


				Dagens lätta				
	Basvecka 1 Onsdag			Veg				
				Skonkost				
	PROTEIN	Storlek	NNR-kost	A-kost	E-kost	Grov paté	Proteinred.	Fettred.
L	Laxpudding	12MJ	400 g	400 g	300 g	x	x	x
		9MJ	300 g	300 g	225 g	x	150 g	x
		7MJ	225 g	225 g	175 g	x	x	x
		5MJ	175 g	x	x	x	x	x
L	Skirat smör	12MJ	1 msk	1 msk	1 msk	x	x	x
		9MJ	1 msk	1 msk	1 msk	x	25 ml	x
		7MJ	1 msk	1 msk	1 msk	x	x	x
		5MJ	15 ml	x	x	x	x	x
L	Gulaschgryta (nöt)	12MJ	2 dl	2.25 dl	1.5 dl	x	x	x
		9MJ	1.75 dl	2 dl	1.25 dl	x	x	2 dl
		7MJ	1.25 dl	1.5 dl	1 dl	x	x	x
		5MJ	1 dl	x	x	x	x	x
L	Gräddfil (även till veg.)	12MJ	1 msk	1 msk	1 msk	x	x	x
		9MJ	1 msk	1 msk	1 msk	x	x	15 g
		7MJ	1 msk	1 msk	1 msk	x	x	x
		5MJ	1 msk	x	x	x	x	x
L	Böngulasch	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	Pasta sås strimlad biff, paprika, dijon	12MJ	2,3 dl	2,5 dl	1,6 dl	x	x	x
		9MJ	1,75 dl	2 dl	1,2 dl	x	1,1 dl	x
		7MJ	1,5 dl	1,5 dl	0,9 dl	x	x	x
		5MJ	1 dl	x	x	x	x	x
M	Pasta	12MJ	235g	200g	100g	x	x	x
		9MJ	175g	150g	75g	x	150g	x
		7MJ	135g	120g	60g	x	x	x
		5MJ	100g	x	x	x	x	x
M	Kassler á 60 g	12MJ	4 st	4 st	4 st	x	x	x
		9MJ	3 st	3 st	2 st	x	x	85 g
		7MJ	3 st	3 st	2 st	x	x	x
		5MJ	2 st	2 st	x	x	x	x
M	Sås med ost och persilja	12 MJ	1.25 dl	1.25 dl	0.7 dl	x	x	x
		9 MJ	1 dl	1 dl	0.5 dl	x	x	1 dl
		7 MJ	0.75 dl	0.75 dl	0.4 dl	x	x	x
		5 MJ	0.5 dl	x	x	x	x	x
M	Nudelwok, grönsaker, bönor. sweetchili	12MJ	x	5 dl	x	x	x	x
		9MJ	x	4 dl	x	x	x	x
		7MJ	x	3 dl	x	x	x	x
		5MJ	x	x	x	x	x	x
M	Fläskpannkaka á 60 g	12MJ	x	4 st	x	x	x	x
		9MJ	x	3 st	x	x	x	x
		7MJ	x	2 st	x	x	x	x
		5MJ	x	x	x	x	x	x