

Grupi Algklassid Nädala menüü

	Lõunasöök					
	Retsept	Kaal	Energia	Rasvad	Valgud	Süsivesikud
Esmaspäev 07.10.2019	<ul style="list-style-type: none"> • Kanapasta • Leib • Kapsasalat • Piim 2.5% (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 250g • 30g • 50g • 100g • 100g 	<ul style="list-style-type: none"> • 480Kcal • 67Kcal • 45Kcal • 55Kcal • 44Kcal 	<ul style="list-style-type: none"> • 6.36g • 0.48g • 2.6g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 25.25g • 2.1g • 0.54g • 3.4g • 9.9g 	<ul style="list-style-type: none"> • 80.39g • 13.59g • 4.93g • 4.8g • 0.2g
	Kokku:	530g	691Kcal	12.3g	41.19g	103.91g
Teisipäev 08.10.2019	<ul style="list-style-type: none"> • Rassolnik • Leib • Kakaokreem • Piim 2.5% (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 300g • 30g • 150g • 100g • 100g 	<ul style="list-style-type: none"> • 221Kcal • 67Kcal • 231Kcal • 55Kcal • 44Kcal 	<ul style="list-style-type: none"> • 11.49g • 0.48g • 7.29g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 10.56g • 2.1g • 9.23g • 3.4g • 9.9g 	<ul style="list-style-type: none"> • 18.89g • 13.59g • 32.18g • 4.8g • 0.2g
	Kokku:	680g	618Kcal	22.12g	35.19g	69.66g
Kolmapäev 09.10.2019	<ul style="list-style-type: none"> • Hakklihakaste • Kartulipüree • Leib • Peedi - küüslaugusalat • Keefir (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 150g • 200g • 30g • 50g • 100g • 100g 	<ul style="list-style-type: none"> • 228Kcal • 180Kcal • 67Kcal • 38Kcal • 52Kcal • 44Kcal 	<ul style="list-style-type: none"> • 17.49g • 4.68g • 0.48g • 1.62g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 9.02g • 3.51g • 2.1g • 0.88g • 3.2g • 9.9g 	<ul style="list-style-type: none"> • 8.51g • 30.91g • 13.59g • 5.03g • 4.2g • 0.2g
	Kokku:	630g	609Kcal	27.13g	28.61g	62.44g
Neljapäev 10.10.2019	<ul style="list-style-type: none"> • Bors • Leib • Šokolaadipuding • Piim 2.5% (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 300g • 30g • 150g • 100g • 100g 	<ul style="list-style-type: none"> • 202Kcal • 67Kcal • 144Kcal • 55Kcal • 44Kcal 	<ul style="list-style-type: none"> • 12.11g • 0.48g • 3.75g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 10.89g • 2.1g • 4.95g • 3.4g • 9.9g 	<ul style="list-style-type: none"> • 12.3g • 13.59g • 22.5g • 4.8g • 0.2g
	Kokku:	680g	512Kcal	19.2g	31.24g	53.39g
Reede 11.10.2019	<ul style="list-style-type: none"> • Lihakaste • Keedetud kartul • Kõrvitsasalat • Leib • Piim 2.5% (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 150g • 200g • 50g • 30g • 100g • 100g 	<ul style="list-style-type: none"> • 214Kcal • 151Kcal • 73Kcal • 67Kcal • 55Kcal • 44Kcal 	<ul style="list-style-type: none"> • 15.14g • 0.2g • 0.05g • 0.48g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 7.97g • 3.18g • 0.35g • 2.1g • 3.4g • 9.9g 	<ul style="list-style-type: none"> • 11.36g • 34.04g • 17.75g • 13.59g • 4.8g • 0.2g
	Kokku:	630g	604Kcal	18.73g	26.9g	81.74g

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