|  | ИТОГО | 1565 | 50.8 | 45.9 | 207.8 | 1431.0 | 0.8 | 1.9 | 81.7 | 18.5 | 571.8 | 149.9 | 588.7 | 9.6 |

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** |
| 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 |
| 1059 | 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 | 100 | 7.6 | 0.8 | 46.7 | 212.5 | 0.0 | 0.1 | 0.0 | 0.0 | 20.0 | 28.0 | 68.7 | 1.3 |
|  | всего | 705.0 | 17.3 | 10.7 | 123.9 | 640.1 | 0.2 | 0.3 | 43.4 | 0.3 | 215.1 | 65.0 | 233.4 | 2.6 |
|  | **обед** |
| 56 | салат из свежих огурцов | 100 | 1.2 | 4.0 | 2.7 | 52.0 | 0.0 | 0.0 | 32.8 | 4.0 | 99.0 | 45.8 | 68.1 | 1.3 |
| 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 | 100 | 19.1 | 14.6 | 0.2 | 197.6 | 0.0 | 0.0 | 0.0 | 0.0 | 4.6 | 1.3 | 68.2 | 1.0 |
| 888 | каша гречневая рассыпчатая | 180 | 9.5 | 6.9 | 43.2 | 273.0 | 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 | 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 | 60 | 4.2 | 0.8 | 21.9 | 106.5 | 0.0 | 0.2 | 0.0 | 0.0 | 22.0 | 19.9 | 91.4 | 2.1 |
|  | всего | 965.0 | 44.5 | 39.9 | 141.4 | 1071.9 | 0.4 | 0.8 | 46.8 | 5.8 | 245.9 | 126.6 | 492.9 | 10.4 |
|  | ИТОГО | 1670 | 61.8 | 50.6 | 265.3 | 1712.0 | 0.6 | 1.1 | 90.3 | 6.0 | 461.0 | 191.7 | 726.3 | 13.0 |

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** |
| 1260 | оладьи | 200 | 12.0 | 19.8 | 65.3 | 496.0 | 0.0 | 0.3 | 5.3 | 1.6 | 20.3 | 16.8 | 90.3 | 2.1 |
| 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 | 100 | 7.6 | 0.8 | 46.7 | 212.5 | 0.0 | 0.1 | 0.0 | 0.0 | 20.0 | 28.0 | 68.7 | 1.3 |
|  | всего | 530 | 19.9 | 33.0 | 127.1 | 882.3 | 0.1 | 0.4 | 5.3 | 2.8 | 53.3 | 48.5 | 161.9 | 3.4 |
|  | **обед** |
| 51 | икра кабачковая | 100 | 1.4 | 6.3 | 6.1 | 88.0 | 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 | 60 | 4.2 | 0.8 | 21.9 | 106.5 | 0.0 | 0.2 | 0.0 | 0.0 | 22.0 | 19.9 | 91.4 | 2.1 |
|  | всего | 963.0 | 35.8 | 42.8 | 167.4 | 1168.3 | 0.1 | 1.9 | 131.3 | 190.2 | 165.0 | 269.0 | 800.2 | 13.8 |
|  | ИТОГО | 1493 | 55.7 | 75.8 | 294.5 | 2050.6 | 0.2 | 2.4 | 136.6 | 193.0 | 218.2 | 317.5 | 962.1 | 17.2 |

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** |
| 586 | омлет натуральный | 200 | 14.1 | 22.6 | 2.8 | 270.6 | 0.3 | 0.1 | 2.5 | 0.0 | 201.6 | 8.9 | 80.6 | 0.6 |
| 714 | сырники из творога | 150 | 13.8 | 10.3 | 17.4 | 142.0 | 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 | 100 | 7.6 | 0.8 | 46.7 | 212.5 | 0.0 | 0.1 | 0.0 | 0.0 | 20.0 | 28.0 | 68.7 | 1.3 |
|  | всего | 650.0 | 39.3 | 37.7 | 92.7 | 779.1 | 0.4 | 0.2 | 4.7 | 0.1 | 300.5 | 57.6 | 310.3 | 3.6 |
|  | **обед** |
| 60 | салат из свежих помидоров и огурцов | 100 | 1.0 | 6.2 | 4.6 | 78.0 | 0.0 | 6.6 | 0.0 | 0.0 | 39.0 | 59.0 | 18.0 | 6.6 |
| 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 | 100 | 12.4 | 6.9 | 1.1 | 125.0 | 0.0 | 0.1 | 0.9 | 0.4 | 66.9 | 28.6 | 306.1 | 0.8 |
| 903 | пюре картофельное | 180 | 3.2 | 5.6 | 21.0 | 148.0 | 0.1 | 0.6 | 32.3 | 0.5 | 82.6 | 42.3 | 197.8 | 0.0 |
| 1059 | 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 | 60 | 4.2 | 0.8 | 21.9 | 106.5 | 0.0 | 0.2 | 0.0 | 0.0 | 22.0 | 19.9 | 91.4 | 2.1 |
|  | всего | 1100.0 | 24.8 | 24.6 | 116.5 | 744.7 | 0.5 | 18.8 | 96.8 | 2.0 | 275.6 | 250.5 | 649.2 | 10.8 |
|  | ИТОГО | 1760 | 64.1 | 62.3 | 209.2 | 1523.8 | 0.8 | 19.1 | 101.5 | 2.1 | 576.1 | 308.1 | 959.5 | 14.3 |

