

Grupi Alklassid Nädala menüü

	Lõunasöök					
	Retsept	Kaal	Energia	Rasvad	Valgud	Süsivesikud
Esmaspäev 01.10.2018	<ul style="list-style-type: none"> • Veiselihakotlet • Keedetud kartul • Leib • Valge kaste • Kapsa - ananassisalad • Mahlatarretis • Õun (PRIA) 	<ul style="list-style-type: none"> • 120g • 200g • 30g • 136g • 50g • 100g • 100g 	<ul style="list-style-type: none"> • 282Kcal • 151Kcal • 67Kcal • 172Kcal • 21Kcal • 62Kcal • 44Kcal 	<ul style="list-style-type: none"> • 20.4g • 0.2g • 0.48g • 14.68g • 0.09g • 0g • 0.36g 	<ul style="list-style-type: none"> • 5.52g • 3.19g • 2.1g • 1.46g • 0.45g • 1.9g • 9.9g 	<ul style="list-style-type: none"> • 19.2g • 34.05g • 13.59g • 8.59g • 4.71g • 13.5g • 0.2g
	Kokku:	736g	799Kcal	36.21g	24.52g	93.84g
Teisipäev 02.10.2018	<ul style="list-style-type: none"> • Värskekapsa- viinerisupp • Leib • Kirsikissell vahukoorega • Piim 2.5% (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 300g • 30g • 164g • 150g • 100g 	<ul style="list-style-type: none"> • 171Kcal • 67Kcal • 196Kcal • 83Kcal • 44Kcal 	<ul style="list-style-type: none"> • 9.13g • 0.48g • 7.11g • 3.75g • 0.36g 	<ul style="list-style-type: none"> • 6.92g • 2.1g • 0.78g • 5.1g • 9.9g 	<ul style="list-style-type: none"> • 15.39g • 13.59g • 32.23g • 7.2g • 0.2g
	Kokku:	744g	561Kcal	20.83g	24.8g	68.61g
Kolmapäev 03.10.2018	<ul style="list-style-type: none"> • Guljass • Keedetud kartul • Tatar • Leib • Kapsa - porru - paprikasalad • Keefir (PRIA) • Pirn (PRIA) • Arbuus 	<ul style="list-style-type: none"> • 150g • 200g • 200g • 30g • 50g • 120g • 100g • 100g 	<ul style="list-style-type: none"> • 268Kcal • 151Kcal • 98Kcal • 67Kcal • 47Kcal • 63Kcal • 48Kcal • 28Kcal 	<ul style="list-style-type: none"> • 22.14g • 0.2g • 0.6g • 0.48g • 2.54g • 3g • 0.4g • 0.1g 	<ul style="list-style-type: none"> • 9.34g • 3.19g • 3.33g • 2.1g • 0.61g • 3.84g • 10.6g • 0.6g 	<ul style="list-style-type: none"> • 7.73g • 34.05g • 19.86g • 13.59g • 5.34g • 5.04g • 0.4g • 6.21g
	Kokku:	950g	770Kcal	29.46g	33.61g	92.22g
Neljapäev 04.10.2018	<ul style="list-style-type: none"> • Frikadellisupp • Leib • Mustikakissell vaniljevahuga • Piim 2.5% (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 300g • 30g • 151g • 120g • 100g 	<ul style="list-style-type: none"> • 213Kcal • 67Kcal • 108Kcal • 66Kcal • 44Kcal 	<ul style="list-style-type: none"> • 10.53g • 0.48g • 0.79g • 3g • 0.36g 	<ul style="list-style-type: none"> • 10.48g • 2.1g • 1.55g • 4.08g • 9.9g 	<ul style="list-style-type: none"> • 18.98g • 13.59g • 23.57g • 5.76g • 0.2g
	Kokku:	701g	498Kcal	15.16g	28.11g	62.1g
Reede 05.10.2018	<ul style="list-style-type: none"> • Plov sealihaga • Porgandi - apelsinisalad • Leib • Jogurt (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 309g • 50g • 30g • 150g • 100g 	<ul style="list-style-type: none"> • 370Kcal • 20Kcal • 67Kcal • 79Kcal • 44Kcal 	<ul style="list-style-type: none"> • 10.35g • 0.18g • 0.48g • 3.75g • 0.36g 	<ul style="list-style-type: none"> • 12.29g • 0.39g • 2.1g • 4.95g • 9.9g 	<ul style="list-style-type: none"> • 56.84g • 4.2g • 13.59g • 6.3g • 0.2g
	Kokku:	639g	580Kcal	15.12g	29.63g	81.13g

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