

Grupi Algklassid Nädala menüü

	Lõunasöök					
	Retsept	Kaal	Energia	Rasvad	Valgud	Süsivesikud
Esmaspäev 15.10.2018	<ul style="list-style-type: none"> • Stroogonov • Kartulipüree • Hiinakapsa - paprikasalat • Leib • Piim 2.5% (PRIA) • Vahvel • Õun (PRIA) 	<ul style="list-style-type: none"> • 110g • 170g • 50g • 30g • 120g • 40g • 100g 	<ul style="list-style-type: none"> • 79Kcal • 173Kcal • 45Kcal • 67Kcal • 66Kcal • 143Kcal • 44Kcal 	<ul style="list-style-type: none"> • 3.5g • 6.88g • 0.15g • 0.48g • 3g • 1.12g • 0.36g 	<ul style="list-style-type: none"> • 5.17g • 2.97g • 0.48g • 2.1g • 4.08g • 1.28g • 9.9g 	<ul style="list-style-type: none"> • 6.6g • 24.9g • 10.45g • 13.59g • 5.76g • 32.04g • 0.2g
	Kokku:	620g	617Kcal	15.49g	25.98g	93.54g
Teisipäev 16.10.2018	<ul style="list-style-type: none"> • Rassolnik • Leib • Kakaokreem • Piim 2.5% (PRIA) • Pirn (PRIA) 	<ul style="list-style-type: none"> • 246g • 30g • 99g • 120g • 100g 	<ul style="list-style-type: none"> • 230Kcal • 67Kcal • 185Kcal • 66Kcal • 48Kcal 	<ul style="list-style-type: none"> • 13.16g • 0.48g • 5.69g • 3g • 0.4g 	<ul style="list-style-type: none"> • 5.23g • 2.1g • 6.94g • 4.08g • 10.6g 	<ul style="list-style-type: none"> • 22.75g • 13.59g • 26.62g • 5.76g • 0.4g
	Kokku:	595g	596Kcal	22.73g	28.95g	69.12g
Kolmapäev 17.10.2018	<ul style="list-style-type: none"> • Kana - ananassipada • Riis keedetud • Leib • Porgandi - maisisalat • Keefir (PRIA) • Õun (PRIA) • Kohuke 	<ul style="list-style-type: none"> • 128g • 180g • 30g • 50g • 120g • 100g • 40g 	<ul style="list-style-type: none"> • 146Kcal • 139Kcal • 67Kcal • 29Kcal • 63Kcal • 44Kcal • 126Kcal 	<ul style="list-style-type: none"> • 5.75g • 0.4g • 0.48g • 0.22g • 3g • 0.36g • 8g 	<ul style="list-style-type: none"> • 7.58g • 2.64g • 2.1g • 0.72g • 3.84g • 9.9g • 3.6g 	<ul style="list-style-type: none"> • 15.93g • 31.12g • 13.59g • 6.04g • 5.04g • 0.2g • 10g
	Kokku:	648g	614Kcal	18.21g	30.38g	81.92g
Neljapäev 18.10.2018	<ul style="list-style-type: none"> • Bors • Mannavaht piimaga • Leib • Piim 2.5% (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 247g • 160g • 30g • 120g • 100g 	<ul style="list-style-type: none"> • 172Kcal • 195Kcal • 67Kcal • 66Kcal • 44Kcal 	<ul style="list-style-type: none"> • 12.45g • 2.22g • 0.48g • 3g • 0.36g 	<ul style="list-style-type: none"> • 4.47g • 4.83g • 2.1g • 4.08g • 9.9g 	<ul style="list-style-type: none"> • 10.58g • 38.92g • 13.59g • 5.76g • 0.2g
	Kokku:	657g	544Kcal	18.51g	25.38g	69.05g
Reede 19.10.2018	<ul style="list-style-type: none"> • Leib • Makaronid hakklhaga • Peedi- õunasalat • Pirn (PRIA) • Morss 	<ul style="list-style-type: none"> • 30g • 223g • 50g • 100g • 150g 	<ul style="list-style-type: none"> • 67Kcal • 484Kcal • 22Kcal • 48Kcal • 15Kcal 	<ul style="list-style-type: none"> • 0.48g • 21.79g • 0.13g • 0.4g • 0g 	<ul style="list-style-type: none"> • 2.1g • 12.71g • 0.57g • 10.6g • 0.01g 	<ul style="list-style-type: none"> • 13.59g • 59.36g • 4.77g • 0.4g • 3.83g
	Kokku:	553g	636Kcal	22.8g	25.99g	81.95g

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