

Grupi Algklassid Nädala menüü

	Lõunasöök					
	Retsept	Kaal	Energia	Rasvad	Valgud	Süsivesikud
Esmaspäev 09.09.2019	<ul style="list-style-type: none"> • Plov sealihaga • Leib • Värskekapsa - kurgisalat • Pirm (PRIA) • Jogurt (PRIA) 	<ul style="list-style-type: none"> • 250g • 30g • 50g • 100g • 100g 	<ul style="list-style-type: none"> • 316Kcal • 67Kcal • 10Kcal • 48Kcal • 53Kcal 	<ul style="list-style-type: none"> • 9.21g • 0.48g • 0.08g • 0.4g • 2.5g 	<ul style="list-style-type: none"> • 10.67g • 2.1g • 0.45g • 10.6g • 3.3g 	<ul style="list-style-type: none"> • 47.59g • 13.59g • 1.98g • 0.4g • 4.2g
	Kokku:	530g	494Kcal	12.67g	27.12g	67.76g
Teisipäev 10.09.2019	<ul style="list-style-type: none"> • Hernesupp • Leib • Kamavaht • Marjad • Piim 2.5% (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 250g • 30g • 100g • 50g • 100g • 100g 	<ul style="list-style-type: none"> • 314Kcal • 67Kcal • 134Kcal • 18Kcal • 55Kcal • 44Kcal 	<ul style="list-style-type: none"> • 10.64g • 0.48g • 2.18g • 0.15g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 18.67g • 2.1g • 3.86g • 0.25g • 3.4g • 9.9g 	<ul style="list-style-type: none"> • 35.83g • 13.59g • 24.75g • 4g • 4.8g • 0.2g
	Kokku:	630g	632Kcal	16.31g	38.18g	83.17g
Kolmapäev 11.09.2019	<ul style="list-style-type: none"> • Värskekapsa - hakklihahautis • Keedetud kartul • Leib • Piim 2.5% (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 250g • 200g • 30g • 100g • 100g 	<ul style="list-style-type: none"> • 253Kcal • 151Kcal • 67Kcal • 55Kcal • 44Kcal 	<ul style="list-style-type: none"> • 15.35g • 0.2g • 0.48g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 19.75g • 3.18g • 2.1g • 3.4g • 9.9g 	<ul style="list-style-type: none"> • 9.06g • 34.04g • 13.59g • 4.8g • 0.2g
	Kokku:	680g	570Kcal	18.89g	38.33g	61.69g
Neljapäev 12.09.2019	<ul style="list-style-type: none"> • Bors • Leib • Marjakissell • Kohupiimavaht • Õun (PRIA) • Keefir (PRIA) 	<ul style="list-style-type: none"> • 300g • 30g • 100g • 100g • 100g • 100g 	<ul style="list-style-type: none"> • 202Kcal • 67Kcal • 55Kcal • 194Kcal • 44Kcal • 52Kcal 	<ul style="list-style-type: none"> • 12.11g • 0.48g • 0.15g • 5.23g • 0.36g • 2.5g 	<ul style="list-style-type: none"> • 10.89g • 2.1g • 0.3g • 5.71g • 9.9g • 3.2g 	<ul style="list-style-type: none"> • 12.3g • 13.59g • 13.15g • 31.06g • 0.2g • 4.2g
	Kokku:	730g	614Kcal	20.83g	32.1g	74.5g
Reede 13.09.2019	<ul style="list-style-type: none"> • Kõrvitsarisotto • Leib • Piim 2.5% (PRIA) • Kapsasalat • Õun (PRIA) 	<ul style="list-style-type: none"> • 250g • 30g • 100g • 50g • 100g 	<ul style="list-style-type: none"> • 298Kcal • 67Kcal • 55Kcal • 45Kcal • 44Kcal 	<ul style="list-style-type: none"> • 0.92g • 0.48g • 2.5g • 2.6g • 0.36g 	<ul style="list-style-type: none"> • 5.78g • 2.1g • 3.4g • 0.54g • 9.9g 	<ul style="list-style-type: none"> • 66.62g • 13.59g • 4.8g • 4.93g • 0.2g
	Kokku:	530g	509Kcal	6.86g	21.72g	90.14g

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