

Grupi Algklassid Nädala menüü

	Lõunasöök					
	Retsept	Kaal	Energia	Rasvad	Valgud	Süsivesikud
Esmaspäev 19.11.2018	<ul style="list-style-type: none"> • Sealihahautis • Keedetud kartul • Marineeritud kurk • Leib • Õun (PRIA) • Viinamarjad • Piim 2.5% (PRIA) 	<ul style="list-style-type: none"> • 150g • 200g • 50g • 30g • 100g • 100g • 150g 	<ul style="list-style-type: none"> • 243Kcal • 151Kcal • 13Kcal • 67Kcal • 44Kcal • 75Kcal • 83Kcal 	<ul style="list-style-type: none"> • 20.83g • 0.2g • 0.15g • 0.48g • 0.36g • 0.6g • 3.75g 	<ul style="list-style-type: none"> • 8.22g • 3.18g • 0.45g • 2.1g • 9.9g • 0.7g • 5.1g 	<ul style="list-style-type: none"> • 5.78g • 34.02g • 2.4g • 13.59g • 0.2g • 16.6g • 7.2g
	Kokku:	780g	676Kcal	26.37g	29.65g	79.79g
Teisipäev 20.11.2018	<ul style="list-style-type: none"> • Pelmeenisupp • Pannkoogid • Moos • Piim 2.5% (PRIA) • Leib • Õun (PRIA) 	<ul style="list-style-type: none"> • 300g • 131g • 20g • 150g • 30g • 100g 	<ul style="list-style-type: none"> • 188Kcal • 266Kcal • 34Kcal • 83Kcal • 67Kcal • 44Kcal 	<ul style="list-style-type: none"> • 8.14g • 20.53g • 0g • 3.75g • 0.48g • 0.36g 	<ul style="list-style-type: none"> • 4.95g • 1.35g • 0.06g • 5.1g • 2.1g • 9.9g 	<ul style="list-style-type: none"> • 23.67g • 18.94g • 8.44g • 7.2g • 13.59g • 0.2g
	Kokku:	731g	682Kcal	33.26g	23.46g	72.04g
Kolmapäev 21.11.2018	<ul style="list-style-type: none"> • Ühepajatoit • Leib • Jogurt (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 175g • 30g • 150g • 100g 	<ul style="list-style-type: none"> • 150Kcal • 67Kcal • 79Kcal • 44Kcal 	<ul style="list-style-type: none"> • 5.76g • 0.48g • 3.75g • 0.36g 	<ul style="list-style-type: none"> • 9.74g • 2.1g • 4.95g • 9.9g 	<ul style="list-style-type: none"> • 14.78g • 13.59g • 6.3g • 0.2g
	Kokku:	455g	340Kcal	10.35g	26.69g	34.87g
Neljapäev 22.11.2018	<ul style="list-style-type: none"> • Värskekapsa- viinerisupp • Leib • Mannavaht piimaga • Pirm (PRIA) • Jogurt (PRIA) 	<ul style="list-style-type: none"> • 300g • 30g • 175g • 100g • 100g 	<ul style="list-style-type: none"> • 197Kcal • 67Kcal • 263Kcal • 48Kcal • 53Kcal 	<ul style="list-style-type: none"> • 11.51g • 0.48g • 2.08g • 0.4g • 2.5g 	<ul style="list-style-type: none"> • 8.2g • 2.1g • 3.98g • 10.6g • 3.3g 	<ul style="list-style-type: none"> • 15.05g • 13.59g • 57.11g • 0.4g • 4.2g
	Kokku:	705g	628Kcal	16.97g	28.18g	90.35g
Reede 23.11.2018	<ul style="list-style-type: none"> • Paneeritud kala • Keedetud kartul • Tartar kaste • Leib • Piim 2.5% (PRIA) • Peedi - marineeritud kurgi salat • Küpsis • Morss 	<ul style="list-style-type: none"> • 100g • 200g • 100g • 30g • 100g • 50g • 25g • 150g 	<ul style="list-style-type: none"> • 112Kcal • 151Kcal • 137Kcal • 67Kcal • 55Kcal • 21Kcal • 112Kcal • 16Kcal 	<ul style="list-style-type: none"> • 4.3g • 0.2g • 11.52g • 0.48g • 2.5g • 0.11g • 4.53g • 0g 	<ul style="list-style-type: none"> • 18.2g • 3.18g • 1.39g • 2.1g • 3.4g • 0.73g • 1.93g • 0.01g 	<ul style="list-style-type: none"> • 0g • 34.02g • 6.97g • 13.59g • 4.8g • 4.24g • 15.83g • 3.93g
	Kokku:	755g	671Kcal	23.64g	30.94g	83.38g

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