

Grupi Algklassid Nädala menüü

		Lõunasöök				
Retsept		Kaal	Energia	Rasvad	Valgud	Süsivesikud
Esmaspäev 17.12.2018	<ul style="list-style-type: none"> • Stroogonov • Keedetud kartul • Tatar • Kapsa - maisi - porrusalat • Leib • Piim 2.5% (PRIA) • Kondiitrisaiake • Öun (PRIA) 	<ul style="list-style-type: none"> • 125g • 200g • 200g • 50g • 30g • 100g • 100g • 100g 	<ul style="list-style-type: none"> • 107Kcal • 151Kcal • 98Kcal • 22Kcal • 67Kcal • 55Kcal • 64Kcal • 44Kcal 	<ul style="list-style-type: none"> • 5.78g • 0.2g • 0.6g • 0.14g • 0.48g • 2.5g • 0.7g • 0.36g 	<ul style="list-style-type: none"> • 8.02g • 3.18g • 3.33g • 0.78g • 2.1g • 3.4g • 1.6g • 9.9g 	<ul style="list-style-type: none"> • 5.8g • 34.02g • 19.86g • 4.32g • 13.59g • 4.8g • 12.7g • 0.2g
	Kokku:		905g	608Kcal	10.76g	32.31g
Teisipäev 18.12.2018	<ul style="list-style-type: none"> • Hakklihasupp • Kakaokreem • Leib • Öun (PRIA) • Piim 2.5% (PRIA) 	<ul style="list-style-type: none"> • 270g • 150g • 30g • 100g • 100g 	<ul style="list-style-type: none"> • 159Kcal • 233Kcal • 67Kcal • 44Kcal • 55Kcal 	<ul style="list-style-type: none"> • 9.38g • 7.34g • 0.48g • 0.36g • 2.5g 	<ul style="list-style-type: none"> • 8.2g • 9.29g • 2.1g • 9.9g • 3.4g 	<ul style="list-style-type: none"> • 10.34g • 32.39g • 13.59g • 0.2g • 4.8g
	Kokku:		650g	558Kcal	20.06g	32.89g
Kolmapäev 19.12.2018	<ul style="list-style-type: none"> • Kanapilaff • Kapsasalat • Leib • Keefir (PRIA) • Mandariin 	<ul style="list-style-type: none"> • 210g • 51g • 30g • 150g • 100g 	<ul style="list-style-type: none"> • 285Kcal • 48Kcal • 67Kcal • 78Kcal • 45Kcal 	<ul style="list-style-type: none"> • 7.28g • 2.83g • 0.48g • 3.75g • 0.2g 	<ul style="list-style-type: none"> • 11.96g • 0.55g • 2.1g • 4.8g • 0.6g 	<ul style="list-style-type: none"> • 42.95g • 5.18g • 13.59g • 6.3g • 10.2g
	Kokku:		541g	523Kcal	14.54g	20.01g
Neljapäev 20.12.2018	<ul style="list-style-type: none"> • Kana - makaronisupp • Leib • Kohupiimamaius piparkoogi ja apelsiniga • Piim 2.5% (PRIA) • Öun (PRIA) 	<ul style="list-style-type: none"> • 260g • 30g • 100g • 100g • 100g 	<ul style="list-style-type: none"> • 376Kcal • 67Kcal • 152Kcal • 55Kcal • 44Kcal 	<ul style="list-style-type: none"> • 21.56g • 0.48g • 3.37g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 12.77g • 2.1g • 9.42g • 3.4g • 9.9g 	<ul style="list-style-type: none"> • 32.71g • 13.59g • 21.1g • 4.8g • 0.2g
	Kokku:		590g	694Kcal	28.27g	37.59g
Reede 21.12.2018	<ul style="list-style-type: none"> • Posarski kotlet • Keedetud kartul • Valge kaste • Kõrvitsasalat • Piim 2.5% (PRIA) • Leib 	<ul style="list-style-type: none"> • 100g • 200g • 130g • 50g • 100g • 30g 	<ul style="list-style-type: none"> • 233Kcal • 151Kcal • 136Kcal • 73Kcal • 55Kcal • 67Kcal 	<ul style="list-style-type: none"> • 13g • 0.2g • 11.78g • 0.05g • 2.5g • 0.48g 	<ul style="list-style-type: none"> • 14g • 3.18g • 1.14g • 0.35g • 3.4g • 2.1g 	<ul style="list-style-type: none"> • 15g • 34.02g • 6.38g • 17.75g • 4.8g • 13.59g
	Kokku:		610g	715Kcal	28.01g	24.17g

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