

Grupi Algklassid Nädala menüü

	Lõunasöök						
	Retsept	Kaal	Energia	Rasvad	Valgud	Süsivesikud (Va kiudained)	Kiudained
Esmaspäev 03.02.2020	<ul style="list-style-type: none"> • Hakklihakaste • Kartulipüree • Tatar • Peedi - küüslaugusalat • Leib • Piim 2.5% (PRIA) • Banaan 	<ul style="list-style-type: none"> • 150g • 200g • 200g • 50g • 30g • 100g • 80g 	<ul style="list-style-type: none"> • 228Kcal • 180Kcal • 98Kcal • 38Kcal • 67Kcal • 55Kcal • 71Kcal 	<ul style="list-style-type: none"> • 17.49g • 4.68g • 0.6g • 1.62g • 0.48g • 2.5g • 0.38g 	<ul style="list-style-type: none"> • 9.02g • 3.51g • 3.33g • 0.88g • 2.1g • 3.4g • 0.8g 	<ul style="list-style-type: none"> • 8.51g • 30.91g • 19.86g • 5.03g • 13.59g • 4.8g • 16g 	<ul style="list-style-type: none"> • 0g • 0g • 0g • 0g • 0g • 0g • 0g
	Kokku:	810g	737Kcal	27.75g	23.04g	98.7g	0g
Teisipäev 04.02.2020	<ul style="list-style-type: none"> • Minestrone • Leib • Marjakissell • Vahukoor • Piim 2.5% (PRIA) • Pirm (PRIA) • Kirsstomat (PRIA) 	<ul style="list-style-type: none"> • 300g • 30g • 100g • 50g • 100g • 80g • 80g 	<ul style="list-style-type: none"> • 197Kcal • 67Kcal • 55Kcal • 176Kcal • 55Kcal • 38Kcal • 16Kcal 	<ul style="list-style-type: none"> • 6.32g • 0.48g • 0.15g • 14.12g • 2.5g • 0.32g • 0.17g 	<ul style="list-style-type: none"> • 5.71g • 2.1g • 0.3g • 0.89g • 3.4g • 8.48g • 0.56g 	<ul style="list-style-type: none"> • 29.33g • 13.59g • 13.15g • 11.24g • 4.8g • 0.32g • 2.96g 	<ul style="list-style-type: none"> • 0g • 0g • 0g • 0g • 0g • 0g • 0g
	Kokku:	740g	604Kcal	24.06g	21.44g	75.39g	0g
Kolmapäev 05.02.2020	<ul style="list-style-type: none"> • Kanapasta • Leib • Keefir (PRIA) • Kapsasalat • Kaalikas (PRIA) • Värske kurk (PRIA) 	<ul style="list-style-type: none"> • 250g • 30g • 100g • 50g • 80g • 80g 	<ul style="list-style-type: none"> • 480Kcal • 67Kcal • 52Kcal • 45Kcal • 24Kcal • 11Kcal 	<ul style="list-style-type: none"> • 6.36g • 0.48g • 2.5g • 2.6g • 0.16g • 0.08g 	<ul style="list-style-type: none"> • 25.25g • 2.1g • 3.2g • 0.54g • 0.56g • 0.56g 	<ul style="list-style-type: none"> • 80.39g • 13.59g • 4.2g • 4.93g • 5.12g • 2g 	<ul style="list-style-type: none"> • 0g • 0g • 0g • 0g • 0g • 0g
	Kokku:	590g	679Kcal	12.18g	32.21g	110.23g	0g
Neljapäev 06.02.2020	<ul style="list-style-type: none"> • Kalaseljanka • Leib • Tutti-frutti magustoit • Piim 2.5% (PRIA) • Õun (PRIA) • Viinamarjad 	<ul style="list-style-type: none"> • 300g • 30g • 104g • 100g • 80g • 80g 	<ul style="list-style-type: none"> • 108Kcal • 67Kcal • 330Kcal • 55Kcal • 35Kcal • 60Kcal 	<ul style="list-style-type: none"> • 2.34g • 0.48g • 21.19g • 2.5g • 0.29g • 0.48g 	<ul style="list-style-type: none"> • 10.54g • 2.1g • 3.69g • 3.4g • 7.92g • 0.56g 	<ul style="list-style-type: none"> • 11.23g • 13.59g • 31.14g • 4.8g • 0.16g • 13.28g 	<ul style="list-style-type: none"> • 0g • 0g • 0g • 0g • 0g • 0g
	Kokku:	694g	655Kcal	27.28g	28.21g	74.2g	0g
Reede 07.02.2020	<ul style="list-style-type: none"> • Ühepajatoit • Leib • Jogurt (PRIA) • Arbuus 	<ul style="list-style-type: none"> • 300g • 30g • 100g • 80g 	<ul style="list-style-type: none"> • 262Kcal • 67Kcal • 53Kcal • 23Kcal 	<ul style="list-style-type: none"> • 14.52g • 0.48g • 2.5g • 0.08g 	<ul style="list-style-type: none"> • 15.78g • 2.1g • 3.3g • 0.48g 	<ul style="list-style-type: none"> • 17.1g • 13.59g • 4.2g • 4.97g 	<ul style="list-style-type: none"> • 0g • 0g • 0g • 0g
	Kokku:	510g	405Kcal	17.58g	21.66g	39.86g	0g

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