

Grupi Algklassid Nädala menüü

| | Lõunasöök | | | | | |
|-------------------------|---|--|---|---|---|--|
| | Retsept | Kaal | Energia | Rasvad | Valgud | Süsivesikud |
| Esmaspäev 26.11.2018 | <ul style="list-style-type: none"> • Kana - ananassipada • Keedetud kartul • Riis keedetud • Leib • Porgandi - hernesalat • Keefir (PRIA) • Banaan | <ul style="list-style-type: none"> • 151g • 200g • 200g • 30g • 50g • 150g • 100g | <ul style="list-style-type: none"> • 348Kcal • 151Kcal • 208Kcal • 67Kcal • 23Kcal • 78Kcal • 88Kcal | <ul style="list-style-type: none"> • 28.79g • 0.2g • 0.6g • 0.48g • 0.2g • 3.75g • 0.48g | <ul style="list-style-type: none"> • 7.8g • 3.18g • 3.96g • 2.1g • 0.84g • 4.8g • 1g | <ul style="list-style-type: none"> • 14.38g • 34.02g • 46.68g • 13.59g • 4.44g • 6.3g • 20g |
| | Kokku: | 881g | 963Kcal | 34.5g | 23.68g | 139.41g |
| Teisipäev 27.11.2018 | <ul style="list-style-type: none"> • Kodune seljanka • Leib • Kohupiimavaht • Mahlakissell • Piim 2.5% (PRIA) • Õun (PRIA) | <ul style="list-style-type: none"> • 250g • 30g • 75g • 100g • 100g • 100g | <ul style="list-style-type: none"> • 148Kcal • 67Kcal • 106Kcal • 129Kcal • 55Kcal • 44Kcal | <ul style="list-style-type: none"> • 7.83g • 0.48g • 0.78g • 0g • 2.5g • 0.36g | <ul style="list-style-type: none"> • 6.78g • 2.1g • 6.43g • 0.15g • 3.4g • 9.9g | <ul style="list-style-type: none"> • 12.55g • 13.59g • 18.23g • 32.2g • 4.8g • 0.2g |
| | Kokku: | 655g | 549Kcal | 11.95g | 28.76g | 81.57g |
| Kolmapäev 28.11.2018 | <ul style="list-style-type: none"> • Loomalihahautis • Leib • Kapsa - porru - paprikasalat • Piim 2.5% (PRIA) • Õun (PRIA) • Kohupiimakreem | <ul style="list-style-type: none"> • 150g • 30g • 50g • 100g • 100g • 75g | <ul style="list-style-type: none"> • 115Kcal • 67Kcal • 50Kcal • 55Kcal • 44Kcal • 99Kcal | <ul style="list-style-type: none"> • 5.34g • 0.48g • 2.86g • 2.5g • 0.36g • 4.5g | <ul style="list-style-type: none"> • 10.86g • 2.1g • 0.61g • 3.4g • 9.9g • 4.5g | <ul style="list-style-type: none"> • 5.81g • 13.59g • 5.33g • 4.8g • 0.2g • 10.13g |
| | Kokku: | 505g | 430Kcal | 16.04g | 31.37g | 39.86g |
| Neljapäev 29.11.2018 | <ul style="list-style-type: none"> • Hakkliha - makaronisupp • Leib • Kakaokreem • Õun (PRIA) • Piim 2.5% (PRIA) | <ul style="list-style-type: none"> • 250g • 30g • 100g • 100g • 100g | <ul style="list-style-type: none"> • 237Kcal • 67Kcal • 193Kcal • 44Kcal • 55Kcal | <ul style="list-style-type: none"> • 6.65g • 0.48g • 6.22g • 0.36g • 2.5g | <ul style="list-style-type: none"> • 11.37g • 2.1g • 7.5g • 9.9g • 3.4g | <ul style="list-style-type: none"> • 32.99g • 13.59g • 26.79g • 0.2g • 4.8g |
| | Kokku: | 580g | 596Kcal | 16.21g | 34.27g | 78.37g |
| Reede 30.11.2018 | <ul style="list-style-type: none"> • Makaroni - lihapada • Leib • Kapsa - ananassisalat • Keefir (PRIA) • Banaan | <ul style="list-style-type: none"> • 200g • 30g • 50g • 100g • 100g | <ul style="list-style-type: none"> • 426Kcal • 67Kcal • 21Kcal • 52Kcal • 88Kcal | <ul style="list-style-type: none"> • 23.17g • 0.48g • 0.09g • 2.5g • 0.48g | <ul style="list-style-type: none"> • 14.78g • 2.1g • 0.45g • 3.2g • 1g | <ul style="list-style-type: none"> • 39.63g • 13.59g • 4.67g • 4.2g • 20g |
| | Kokku: | 480g | 654Kcal | 26.72g | 21.53g | 82.09g |

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