

Grupi Algklassid Nädala menüü

	Lõunasöök					
	Retsept	Kaal	Energia	Rasvad	Valgud	Süsivesikud
Esmaspäev 03.12.2018	<ul style="list-style-type: none"> • Plov sealihaga • Leib • Kapsa - porgandisalat majoneesiga • Piim (PRIA) • Piim 2.5% (PRIA) 	<ul style="list-style-type: none"> • 250g • 30g • 50g • 100g • 150g 	<ul style="list-style-type: none"> • 317Kcal • 67Kcal • 25Kcal • 48Kcal • 83Kcal 	<ul style="list-style-type: none"> • 9.3g • 0.48g • 1.22g • 0.4g • 3.75g 	<ul style="list-style-type: none"> • 10.72g • 2.1g • 0.5g • 10.6g • 5.1g 	<ul style="list-style-type: none"> • 47.72g • 13.59g • 3.06g • 0.4g • 7.2g
	Kokku:	580g	540Kcal	15.15g	29.02g	71.97g
Teisipäev 04.12.2018	<ul style="list-style-type: none"> • Frikadellisupp • Leib • Kamavaht • Õun (PRIA) • Piim 2.5% (PRIA) 	<ul style="list-style-type: none"> • 300g • 30g • 150g • 100g • 100g 	<ul style="list-style-type: none"> • 212Kcal • 67Kcal • 231Kcal • 44Kcal • 55Kcal 	<ul style="list-style-type: none"> • 10.51g • 0.48g • 2.93g • 0.36g • 2.5g 	<ul style="list-style-type: none"> • 10.48g • 2.1g • 6.02g • 9.9g • 3.4g 	<ul style="list-style-type: none"> • 18.96g • 13.59g • 45.23g • 0.2g • 4.8g
	Kokku:	680g	609Kcal	16.78g	31.9g	82.78g
Kolmapäev 05.12.2018	<ul style="list-style-type: none"> • Hakklihakaste • Kartulipüree • Leib • Peedi - küüslaugusalat • Küpsis • Keefir (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 100g • 200g • 30g • 50g • 100g • 100g • 100g 	<ul style="list-style-type: none"> • 120Kcal • 171Kcal • 67Kcal • 40Kcal • 447Kcal • 52Kcal • 44Kcal 	<ul style="list-style-type: none"> • 7.04g • 3.68g • 0.48g • 1.75g • 18.1g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 6.96g • 3.51g • 2.1g • 0.88g • 7.71g • 3.2g • 9.9g 	<ul style="list-style-type: none"> • 7.09g • 30.89g • 13.59g • 5.05g • 63.32g • 4.2g • 0.2g
	Kokku:	680g	941Kcal	33.91g	34.26g	124.34g
Neljapäev 06.12.2018	<ul style="list-style-type: none"> • Rassolnik • Leib • Marjakissell • Vahukoor • Õun (PRIA) • Piim 2.5% (PRIA) 	<ul style="list-style-type: none"> • 280g • 30g • 100g • 30g • 100g • 100g 	<ul style="list-style-type: none"> • 168Kcal • 67Kcal • 55Kcal • 109Kcal • 44Kcal • 55Kcal 	<ul style="list-style-type: none"> • 6.93g • 0.48g • 0.15g • 7.16g • 0.36g • 2.5g 	<ul style="list-style-type: none"> • 7.27g • 2.1g • 0.3g • 0.45g • 9.9g • 3.4g 	<ul style="list-style-type: none"> • 19.12g • 13.59g • 13.15g • 10.62g • 0.2g • 4.8g
	Kokku:	640g	498Kcal	17.58g	23.42g	61.48g
Reede 07.12.2018	<ul style="list-style-type: none"> • Guljass • Keedetud kartul • Tatar • Värskekapsa - paprikasalat • Piim 2.5% (PRIA) • Õun (PRIA) • Jäätis 	<ul style="list-style-type: none"> • 125g • 200g • 200g • 50g • 100g • 100g • 70g 	<ul style="list-style-type: none"> • 146Kcal • 151Kcal • 98Kcal • 40Kcal • 55Kcal • 44Kcal • 262Kcal 	<ul style="list-style-type: none"> • 9.85g • 0.2g • 0.6g • 0.6g • 2.5g • 0.36g • 15.4g 	<ul style="list-style-type: none"> • 6.91g • 3.18g • 3.33g • 0.56g • 3.4g • 9.9g • 2.94g 	<ul style="list-style-type: none"> • 7.38g • 34.02g • 19.86g • 8.13g • 4.8g • 0.2g • 28g
	Kokku:	845g	796Kcal	29.51g	30.22g	102.39g

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