

Grupi Algklassid Nädala menüü

	Lõunasöök					
	Retsept	Kaal	Energia	Rasvad	Valgud	Süsivesikud
Esmaspäev 08.04.2019	<ul style="list-style-type: none"> • Kanakaste • Riis keedetud • Keedetud kartul • Leib • Piim 2.5% (PRIA) • Öun (PRIA) • Värskekapsa - kurgisalat 	<ul style="list-style-type: none"> • 150g • 200g • 200g • 30g • 100g • 100g • 50g 	<ul style="list-style-type: none"> • 169Kcal • 208Kcal • 151Kcal • 67Kcal • 55Kcal • 44Kcal • 10Kcal 	<ul style="list-style-type: none"> • 11.07g • 0.6g • 0.2g • 0.48g • 2.5g • 0.36g • 0.08g 	<ul style="list-style-type: none"> • 11.81g • 3.96g • 3.18g • 2.1g • 3.4g • 9.9g • 0.45g 	<ul style="list-style-type: none"> • 5.63g • 46.68g • 34.03g • 13.59g • 4.8g • 0.2g • 1.98g
	Kokku:	830g	704Kcal	15.29g	34.8g	106.91g
Teisipäev 09.04.2019	<ul style="list-style-type: none"> • Frikadellisupp • Leib • Piimakissell • Moos • Piim 2.5% (PRIA) 	<ul style="list-style-type: none"> • 300g • 30g • 100g • 20g • 100g 	<ul style="list-style-type: none"> • 210Kcal • 67Kcal • 95Kcal • 34Kcal • 55Kcal 	<ul style="list-style-type: none"> • 10.25g • 0.48g • 2.2g • 0g • 2.5g 	<ul style="list-style-type: none"> • 10.48g • 2.1g • 2.9g • 0.06g • 3.4g 	<ul style="list-style-type: none"> • 19g • 13.59g • 16g • 8.44g • 4.8g
	Kokku:	550g	461Kcal	15.43g	18.94g	61.83g
Kolmapäev 10.04.2019	<ul style="list-style-type: none"> • Makaronid hakklilhaga • Leib • Porgandisalat • Viinamarjad • Keefir (PRIA) 	<ul style="list-style-type: none"> • 250g • 30g • 50g • 100g • 100g 	<ul style="list-style-type: none"> • 504Kcal • 67Kcal • 19Kcal • 75Kcal • 52Kcal 	<ul style="list-style-type: none"> • 25.46g • 0.48g • 0.2g • 0.6g • 2.5g 	<ul style="list-style-type: none"> • 17.21g • 2.1g • 0.4g • 0.7g • 3.2g 	<ul style="list-style-type: none"> • 51.6g • 13.59g • 3.85g • 16.6g • 4.2g
	Kokku:	530g	717Kcal	29.24g	23.61g	89.84g
Neljapäev 11.04.2019	<ul style="list-style-type: none"> • Hakklisupp • Leib • Jogurti - küpsisemaius kakaoga • Öun (PRIA) • Piim 2.5% (PRIA) 	<ul style="list-style-type: none"> • 300g • 30g • 100g • 100g • 100g 	<ul style="list-style-type: none"> • 212Kcal • 67Kcal • 151Kcal • 44Kcal • 55Kcal 	<ul style="list-style-type: none"> • 13.05g • 0.48g • 4.25g • 0.36g • 2.5g 	<ul style="list-style-type: none"> • 12.53g • 2.1g • 3.85g • 9.9g • 3.4g 	<ul style="list-style-type: none"> • 11.1g • 13.59g • 24.46g • 0.2g • 4.8g
	Kokku:	630g	529Kcal	20.64g	31.78g	54.15g
Reede 12.04.2019	<ul style="list-style-type: none"> • Paneeritud kala • Keedetud kartul • Leib • Tartar kaste • Peedisalat • Keefir (PRIA) • Mahlatarretis • Pirn (PRIA) 	<ul style="list-style-type: none"> • 100g • 200g • 30g • 150g • 50g • 100g • 100g • 100g 	<ul style="list-style-type: none"> • 230Kcal • 151Kcal • 67Kcal • 249Kcal • 23Kcal • 52Kcal • 62Kcal • 48Kcal 	<ul style="list-style-type: none"> • 18.66g • 0.2g • 0.48g • 21.35g • 0.1g • 2.5g • 0g • 0.4g 	<ul style="list-style-type: none"> • 15.55g • 3.18g • 2.1g • 2.47g • 0.8g • 3.2g • 1.9g • 10.6g 	<ul style="list-style-type: none"> • 0g • 34.03g • 13.59g • 11.74g • 4.7g • 4.2g • 13.5g • 0.4g
	Kokku:	830g	882Kcal	43.69g	39.8g	82.16g

Print