

Grupi Algklassid Nädala menüü

| | Lõunasöök | | | | | |
|-------------------------|---|---|---|--|--|---|
| | Retsept | Kaal | Energia | Rasvad | Valgud | Süsivesikud |
| Esmaspäev 25.03.2019 | <ul style="list-style-type: none"> • Kanapasta • Leib • Piim 2.5% (PRIA) • Pirm (PRIA) • Peedi - küüslaugusalat | <ul style="list-style-type: none"> • 200g • 30g • 100g • 100g • 50g | <ul style="list-style-type: none"> • 407Kcal • 67Kcal • 55Kcal • 48Kcal • 40Kcal | <ul style="list-style-type: none"> • 5.21g • 0.48g • 2.5g • 0.4g • 1.75g | <ul style="list-style-type: none"> • 20.74g • 2.1g • 3.4g • 10.6g • 0.88g | <ul style="list-style-type: none"> • 69.17g • 13.59g • 4.8g • 0.4g • 5.05g |
| | Kokku: | 480g | 617Kcal | 10.34g | 37.72g | 93.01g |
| Teisipäev 26.03.2019 | <ul style="list-style-type: none"> • Hakklihasupp • Leib • Mannavaht piimaga • Piim 2.5% (PRIA) • Õun (PRIA) | <ul style="list-style-type: none"> • 300g • 30g • 100g • 100g • 100g | <ul style="list-style-type: none"> • 211Kcal • 67Kcal • 110Kcal • 55Kcal • 44Kcal | <ul style="list-style-type: none"> • 12.94g • 0.48g • 1.39g • 2.5g • 0.36g | <ul style="list-style-type: none"> • 12.53g • 2.1g • 2.66g • 3.4g • 9.9g | <ul style="list-style-type: none"> • 11.11g • 13.59g • 21.83g • 4.8g • 0.2g |
| | Kokku: | 630g | 487Kcal | 17.67g | 30.59g | 51.53g |
| Kolmapäev 27.03.2019 | <ul style="list-style-type: none"> • Seene - sealiha - pajaroog • Keedetud kartul • Riis keedetud • Leib • Keefir (PRIA) • Porgandi - ananassisalat • Kohupiimakreem | <ul style="list-style-type: none"> • 200g • 200g • 200g • 30g • 100g • 50g • 50g | <ul style="list-style-type: none"> • 210Kcal • 151Kcal • 208Kcal • 67Kcal • 52Kcal • 23Kcal • 66Kcal | <ul style="list-style-type: none"> • 18.49g • 0.2g • 0.6g • 0.48g • 2.5g • 0.17g • 3g | <ul style="list-style-type: none"> • 8.13g • 3.18g • 3.96g • 2.1g • 3.2g • 0.36g • 3g | <ul style="list-style-type: none"> • 2.82g • 34.02g • 46.68g • 13.59g • 4.2g • 4.93g • 6.75g |
| | Kokku: | 830g | 777Kcal | 25.44g | 23.93g | 112.99g |
| Neljapäev 28.03.2019 | <ul style="list-style-type: none"> • Bors • Leib • Karamellkissell moosiga • Moos • Piim 2.5% (PRIA) • Õun (PRIA) | <ul style="list-style-type: none"> • 300g • 30g • 100g • 20g • 100g • 100g | <ul style="list-style-type: none"> • 204Kcal • 67Kcal • 81Kcal • 34Kcal • 55Kcal • 44Kcal | <ul style="list-style-type: none"> • 12.44g • 0.48g • 1g • 0g • 2.5g • 0.36g | <ul style="list-style-type: none"> • 10.89g • 2.1g • 2.9g • 0.06g • 3.4g • 9.9g | <ul style="list-style-type: none"> • 12.24g • 13.59g • 15g • 8.44g • 4.8g • 0.2g |
| | Kokku: | 650g | 485Kcal | 16.78g | 29.25g | 54.27g |
| Reede 29.03.2019 | <ul style="list-style-type: none"> • Sardell • Keedetud kartul • Hapukapsas • Leib • Piim 2.5% (PRIA) • Smuuti | <ul style="list-style-type: none"> • 150g • 200g • 200g • 30g • 100g • 100g | <ul style="list-style-type: none"> • 359Kcal • 151Kcal • 38Kcal • 67Kcal • 55Kcal • 49Kcal | <ul style="list-style-type: none"> • 28.5g • 0.2g • 0g • 0.48g • 2.5g • 0.46g | <ul style="list-style-type: none"> • 22.5g • 3.18g • 3g • 2.1g • 3.4g • 0.73g | <ul style="list-style-type: none"> • 3g • 34.02g • 6.6g • 13.59g • 4.8g • 10.49g |
| | Kokku: | 780g | 719Kcal | 32.14g | 34.91g | 72.5g |

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