

Grupi Algklassid Nädala menüü

	Lõunasöök					
	Retsept	Kaal	Energia	Rasvad	Valgud	Süsivesikud
Esmaspäev 14.10.2019	<ul style="list-style-type: none"> • Makaronid hakklihaga • Porgandisalat • Leib • Piim 2.5% (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 250g • 50g • 30g • 100g • 100g 	<ul style="list-style-type: none"> • 512Kcal • 19Kcal • 67Kcal • 55Kcal • 44Kcal 	<ul style="list-style-type: none"> • 24.92g • 0.2g • 0.48g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 16.1g • 0.4g • 2.1g • 3.4g • 9.9g 	<ul style="list-style-type: none"> • 55.86g • 3.85g • 13.59g • 4.8g • 0.2g
	Kokku:	530g	697Kcal	28.46g	31.9g	78.3g
Teisipäev 15.10.2019	<ul style="list-style-type: none"> • Pelmeenisupp • Leib • Kohupiima magustoit küpsise ja marjadega • Piim 2.5% (PRIA) • Kaalikas (PRIA) 	<ul style="list-style-type: none"> • 300g • 30g • 150g • 100g • 100g 	<ul style="list-style-type: none"> • 187Kcal • 67Kcal • 368Kcal • 55Kcal • 30Kcal 	<ul style="list-style-type: none"> • 8.07g • 0.48g • 12.11g • 2.5g • 0.2g 	<ul style="list-style-type: none"> • 4.94g • 2.1g • 8.55g • 3.4g • 0.7g 	<ul style="list-style-type: none"> • 23.67g • 13.59g • 56.13g • 4.8g • 6.4g
	Kokku:	680g	707Kcal	23.36g	19.69g	104.59g
Kolmapäev 16.10.2019	<ul style="list-style-type: none"> • Kana - paprikakaste • Riis keedetud • Keedetud kartul • Hiinakapsa-ananassisalat • Keefir (PRIA) • Banaan • Leib 	<ul style="list-style-type: none"> • 150g • 200g • 200g • 50g • 100g • 100g • 30g 	<ul style="list-style-type: none"> • 114Kcal • 208Kcal • 151Kcal • 19Kcal • 52Kcal • 88Kcal • 67Kcal 	<ul style="list-style-type: none"> • 7.61g • 0.6g • 0.2g • 0.05g • 2.5g • 0.48g • 0.48g 	<ul style="list-style-type: none"> • 8.93g • 3.96g • 3.18g • 0.26g • 3.2g • 1g • 2.1g 	<ul style="list-style-type: none"> • 2.33g • 46.68g • 34.04g • 4.48g • 4.2g • 20g • 13.59g
	Kokku:	830g	699Kcal	11.92g	22.63g	125.32g
Neljapäev 17.10.2019	<ul style="list-style-type: none"> • Kalaseljanka • Leib • Jogurti - marjadessert • Piim 2.5% (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 300g • 30g • 150g • 100g • 100g 	<ul style="list-style-type: none"> • 108Kcal • 67Kcal • 150Kcal • 55Kcal • 44Kcal 	<ul style="list-style-type: none"> • 2.34g • 0.48g • 2.26g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 10.54g • 2.1g • 3.6g • 3.4g • 9.9g 	<ul style="list-style-type: none"> • 11.23g • 13.59g • 28.71g • 4.8g • 0.2g
	Kokku:	680g	424Kcal	7.94g	29.54g	58.53g
Reede 18.10.2019	<ul style="list-style-type: none"> • Stroogonov • Keedetud kartul • Tatar • Peedisalat • Leib • Piim 2.5% (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 150g • 200g • 200g • 50g • 30g • 100g • 100g 	<ul style="list-style-type: none"> • 156Kcal • 151Kcal • 98Kcal • 23Kcal • 67Kcal • 55Kcal • 44Kcal 	<ul style="list-style-type: none"> • 9.1g • 0.2g • 0.6g • 0.1g • 0.48g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 12.34g • 3.18g • 3.33g • 0.8g • 2.1g • 3.4g • 9.9g 	<ul style="list-style-type: none"> • 6.3g • 34.04g • 19.86g • 4.7g • 13.59g • 4.8g • 0.2g
	Kokku:	830g	594Kcal	13.34g	35.05g	83.49g

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