

Grupi Algklassid Nädala menüü

	Lõunasöök					
	Retsept	Kaal	Energia	Rasvad	Valgud	Süsivesikud
Esmaspäev 28.01.2019	<ul style="list-style-type: none"> • Paneeritud kala • Keedetud kartul • Tartar kaste • Leib • Porgandi - maisisalat • Piim 2.5% (PRIA) • Müslibatoon • Õun (PRIA) 	<ul style="list-style-type: none"> • 100g • 200g • 100g • 30g • 50g • 100g • 40g • 100g 	<ul style="list-style-type: none"> • 112Kcal • 151Kcal • 221Kcal • 67Kcal • 29Kcal • 55Kcal • 183Kcal • 44Kcal 	<ul style="list-style-type: none"> • 4.3g • 0.2g • 20.65g • 0.48g • 0.22g • 2.5g • 9.16g • 0.36g 	<ul style="list-style-type: none"> • 18.2g • 3.18g • 1.29g • 2.1g • 0.72g • 3.4g • 2.2g • 9.9g 	<ul style="list-style-type: none"> • 0g • 34.02g • 7.57g • 13.59g • 6g • 4.8g • 22.88g • 0.2g
	Kokku:	720g	862Kcal	37.87g	40.99g	89.06g
Teisipäev 29.01.2019	<ul style="list-style-type: none"> • Aedviljasupp kanaga • Leib • Marjakissell • Vahukoor • Õun (PRIA) • Piim 2.5% (PRIA) 	<ul style="list-style-type: none"> • 300g • 30g • 100g • 50g • 100g • 100g 	<ul style="list-style-type: none"> • 160Kcal • 67Kcal • 55Kcal • 176Kcal • 44Kcal • 55Kcal 	<ul style="list-style-type: none"> • 5.62g • 0.48g • 0.15g • 14.16g • 0.36g • 2.5g 	<ul style="list-style-type: none"> • 11.37g • 2.1g • 0.3g • 0.89g • 9.9g • 3.4g 	<ul style="list-style-type: none"> • 15.92g • 13.59g • 13.15g • 11.24g • 0.2g • 4.8g
	Kokku:	680g	557Kcal	23.27g	27.96g	58.9g
Kolmapäev 30.01.2019	<ul style="list-style-type: none"> • Kartulipüree • Vorsti - seenekaste • Peedi - küüslaugusalat • Leib • Keefir (PRIA) • Banaan 	<ul style="list-style-type: none"> • 200g • 151g • 50g • 30g • 100g • 100g 	<ul style="list-style-type: none"> • 171Kcal • 101Kcal • 40Kcal • 67Kcal • 52Kcal • 88Kcal 	<ul style="list-style-type: none"> • 3.68g • 2.84g • 1.75g • 0.48g • 2.5g • 0.48g 	<ul style="list-style-type: none"> • 3.51g • 12.01g • 0.88g • 2.1g • 3.2g • 1g 	<ul style="list-style-type: none"> • 30.89g • 6.98g • 5.05g • 13.59g • 4.2g • 20g
	Kokku:	631g	519Kcal	11.73g	22.7g	80.71g
Neljapäev 31.01.2019	<ul style="list-style-type: none"> • Bors • Leib • Pannkoogid • 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 • 201Kcal • 34Kcal • 55Kcal • 44Kcal 	<ul style="list-style-type: none"> • 12.44g • 0.48g • 15.44g • 0g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 10.89g • 2.1g • 1.04g • 0.06g • 3.4g • 9.9g 	<ul style="list-style-type: none"> • 12.24g • 13.59g • 14.51g • 8.44g • 4.8g • 0.2g
	Kokku:	650g	605Kcal	31.22g	27.39g	53.78g

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