

Grupi Algklassid Nädala menüü

	Lõunasöök					
	Retsept	Kaal	Energia	Rasvad	Valgud	Süsivesikud
Esmaspäev 11.03.2019	<ul style="list-style-type: none"> • Kana - ananassipada • Keedetud kartul • Riis keedetud • Porgandisalat • Leib • Piim 2.5% (PRIA) • Kamavaht 	<ul style="list-style-type: none"> • 150g • 200g • 200g • 50g • 30g • 100g • 100g 	<ul style="list-style-type: none"> • 176Kcal • 151Kcal • 208Kcal • 19Kcal • 67Kcal • 55Kcal • 135Kcal 	<ul style="list-style-type: none"> • 9.72g • 0.2g • 0.6g • 0.2g • 0.48g • 2.5g • 2.18g 	<ul style="list-style-type: none"> • 7.8g • 3.18g • 3.96g • 0.4g • 2.1g • 3.4g • 3.86g 	<ul style="list-style-type: none"> • 14.38g • 34.02g • 46.68g • 3.85g • 13.59g • 4.8g • 24.89g
	Kokku:	830g	811Kcal	15.88g	24.7g	142.21g
Teisipäev 12.03.2019	<ul style="list-style-type: none"> • Bors • Pannkoogid • Moos • Piim 2.5% (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 300g • 100g • 20g • 100g • 100g 	<ul style="list-style-type: none"> • 204Kcal • 293Kcal • 34Kcal • 55Kcal • 44Kcal 	<ul style="list-style-type: none"> • 12.44g • 26.55g • 0g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 10.89g • 0.9g • 0.06g • 3.4g • 9.9g 	<ul style="list-style-type: none"> • 12.24g • 12.6g • 8.44g • 4.8g • 0.2g
	Kokku:	620g	630Kcal	41.85g	25.15g	38.28g
Kolmapäev 13.03.2019	<ul style="list-style-type: none"> • Kanarisotto • Kapsasalat • Mandariin • Piim 2.5% (PRIA) 	<ul style="list-style-type: none"> • 250g • 53g • 100g • 100g 	<ul style="list-style-type: none"> • 311Kcal • 65Kcal • 45Kcal • 55Kcal 	<ul style="list-style-type: none"> • 3.4g • 4.64g • 0.2g • 2.5g 	<ul style="list-style-type: none"> • 14.5g • 0.55g • 0.6g • 3.4g 	<ul style="list-style-type: none"> • 55.58g • 5.18g • 10.2g • 4.8g
	Kokku:	503g	476Kcal	10.74g	19.05g	75.76g
Neljapäev 14.03.2019	<ul style="list-style-type: none"> • Kodune seljanka • Leib • Piimakissell • Moos • Keefir (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 303g • 30g • 100g • 20g • 100g • 100g 	<ul style="list-style-type: none"> • 240Kcal • 67Kcal • 95Kcal • 34Kcal • 52Kcal • 44Kcal 	<ul style="list-style-type: none"> • 13.94g • 0.48g • 2.2g • 0g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 15.54g • 2.1g • 2.9g • 0.06g • 3.2g • 9.9g 	<ul style="list-style-type: none"> • 13.12g • 13.59g • 16g • 8.44g • 4.2g • 0.2g
	Kokku:	653g	532Kcal	19.48g	33.7g	55.55g
Reede 15.03.2019	<ul style="list-style-type: none"> • Värskekapsa - hakklihahautis • Keedetud kartul • Leib • Piim 2.5% (PRIA) • Pirn (PRIA) 	<ul style="list-style-type: none"> • 251g • 200g • 30g • 100g • 100g 	<ul style="list-style-type: none"> • 253Kcal • 151Kcal • 67Kcal • 55Kcal • 48Kcal 	<ul style="list-style-type: none"> • 15.35g • 0.2g • 0.48g • 2.5g • 0.4g 	<ul style="list-style-type: none"> • 19.75g • 3.18g • 2.1g • 3.4g • 10.6g 	<ul style="list-style-type: none"> • 9.08g • 34.02g • 13.59g • 4.8g • 0.4g
	Kokku:	681g	574Kcal	18.93g	39.03g	61.89g

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