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 | 15 | 3.5 | 4.5 | 0.0 | 55.5 | 0.0 | 0.0 | 0.2 | 0.0 | 180.0 | 8.1 | 115.2 | 0.2 |
| 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 | 100 | 7.6 | 0.8 | 46.7 | 212.5 | 0.0 | 0.1 | 0.0 | 0.0 | 20.0 | 28.0 | 68.7 | 1.3 |
|  | всего | 545.0 | 15.2 | 21.8 | 79.3 | 565.0 | 0.1 | 0.5 | 15.1 | 0.8 | 234.2 | 93.6 | 323.6 | 3.0 |
|  | **обед** |
| 133 | винегрет овощной | 100 | 1.6 | 3.0 | 8.6 | 69.5 | 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 |
| 795 | котлета | 100 | 12.8 | 10.3 | 11.7 | 191.3 | 0.0 | 0.1 | 0.0 | 0.0 | 31.2 | 22.6 | 123.0 | 1.9 |
| 897 | макаронные изделия отварные | 180 | 5.4 | 8.1 | 32.5 | 225.0 | 0.0 | 1.0 | 0.0 | 0.0 | 36.0 | 32.0 | 174.0 | 2.4 |
| 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 | 60 | 4.2 | 0.8 | 21.9 | 106.5 | 0.0 | 0.2 | 0.0 | 0.0 | 22.0 | 19.9 | 91.4 | 2.1 |
|  | всего | 915.0 | 41.6 | 46.3 | 183.1 | 1282.9 | 10.2 | 2.6 | 22.9 | 3.5 | 296.7 | 155.0 | 615.1 | 11.4 |
|  | ИТОГО | 1560 | 56.8 | 68.1 | 262.4 | 1847.9 | 10.3 | 3.1 | 38.0 | 4.4 | 530.9 | 248.6 | 938.7 | 14.3 |
|  | **Итого за 10 дней** | 16010 | 596.5 | 556.0 | 2428.0 | 16651.4 | 15.8 | 46.3 | 960.4 | 280.8 | 5443.0 | 2567.1 | 9095.6 | 156.1 |
|  | Завтрак | 5930 | 227.7 | 207.1 | 903.8 | 6195.5 | 2.1 | 3.5 | 177.3 | 16.7 | 2408.1 | 614.6 | 2563.0 | 27.2 |
| Обед | 10080.0 | 368.8 | 348.9 | 1524.2 | 10455.9 | 13.7 | 42.8 | 783.1 | 264.1 | 3035.0 | 1952.5 | 6532.6 | 129.0 |
|  | **Итого за 1 день** | 1591 | 59.6 | 55.6 | 242.8 | 1665.1 | 1.6 | 4.6 | 96.0 | 28.1 | 544.3 | 256.7 | 909.6 | 15.6 |
|  | Завтрак | 593 | 22.8 | 20.7 | 90.4 | 619.6 | 0.2 | 0.4 | 17.7 | 1.7 | 240.8 | 61.5 | 256.3 | 2.7 |
| Обед | 1008.0 | 36.9 | 34.9 | 152.4 | 1045.6 | 1.4 | 4.3 | 78.3 | 26.4 | 303.5 | 195.2 | 653.3 | 12.9 |
| % соотношение |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Завтрак |  |  |  |  | **22%** |  |  |  |  |  |  |  |  |
| Обед |  |  |  |  | **30%** |  |  |  |  |  |  |  |  |

