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|---|---|----------------|-----------------|----------------|----------------|------------------|--------------------|-----------------|---|
| | | | | Dagens lätta | | | | |  |
| | Basvecka 1 Fredag | | | Veg | | | | | |
| | | | | Skonkost | | | | | |
| | PROTEIN | Storlek | NNR-kost | A-kost | E-kost | Grov paté | Proteinred. | Fettred. | |
| L | Panerad hoki á 110g | 12MJ | 1.5 st | 1.5 st | 100 g | x | x | x | |
| | | 9MJ | 1st | 1 st | 1 st | x | 65 g | 110 g | |
| | | 7MJ | 1 st | 1 st | 0.5 st | x | x | x | |
| | | 5MJ | 0.5 st | x | x | x | x | x | |
| L | Dansk remouladsås | 12MJ | 1 dl | 1 dl | 0.75 dl | x | x | x | |
| | <i>(Fettreducerad: gräddfilsremoulad)</i> | 9MJ | 0.75 dl | 0.75 dl | 0.5 dl | x | 30 g | 100 g | |
| | | 7MJ | 0.5 dl | 0.5 dl | 0.5 dl | x | x | x | |
| | | 5MJ | 0.3 dl | x | x | x | x | x | |
| L | Fläskgryta, äpple, rosmarin | 12MJ | 2 dl | 2.25 dl | 1.5 dl | x | x | x | |
| | | 9MJ | 1.75 dl | 2 dl | 1.25 dl | x | x | x | |
| | | 7MJ | 1.25 dl | 1.5 dl | 1 dl | x | x | x | |
| | | 5MJ | 1 dl | x | x | x | x | x | |
| L | Böngryta, äpple, rosmarin | 12MJ | x | 2.25 dl | x | x | x | x | |
| | | 9MJ | x | 2 dl | x | x | x | x | |
| | | 7MJ | x | 1.5 dl | x | x | x | x | |
| | | 5MJ | x | x | x | x | x | x | |
| M | Ugnsbakad frukostkorv | 12MJ | 1.5 st | 1.5 st | 1 st | 1.5 st | x | x | |
| | | 9MJ | 1 st | 1 st | 0.5 st | 1 st | 0.5 st | x | |
| | | 7MJ | 1 st | 1 st | 0.5 st | 1 st | x | x | |
| | | 5MJ | 0.5 st | x | x | x | x | x | |
| M | Pepparrotssås | 12MJ | 1.25 dl | 1.25 dl | 1.25 dl | 1.25 dl | x | x | |
| | | 9MJ | 1 dl | 1 dl | 1 dl | 1 dl | 1 dl | x | |
| | | 7MJ | 0.75 dl | 0.75 dl | 0.75 dl | 0.75 dl | x | x | |
| | | 5MJ | 0.5 dl | x | x | x | x | x | |
| M | Chilikräm | 12MJ | 0.75 dl | x | x | x | x | x | |
| | <i>(Barnkost)</i> | 9MJ | 0.5 dl | x | x | x | x | x | |
| | | 7MJ | 0.5 dl | x | x | x | x | x | |
| | | 5MJ | 0.25 dl | x | x | x | x | x | |
| M | Gratinerad kycklingfilé | 12MJ | 1.5 st | 1.5 st | 1 st | x | x | x | |
| | | 9MJ | 1 st | 1 st | 0.5 st | x | x | x | |
| | | 7MJ | 1 st | 1 st | 0.5 st | x | x | x | |
| | | 5MJ | 0.5 st | x | x | x | x | x | |
| M | Örtstekt kyckling | 12MJ | x | x | x | x | x | x | |
| | <i>(Fettreducerad kost)</i> | 9MJ | x | x | x | x | 100 g | x | |
| | | 7MJ | x | x | x | x | x | x | |
| | | 5MJ | x | x | x | x | x | x | |
| M | Tomatsås | 12MJ | x | x | x | x | x | x | |
| | <i>(Fettreducerad kost)</i> | 9MJ | x | x | x | x | 1 dl | x | |
| | | 7MJ | x | x | x | x | x | x | |
| | | 5MJ | x | x | x | x | x | x | |
| M | Champinjon-kikärtsgatäng | 12MJ | x | 400 g | x | x | x | x | |
| | | 9MJ | x | 300 g | x | x | x | x | |
| | | 7MJ | x | 225 g | x | x | x | x | |
| | | 5MJ | x | x | x | x | x | x | |
| M | Köttfärsrêpes á 90 g | 12MJ | x | 3 st | x | x | x | x | |
| | | 9MJ | x | 2 st | x | x | x | x | |
| | | 7MJ | x | 2 st | x | x | x | x | |
| | | 5MJ | x | x | x | x | x | x | |