

Grupi Algklassid Nädala menüü

	Lõunasöök					
	Retsept	Kaal	Energia	Rasvad	Valgud	Süsivesikud
Esmaspäev 06.05.2019	<ul style="list-style-type: none"> • Plov sealihaga • Leib • Piim 2.5% (PRIA) • Vitamiinisalad • Kaalikas (PRIA) 	<ul style="list-style-type: none"> • 250g • 30g • 100g • 51g • 100g 	<ul style="list-style-type: none"> • 314Kcal • 67Kcal • 55Kcal • 22Kcal • 30Kcal 	<ul style="list-style-type: none"> • 9.11g • 0.48g • 2.5g • 0.17g • 0.2g 	<ul style="list-style-type: none"> • 10.65g • 2.1g • 3.4g • 0.69g • 0.7g 	<ul style="list-style-type: none"> • 47.46g • 13.59g • 4.8g • 4.31g • 6.4g
	Kokku:	531g	488Kcal	12.46g	17.54g	76.56g
Teisipäev 07.05.2019	<ul style="list-style-type: none"> • Bors • Leib • Karamellkissell moosiga • Moos • Piim 2.5% (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 300g • 30g • 100g • 20g • 100g • 100g 	<ul style="list-style-type: none"> • 203Kcal • 67Kcal • 81Kcal • 34Kcal • 55Kcal • 44Kcal 	<ul style="list-style-type: none"> • 12.3g • 0.48g • 1g • 0g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 10.9g • 2.1g • 2.9g • 0.06g • 3.4g • 9.9g 	<ul style="list-style-type: none"> • 12.29g • 13.59g • 15g • 8.44g • 4.8g • 0.2g
	Kokku:	650g	484Kcal	16.64g	29.26g	54.32g
Kolmapäev 08.05.2019	<ul style="list-style-type: none"> • Keedetud kartul • Sardell • Valge kaste • Peedi - küüslaugusalad • Keefir (PRIA) • Banaan 	<ul style="list-style-type: none"> • 200g • 150g • 125g • 50g • 100g • 100g 	<ul style="list-style-type: none"> • 151Kcal • 359Kcal • 144Kcal • 39Kcal • 52Kcal • 88Kcal 	<ul style="list-style-type: none"> • 0.2g • 28.5g • 11.42g • 1.68g • 2.5g • 0.48g 	<ul style="list-style-type: none"> • 3.19g • 22.5g • 1.49g • 0.89g • 3.2g • 1g 	<ul style="list-style-type: none"> • 34.05g • 3g • 8.74g • 5.08g • 4.2g • 20.03g
	Kokku:	725g	833Kcal	44.78g	32.27g	75.1g
Neljapäev 09.05.2019	<ul style="list-style-type: none"> • Kana - riisisupp • Leib • Kamavaht • Piim 2.5% (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 301g • 30g • 100g • 100g • 100g 	<ul style="list-style-type: none"> • 343Kcal • 67Kcal • 135Kcal • 55Kcal • 44Kcal 	<ul style="list-style-type: none"> • 12.07g • 0.48g • 2.18g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 13.81g • 2.1g • 3.86g • 3.4g • 9.9g 	<ul style="list-style-type: none"> • 44.8g • 13.59g • 24.97g • 4.8g • 0.2g
	Kokku:	631g	644Kcal	17.59g	33.07g	88.36g
Reede 10.05.2019	<ul style="list-style-type: none"> • Sealihahautis • Juurviljapüree • Värskekapsa - kurgisalat • Jogurt (PRIA) • Kohuke 	<ul style="list-style-type: none"> • 151g • 200g • 50g • 100g • 50g 	<ul style="list-style-type: none"> • 205Kcal • 202Kcal • 10Kcal • 53Kcal • 159Kcal 	<ul style="list-style-type: none"> • 15.77g • 8.5g • 0.08g • 2.5g • 10.09g 	<ul style="list-style-type: none"> • 9.82g • 3.02g • 0.45g • 3.3g • 4.54g 	<ul style="list-style-type: none"> • 5.85g • 28.36g • 1.99g • 4.2g • 12.61g
	Kokku:	551g	629Kcal	36.94g	21.13g	53.01g

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