

Hommikusöögi menüü 9.12.2024-13.12.2024

Dussmann
FOOD SERVICES

Esmaspäev

| | Kogus, g | Energia, kcal | Süsivesikud, g | Rasvad, g | Valgud, g |
|------------------------|----------|---------------|----------------|-------------|-------------|
| Mannapuder | 250.00 | 292.50 | 53.25 | 5.78 | 6.15 |
| 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 | | 414.20 | 74.36 | 8.33 | 9.52 |

Teisipäev

| | Kogus, g | Energia, kcal | Süsivesikud, g | Rasvad, g | Valgud, g |
|--------------------------|----------|---------------|----------------|--------------|-------------|
| 7-viljapuder/linaseemned | 250.00 | 312.50 | 38.00 | 11.90 | 6.05 |
| 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 | | 434.20 | 59.11 | 14.45 | 9.42 |

Kolmapäev

| | Kogus, g | Energia, kcal | Süsivesikud, g | Rasvad, g | Valgud, g |
|------------------------|----------|---------------|----------------|--------------|--------------|
| Hirsipuder | 250.00 | 351.25 | 48.50 | 12.01 | 12.43 |
| 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 | | 472.95 | 69.61 | 14.56 | 15.80 |

Neljapäev

| | Kogus, g | Energia, kcal | Süsivesikud, g | Rasvad, g | Valgud, g |
|------------------------|----------|---------------|----------------|--------------|--------------|
| Tatrapuder | 250.00 | 199.50 | 37.75 | 1.25 | 7.45 |
| Piim/keefir | 100.00 | 54.50 | 4.75 | 2.55 | 3.25 |
| Või 82% | 20.00 | 148.80 | 8.18 | 16.40 | 0.06 |
| Toidukord kokku | | 402.80 | 50.68 | 20.20 | 10.76 |

Reede

| | Kogus, g | Energia, kcal | Süsivesikud, g | Rasvad, g | Valgud, g |
|------------------------------------|----------|---------------|----------------|--------------|--------------|
| 4-viljahelbepuder/päevaliliseemned | 250.00 | 390.25 | 39.50 | 14.83 | 15.70 |
| 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 | | 511.95 | 60.61 | 17.38 | 19.07 |
| NÄDALA KESKMINE KOKKU: | | 447.22 | 62.87 | 14.98 | 12.91 |

Menüü kaloraaz on arvestatud I vanuseastmele.