

| День 10 Завтрак | | | | | | | | | | | | | | | | |
|-----------------|---------------|-------------------------|----------------|---------------|--------------|--------------|--------------|---------------|-------------|--------------|------------|----------|-------------|-----------|-------------|-------------|
| гор.блиндо | 54-6к-2020 | Каша вязкая молочная п | 260 | 20.81 | 274.9 | 8.3 | 10.2 | 37.6 | 0.18 | 0.54 | 41.6 | 0.13 | 127 | 186 | 49 | 1.32 |
| | 0 | 0 | 0 | 0.00 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| гор.блинток | 54-2нн-2020 | Чай с сахаром | 200 | 7.02 | 26.8 | 0.2 | 0 | 6.5 | 0 | 0.04 | 0.3 | 0 | 4.5 | 7.2 | 3.8 | 0.73 |
| хлеб | н/р | Хлеб пшеничный | 30 | 4.13 | 70.3 | 2.3 | 0.2 | 14.8 | 0 | 0.27 | 0 | 0 | 13.6 | 22.13 | 11.73 | 2.13 |
| фрукты | н/р | Яблоко | 180 | 20.00 | 53.3 | 0.5 | 0.5 | 11.8 | 0.03 | 12 | 0 | 0 | 19.2 | 13.2 | 10.8 | 2.64 |
| хлеб | 0 | 0 | 0 | 0.00 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 0 н/р | Кефир | 180 | 19.00 | 106.2 | 5.22 | 5.76 | 7.2 | 0 | 1.26 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 0 | 0 | 0 | 0.00 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | | Итого завтрак: | 850.00 | 70.96 | 531.5 | 16.52 | 16.66 | 77.9 | 0.02 | 10.76 | 105 | 0 | 37.4 | 31 | 13.2 | 0.47 |
| | 0 54-1с-2020 | Шри из свежей капусты с | 260 | 59.88 | 92.2 | 4.62 | 5.62 | 5.72 | 0.02 | 9.93 | 3781 | 0.02 | 31 | 221 | 14 | 4.59 |
| | 0 54-18н-2020 | Печень по строгановски | 80 | 37.42 | 189.2 | 13.4 | 12.6 | 5.8 | 0.17 | 0 | 19.2 | 0.09 | 15 | 181 | 120 | 4.04 |
| | 0 54-4т-2020 | Капша гречневая раселит | 195 | 10.09 | 233.7 | 8.3 | 6.3 | 36 | 0.21 | 0 | 0.27 | 0 | 13.6 | 22.13 | 11.73 | 2.13 |
| | 0 н/р | Хлеб пшеничный | 30 | 4.13 | 140.6 | 4.6 | 0.4 | 29.6 | 0 | 0.28 | 0 | 0 | 14.2 | 23.8 | 12.1 | 3.15 |
| | 0 н/р | Хлеб ржаной | 30 | 5.23 | 51.2 | 2 | 0.4 | 10 | 0 | 0.02 | 15 | 0 | 50 | 4.3 | 2.1 | 0.09 |
| | 0 54-1нн-2020 | Компот | 200 | 5.90 | 81 | 0.5 | 0 | 19.8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 0 | 0 | 0 | 0.00 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | | Итого обед: | 795.00 | 122.65 | 787.9 | 33.42 | 25.32 | 106.92 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | | Итого завтрак: | 1645.00 | 193.61 | 787.9 | 33.42 | 25.32 | 106.92 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

День 10 Обед