

Grupi Algklassid Nädala menüü

	Lõunasöök					
	Retsept	Kaal	Energia	Rasvad	Valgud	Süsivesikud
Esmaspäev 23.09.2019	<ul style="list-style-type: none"> • Kana - ananassipada • Riis keedetud • Keedetud kartul • Leib • Piim 2.5% (PRIA) • Värskekapsa - porgandisalat • Õun (PRIA) 	<ul style="list-style-type: none"> • 151g • 200g • 200g • 30g • 100g • 50g • 100g 	<ul style="list-style-type: none"> • 178Kcal • 208Kcal • 151Kcal • 67Kcal • 55Kcal • 59Kcal • 44Kcal 	<ul style="list-style-type: none"> • 9.98g • 0.6g • 0.2g • 0.48g • 2.5g • 5.13g • 0.36g 	<ul style="list-style-type: none"> • 7.76g • 3.96g • 3.18g • 2.1g • 3.4g • 0.44g • 9.9g 	<ul style="list-style-type: none"> • 14.34g • 46.68g • 34.04g • 13.59g • 4.8g • 2.89g • 0.2g
	Kokku:	831g	762Kcal	19.25g	30.74g	116.54g
Teisipäev 24.09.2019	<ul style="list-style-type: none"> • Kodune seljanka • Leib • Kohupiimavaht • Mahlakissell • Piim 2.5% (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 300g • 30g • 100g • 100g • 100g • 100g 	<ul style="list-style-type: none"> • 221Kcal • 67Kcal • 194Kcal • 129Kcal • 55Kcal • 44Kcal 	<ul style="list-style-type: none"> • 11.87g • 0.48g • 5.23g • 0g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 15.46g • 2.1g • 5.71g • 0.15g • 3.4g • 9.9g 	<ul style="list-style-type: none"> • 13.13g • 13.59g • 31.06g • 32.11g • 4.8g • 0.2g
	Kokku:	730g	710Kcal	20.44g	36.72g	94.89g
Kolmapäev 25.09.2019	<ul style="list-style-type: none"> • Loomalihahautis • Keedetud kartul • Leib • Peedi - küüslaugusalat • Keefir (PRIA) • Porgand (PRIA) 	<ul style="list-style-type: none"> • 150g • 200g • 30g • 50g • 100g • 100g 	<ul style="list-style-type: none"> • 164Kcal • 151Kcal • 67Kcal • 38Kcal • 52Kcal • 36Kcal 	<ul style="list-style-type: none"> • 8.41g • 0.2g • 0.48g • 1.62g • 2.5g • 0.2g 	<ul style="list-style-type: none"> • 21.31g • 3.18g • 2.1g • 0.88g • 3.2g • 1.1g 	<ul style="list-style-type: none"> • 0.77g • 34.04g • 13.59g • 5.03g • 4.2g • 7.4g
	Kokku:	630g	508Kcal	13.41g	31.77g	65.03g
Neljapäev 26.09.2019	<ul style="list-style-type: none"> • Hakkliha - makaronisupp • Leib • Kakaokreem • Piim 2.5% (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 250g • 30g • 100g • 100g • 100g 	<ul style="list-style-type: none"> • 236Kcal • 67Kcal • 154Kcal • 55Kcal • 44Kcal 	<ul style="list-style-type: none"> • 6.56g • 0.48g • 4.86g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 11.27g • 2.1g • 6.15g • 3.4g • 9.9g 	<ul style="list-style-type: none"> • 33.09g • 13.59g • 21.45g • 4.8g • 0.2g
	Kokku:	580g	556Kcal	14.76g	32.82g	73.13g
Reede 27.09.2019	<ul style="list-style-type: none"> • Singipasta • Leib • Jogurt (PRIA) • Pirm (PRIA) • Kapsa - ananassisalat 	<ul style="list-style-type: none"> • 250g • 30g • 100g • 100g • 50g 	<ul style="list-style-type: none"> • 367Kcal • 67Kcal • 53Kcal • 48Kcal • 21Kcal 	<ul style="list-style-type: none"> • 9.01g • 0.48g • 2.5g • 0.4g • 0.09g 	<ul style="list-style-type: none"> • 22.41g • 2.1g • 3.3g • 10.6g • 0.45g 	<ul style="list-style-type: none"> • 49.13g • 13.59g • 4.2g • 0.4g • 4.67g
	Kokku:	530g	556Kcal	12.48g	38.86g	71.99g

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