

Grupi Algklassid Nädala menüü

	Lõunasöök						
	Retsept	Kaal	Energia	Rasvad	Valgud	Süsivesikud (Va kiudained)	Kiudained
Esmaspäev 11.11.2019	<ul style="list-style-type: none"> • Ahju viiner • Keedetud kartul • Valge kaste • Peedisalat • Leib • Piim 2.5% (PRIA) • Öun (PRIA) 	<ul style="list-style-type: none"> • 100g • 200g • 100g • 50g • 30g • 100g • 100g 	<ul style="list-style-type: none"> • 0Kcal • 151Kcal • 97Kcal • 23Kcal • 67Kcal • 55Kcal • 44Kcal 	<ul style="list-style-type: none"> • 0g • 0.2g • 6.28g • 0.1g • 0.48g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 0g • 3.18g • 1.47g • 0.8g • 2.1g • 3.4g • 9.9g 	<ul style="list-style-type: none"> • 0g • 34.04g • 8.66g • 4.7g • 13.59g • 4.8g • 0.2g 	<ul style="list-style-type: none"> • 0g • 0g • 0g • 0g • 0g • 0g • 0g
	Kokku:	680g	437Kcal	9.92g	20.85g	65.99g	0g
Teisipäev 12.11.2019	<ul style="list-style-type: none"> • Frikadellisupp • Leib • Pannkoogid • Moos • Piim 2.5% (PRIA) • Porgandi - õunamahl 	<ul style="list-style-type: none"> • 300g • 30g • 100g • 20g • 100g • 100g 	<ul style="list-style-type: none"> • 210Kcal • 67Kcal • 149Kcal • 34Kcal • 55Kcal • 54Kcal 	<ul style="list-style-type: none"> • 10.19g • 0.48g • 9.09g • 0g • 2.5g • 0.08g 	<ul style="list-style-type: none"> • 10.48g • 2.1g • 1.1g • 0.06g • 3.4g • 0.46g 	<ul style="list-style-type: none"> • 19g • 13.59g • 15.6g • 8.44g • 4.8g • 11.8g 	<ul style="list-style-type: none"> • 0g • 0g • 0g • 0g • 0g • 2.1g
	Kokku:	650g	569Kcal	22.34g	17.61g	73.23g	2.1g
Kolmapäev 13.11.2019	<ul style="list-style-type: none"> • Värskekapsa - hakklihahautis • Keedetud kartul • Leib • Jogurt (PRIA) • Öun (PRIA) 	<ul style="list-style-type: none"> • 250g • 200g • 30g • 100g • 100g 	<ul style="list-style-type: none"> • 253Kcal • 151Kcal • 67Kcal • 53Kcal • 44Kcal 	<ul style="list-style-type: none"> • 15.35g • 0.2g • 0.48g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 19.75g • 3.18g • 2.1g • 3.3g • 9.9g 	<ul style="list-style-type: none"> • 9.06g • 34.04g • 13.59g • 4.2g • 0.2g 	<ul style="list-style-type: none"> • 0g • 0g • 0g • 0g • 0g
	Kokku:	680g	568Kcal	18.89g	38.23g	61.09g	0g
Neljapäev 14.11.2019	<ul style="list-style-type: none"> • Bors • Leib • Mahlakissell • Kohupiimavaht • Piim 2.5% (PRIA) • Öun (PRIA) 	<ul style="list-style-type: none"> • 300g • 30g • 100g • 100g • 100g • 100g 	<ul style="list-style-type: none"> • 202Kcal • 67Kcal • 129Kcal • 124Kcal • 55Kcal • 44Kcal 	<ul style="list-style-type: none"> • 12.11g • 0.48g • 0g • 1.03g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 10.89g • 2.1g • 0.15g • 9.63g • 3.4g • 9.9g 	<ul style="list-style-type: none"> • 12.3g • 13.59g • 32.11g • 18.95g • 4.8g • 0.2g 	<ul style="list-style-type: none"> • 0g • 0g • 0g • 0g • 0g • 0g
	Kokku:	730g	621Kcal	16.48g	36.07g	81.95g	0g
Reede 15.11.2019	<ul style="list-style-type: none"> • Hakklihakaste • Kartulipüree • Leib • Porgandisalat • Keefir (PRIA) • Banaan 	<ul style="list-style-type: none"> • 150g • 200g • 30g • 50g • 100g • 100g 	<ul style="list-style-type: none"> • 228Kcal • 180Kcal • 67Kcal • 19Kcal • 52Kcal • 88Kcal 	<ul style="list-style-type: none"> • 17.49g • 4.68g • 0.48g • 0.2g • 2.5g • 0.48g 	<ul style="list-style-type: none"> • 9.02g • 3.51g • 2.1g • 0.4g • 3.2g • 1g 	<ul style="list-style-type: none"> • 8.51g • 30.91g • 13.59g • 3.85g • 4.2g • 20g 	<ul style="list-style-type: none"> • 0g • 0g • 0g • 0g • 0g • 0g
	Kokku:	630g	634Kcal	25.83g	19.23g	81.06g	0g

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