

Grupi Vanalinna põhikool Nädala menüü

	Lõunasöök					
	Retsept	Kaal	Energia	Rasvad	Valgud	Süsivesikud
Esmaspäev 25.03.2019	<ul style="list-style-type: none"> • Stroogonov • Keedetud kartul • Värskekapsa - kurgisalat • Piim 2.5% (PRIA) • Leib • Porgand (PRIA) 	<ul style="list-style-type: none"> • 200g • 200g • 50g • 150g • 30g • 100g 	<ul style="list-style-type: none"> • 209Kcal • 151Kcal • 10Kcal • 83Kcal • 67Kcal • 36Kcal 	<ul style="list-style-type: none"> • 12.15g • 0.2g • 0.08g • 3.76g • 0.48g • 0.2g 	<ul style="list-style-type: none"> • 16.47g • 3.19g • 0.45g • 5.11g • 2.09g • 1.1g 	<ul style="list-style-type: none"> • 8.32g • 34.04g • 1.98g • 7.21g • 13.53g • 7.4g
	Kokku:	730g	556Kcal	16.87g	28.41g	72.48g
Teisipäev 26.03.2019	<ul style="list-style-type: none"> • Hakklisupp • Mahlakissell • Rullbiskviit • Keefir (PRIA) • Leib • Õun (PRIA) 	<ul style="list-style-type: none"> • 299g • 100g • 100g • 150g • 30g • 100g 	<ul style="list-style-type: none"> • 210Kcal • 129Kcal • 303Kcal • 78Kcal • 67Kcal • 44Kcal 	<ul style="list-style-type: none"> • 12.81g • 0g • 13g • 3.76g • 0.48g • 0.36g 	<ul style="list-style-type: none"> • 12.51g • 0.14g • 3.9g • 4.81g • 2.09g • 9.9g 	<ul style="list-style-type: none"> • 11.09g • 32.04g • 42.5g • 6.31g • 13.53g • 0.2g
	Kokku:	779g	831Kcal	30.41g	33.35g	105.67g
Kolmapäev 27.03.2019	<ul style="list-style-type: none"> • Kanasnitsel • Keedetud kartul • Valge kaste • Piim 2.5% (PRIA) • Leib • Punasekapsa - porgandisalat 	<ul style="list-style-type: none"> • 134g • 200g • 173g • 150g • 30g • 50g 	<ul style="list-style-type: none"> • 297Kcal • 151Kcal • 179Kcal • 83Kcal • 67Kcal • 15Kcal 	<ul style="list-style-type: none"> • 18.7g • 0.2g • 14.58g • 3.76g • 0.48g • 0.12g 	<ul style="list-style-type: none"> • 18.7g • 3.19g • 1.77g • 5.11g • 2.09g • 0.66g 	<ul style="list-style-type: none"> • 13.36g • 34.04g • 10.19g • 7.21g • 13.53g • 2.85g
	Kokku:	737g	792Kcal	37.84g	31.52g	81.18g
Neljapäev 28.03.2019	<ul style="list-style-type: none"> • Kalasupp • Kakaokreem • Leib • Piim 2.5% (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 300g • 150g • 30g • 150g • 100g 	<ul style="list-style-type: none"> • 206Kcal • 231Kcal • 67Kcal • 83Kcal • 44Kcal 	<ul style="list-style-type: none"> • 13.28g • 7.25g • 0.48g • 3.76g • 0.36g 	<ul style="list-style-type: none"> • 14.41g • 9.18g • 2.09g • 5.11g • 9.9g 	<ul style="list-style-type: none"> • 7.28g • 32.25g • 13.53g • 7.21g • 0.2g
	Kokku:	730g	631Kcal	25.13g	40.69g	60.47g
Reede 29.03.2019	<ul style="list-style-type: none"> • Makaronid hakklhaga • Marineeritud kurk • Leib • Jogurt (PRIA) 	<ul style="list-style-type: none"> • 301g • 50g • 30g • 150g 	<ul style="list-style-type: none"> • 605Kcal • 13Kcal • 67Kcal • 79Kcal 	<ul style="list-style-type: none"> • 30.47g • 0.15g • 0.48g • 3.76g 	<ul style="list-style-type: none"> • 20.67g • 0.45g • 2.09g • 4.96g 	<ul style="list-style-type: none"> • 62.04g • 2.4g • 13.53g • 6.31g
	Kokku:	531g	764Kcal	34.86g	28.17g	84.28g

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