**Ведомость контроля за рационом питания (12 -18 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 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60.0 |  |
| хлеб пшеничный | 100 | 114 | 100 | 100 | 118 | 100 | 17.5 | 100 | 100 | 118 | 100 | 96.8 |  |
| мука пшеничная | 10 | 33.78 | 0 | 5 | 0 | 2 | 0 | 0 | 33.78 | 0 | 39.86 | 11.4 |  |
| крупы, бобовые,мак. | 35 | 64.2 | 44 | 82.32 | 43.5 | 139.2 | 74.4 | 125.32 | 5 | 0 | 55.2 | 63.3 |  |
| картофель, свежие овощи | 325 | 403.6 | 250.4 | 268 | 400.3 | 190.1 | 247.7 | 241.9 | 570.2 | 458.1 | 347.4 | 337.8 |  |
| фрукты свежие | 100 | 0 | 200 | 0 | 0 | 235.7 | 200 | 200 | 0 | 235.7 | 0 | 107.1 |  |
| сухофрукты | 10 | 0 | 34 | 20 | 20 | 20 | 20 | 0 | 0 | 20 | 20 | 15.4 |  |
| сахар | 22.5 | 16.5 | 52.5 | 0 | 11 | 9 | 12 | 31 | 5.5 | 23 | 10.5 | 17.1 |  |
| какао-порошок | 0.6 | 0 | 2 | 2 | 0 | 0 | 0 | 2 | 0 | 2 | 0 | 0.8 |  |
| чай | 0.2 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 0.4 |  |
| птица | 30 | 73.6 | 0 | 0 | 0 | 0 | 0 | 208 | 0 | 0 | 81.6 | 36.3 |  |
| рыба | 40 | 0 | 0 | 0 | 140 | 0 | 0 | 0 | 0 | 140 | 0 | 28.0 |  |
| молоко, кисло-молочн., творог | 270 | 146.6 | 203 | 41.5 | 153.6 | 100 | 193.75 | 195 | 0 | 195.1 | 100 | 132.9 |  |
| сметана | 5 | 0 | 28.4 | 10 | 0 | 0 | 36 | 0 | 10 | 10 | 20 | 11.4 |  |
| сыр | 6 | 10 | 15 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 15 | 5.0 |  |
| масло сливочн. | 17.5 | 22.43 | 3.4 | 18 | 15 | 10 | 19.4 | 10 | 30.43 | 22 | 30.43 | 18.1 |  |
| масло растител. | 9 | 15.3 | 10 | 21.25 | 17.5 | 16 | 21.25 | 7.5 | 12.13 | 18.5 | 12.63 | 15.2 |  |
| яйца | 1/2 (20) | 1/40. | 3/16. | 14/5. | 0 | 0 | 0 | 0 | 1/40. | 14/5. | 1/40. | 13/2. |  |
| соль | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 |  |
| дрожжи | 1 | 0.85 | 0 | 0 | 0 | 0 | 0 | 0 | 0.85 | 0 | 0.85 | 0.3 |  |

**Ведомость контроля за рационом питания (12 -18 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 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60.0 |  |
| хлеб пшеничный | 100 | 114 | 100 | 100 | 118 | 100 | 17.5 | 100 | 100 | 118 | 100 | 96.8 |  |
| мука пшеничная | 10 | 33.78 | 0 | 5 | 0 | 2 | 0 | 0 | 33.78 | 0 | 39.86 | 11.4 |  |
| крупы, бобовые,мак. | 35 | 44.2 | 24 | 42.32 | 43.5 | 39.2 | 44.4 | 75.35 | 5 | 0 | 35.2 | 35.3 |  |
| картофель, свежие овощи | 325 | 403.6 | 250.4 | 268 | 400.3 | 190.1 | 247.7 | 241.9 | 570.2 | 458.1 | 347.4 | 337.8 |  |
| фрукты свежие | 100 | 0 | 200 | 0 | 0 | 235.7 | 200 | 200 | 0 | 235.7 | 0 | 107.1 |  |
| сухофрукты | 10 | 0 | 34 | 20 | 20 | 20 | 20 | 0 | 0 | 20 | 20 | 15.4 |  |
| сахар | 22.5 | 16.5 | 52.5 | 20 | 21 | 29 | 22 | 31 | 5.5 | 23 | 10.5 | 23.1 |  |
| какао-порошок | 0.6 | 0 | 2 | 0 | 0 | 0 | 0 | 2 | 0 | 2 | 0 | 0.6 |  |
| чай | 0.4 | 0.5 | 0 | 0.5 | 0.5 | 0.5 | 0.5 | 0 | 0.5 | 0 | 0.5 | 0.4 |  |
| мясо говядины 1 кат | 43 | 0 | 107 | 134 | 0 | 113 | 0 | 39 | 107 | 0 | 39 | 53.9 |  |
| птица | 30 | 73.6 | 0 | 0 | 0 | 0 | 0 | 208 | 0 | 0 | 81.6 | 36.3 |  |
| рыба | 40 | 0 | 0 | 0 | 140 | 0 | 140 | 0 | 0 | 140 | 0 | 42.0 |  |
| колбасные изделия | 10 | 0 | 0 | 50 | 0 | 0 | 0 | 0 | 0 | 50 | 0 | 10.0 |  |
| молоко, кисло-молочн., творог | 270 | 246.6 | 253 | 141.5 | 353.6 | 250 | 293.8 | 325 | 0 | 295.1 | 250 | 240.9 |  |
| сметана | 5 | 0 | 10 | 10 | 0 | 0 | 36 | 0 | 0 | 10 | 20 | 8.6 |  |
| сыр | 6 | 10 | 15 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 15 | 5.0 |  |
| масло сливочн. | 17.5 | 22.43 | 3.4 | 18 | 15 | 10 | 19.4 | 10 | 30.43 | 22 | 30.43 | 18.1 |  |
| масло растител. | 9 | 11.3 | 10 | 11.25 | 10.5 | 10 | 11.25 | 7.5 | 6 | 8.5 | 6.3 | 9.3 |  |
| яйца | 20 | 0.025 | 0.2 | 2.8 | 0 | 0 | 0 | 0 | 0.025 | 2.8 | 0.025 | 24.0 |  |
| соль | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 | 3.5 |  |

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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