

Hommikusöögi menüü 10.06.2024-14.06.2024

Dussmann

FOOD SERVICES

Esmaspäev

| | Kogus, g | Energia, kcal | Süsivesikud, g | Rasvad, g | Valgud, g |
|------------------------|----------|---------------|----------------|--------------|--------------|
| Riisipuder | 250.00 | 320.00 | 33.25 | 7.55 | 9.75 |
| Piim/keefir | 100.00 | 54.50 | 4.75 | 2.55 | 3.25 |
| Moos | 40.00 | 67.20 | 16.36 | 0.00 | 0.12 |
| Toidukord kokku | | 441.70 | 54.36 | 10.10 | 13.12 |

Teisipäev

| | Kogus, g | Energia, kcal | Süsivesikud, g | Rasvad, g | Valgud, g |
|------------------------|----------|---------------|----------------|--------------|--------------|
| Rukkihelbepuder | 250.00 | 310.00 | 35.50 | 11.98 | 11.83 |
| Piim/keefir | 100.00 | 54.50 | 4.75 | 2.55 | 3.25 |
| Moos | 40.00 | 67.20 | 16.36 | 0.00 | 0.12 |
| Toidukord kokku | | 431.70 | 56.61 | 14.53 | 15.20 |

Kolmapäev

| | Kogus, g | Energia, kcal | Süsivesikud, g | Rasvad, g | Valgud, g |
|------------------------|----------|---------------|----------------|--------------|--------------|
| Masimannapuder | 250.00 | 358.75 | 40.75 | 17.25 | 11.15 |
| Piim/keefir | 100.00 | 54.50 | 4.75 | 2.55 | 3.25 |
| Moos | 40.00 | 67.20 | 16.36 | 0.00 | 0.12 |
| Toidukord kokku | | 480.45 | 61.86 | 19.80 | 14.52 |

Neljapäev

| | Kogus, g | Energia, kcal | Süsivesikud, g | Rasvad, g | Valgud, g |
|------------------------|----------|---------------|----------------|--------------|--------------|
| Kaerahelbepuder | 250.00 | 310.00 | 38.75 | 9.65 | 13.90 |
| Piim/keefir | 100.00 | 54.50 | 4.75 | 2.55 | 3.25 |
| Moos | 40.00 | 67.20 | 16.36 | 0.00 | 0.12 |
| Toidukord kokku | | 431.70 | 59.86 | 12.20 | 17.27 |

Reede

| | Kogus, g | Energia, kcal | Süsivesikud, g | Rasvad, g | Valgud, g |
|---------------------------------|----------|---------------|----------------|--------------|--------------|
| Odrahelbepuder/päevalillseemned | 250.00 | 402.50 | 39.50 | 15.83 | 14.70 |
| Piim/keefir | 100.00 | 54.50 | 4.75 | 2.55 | 3.25 |
| Moos | 40.00 | 67.20 | 16.36 | 0.00 | 0.12 |
| Toidukord kokku | | 524.20 | 60.61 | 18.38 | 18.07 |

NÄDALA KESKMINE KOKKU:

| | | | | | |
|--|--|---------------|--------------|--------------|--------------|
| | | 461.95 | 58.66 | 15.00 | 15.64 |
|--|--|---------------|--------------|--------------|--------------|

Menüü kaloraaž on arvestatud I vanuseastmele.