

Grupi Algklassid Nädala menüü

	Lõunasöök					
	Retsept	Kaal	Energia	Rasvad	Valgud	Süsivesikud
Esmaspäev 05.11.2018	<ul style="list-style-type: none"> • Kanapilaff • Porgandi - küüslaugusalat majoneesiga • Leib • Piim 2.5% (PRIA) • Pirn (PRIA) 	<ul style="list-style-type: none"> • 235g • 50g • 30g • 100g • 100g 	<ul style="list-style-type: none"> • 367Kcal • 32Kcal • 67Kcal • 55Kcal • 48Kcal 	<ul style="list-style-type: none"> • 5.45g • 1.61g • 0.48g • 2.5g • 0.4g 	<ul style="list-style-type: none"> • 13.61g • 0.43g • 2.1g • 3.4g • 10.6g 	<ul style="list-style-type: none"> • 65.92g • 4.04g • 13.59g • 4.8g • 0.4g
	Kokku:	515g	569Kcal	10.44g	30.14g	88.75g
Teisipäev 06.11.2018	<ul style="list-style-type: none"> • Hakklihasupp • Mustikakissell vaniljevahuga • Leib • Õun (PRIA) • Piim 2.5% (PRIA) 	<ul style="list-style-type: none"> • 300g • 150g • 30g • 100g • 100g 	<ul style="list-style-type: none"> • 159Kcal • 106Kcal • 67Kcal • 44Kcal • 55Kcal 	<ul style="list-style-type: none"> • 8.38g • 0.78g • 0.48g • 0.36g • 2.5g 	<ul style="list-style-type: none"> • 7.42g • 1.53g • 2.1g • 9.9g • 3.4g 	<ul style="list-style-type: none"> • 13.4g • 23.29g • 13.59g • 0.2g • 4.8g
	Kokku:	680g	431Kcal	12.5g	24.35g	55.28g
Kolmapäev 07.11.2018	<ul style="list-style-type: none"> • Stroogonov • Keedetud kartul • Tatar • Õun (PRIA) • Peedi - marineeritud kurgi salat • Keefir (PRIA) • Jogurt (topsi) 	<ul style="list-style-type: none"> • 130g • 200g • 200g • 100g • 50g • 100g • 50g 	<ul style="list-style-type: none"> • 116Kcal • 151Kcal • 98Kcal • 44Kcal • 21Kcal • 52Kcal • 146Kcal 	<ul style="list-style-type: none"> • 6.28g • 0.2g • 0.6g • 0.36g • 0.11g • 2.5g • 1.25g 	<ul style="list-style-type: none"> • 8.71g • 3.18g • 3.33g • 9.9g • 0.73g • 3.2g • 22.25g 	<ul style="list-style-type: none"> • 6.26g • 34.01g • 19.86g • 0.2g • 4.24g • 4.2g • 11.5g
	Kokku:	830g	628Kcal	11.3g	51.3g	80.27g
Neljapäev 08.11.2018	<ul style="list-style-type: none"> • Rassolnik • Kakaokreem • Leib • Piim 2.5% (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 300g • 125g • 30g • 100g • 100g 	<ul style="list-style-type: none"> • 211Kcal • 213Kcal • 67Kcal • 55Kcal • 44Kcal 	<ul style="list-style-type: none"> • 8.75g • 6.75g • 0.48g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 7.88g • 8.36g • 2.1g • 3.4g • 9.9g 	<ul style="list-style-type: none"> • 25.16g • 29.74g • 13.59g • 4.8g • 0.2g
	Kokku:	655g	590Kcal	18.84g	31.64g	73.49g
Reede 09.11.2018	<ul style="list-style-type: none"> • Hakklihakaste • Kartulipüree • Peedi - küüslaugusalat • Keefir (PRIA) • Õun (PRIA) • Kohuke 	<ul style="list-style-type: none"> • 130g • 200g • 50g • 100g • 100g • 43g 	<ul style="list-style-type: none"> • 104Kcal • 172Kcal • 39Kcal • 52Kcal • 44Kcal • 137Kcal 	<ul style="list-style-type: none"> • 5.55g • 3.81g • 1.68g • 2.5g • 0.36g • 8.7g 	<ul style="list-style-type: none"> • 5.32g • 3.51g • 0.89g • 3.2g • 9.9g • 3.91g 	<ul style="list-style-type: none"> • 8.25g • 30.92g • 5.08g • 4.2g • 0.2g • 10.87g
	Kokku:	623g	548Kcal	22.6g	26.73g	59.52g

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