


				Dagens lätta					
	Basvecka 2 Lördag			Veg					
				Skonkost					
	PROTEIN	Storlek	NNR-kost	A-kost	E-kost	Grov paté	Proteinred.	Fettred.	
L	Smörstek panerad hoki á 110 g	12MJ	1.5 st	1.5 st	1 st	1.5 st	x	x	
		9MJ	1 st	1 st	1 st	1 st	x	x	
		7MJ	1 st	1 st	0.5 st	1 st	x	x	
		5MJ	0.5 st	x	x	x	x	x	
L	Kall kaprissås (Barn gurkyoghurt)	12MJ	1 dl	1 dl	0.75 dl	1 dl	x	x	
		9MJ	0.75 dl	0.75 dl	0.5 dl	0.75 dl	x	x	
		7MJ	0.5 dl	0.5 dl	0.25 dl	0.5 dl	x	x	
		5MJ	0.5 dl	x	x	x	x	x	
L	Boeuf Bourguignon (nöt/fläsk)	12MJ	2 dl	2.25 dl	1.5 dl	x	x	x	
		9MJ	1.75 dl	2 dl	1.25 dl	x	1.2 dl	2 dl	
		7MJ	1.25 dl	1.5 dl	1 dl	x	x	x	
		5MJ	1 dl	x	x	x	x	x	
L	Böngryta	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	Köttbullar (blandfärs) ca á 20 g	12MJ	8 st	8 st	6 st	x	x	x	
		9MJ	6 st	6 st	4 st	x	x	x	
		7MJ	6 st	6 st	4 st	x	x	x	
		5MJ	4 st	x	x	x	x	x	
M	Gräddsås	12MJ	1.25 dl	1.25 dl	1.25 dl	x	x	x	
		9MJ	1 dl	1 dl	1 dl	x	x	x	
		7MJ	0.75 dl	0.75 dl	0.75 dl	x	x	x	
		5MJ	0.5 dl	x	x	x	x	x	
M	Kycklinginnerfilé á 30 g	12MJ	4 st	4 st	3 st	x	x	x	
		9MJ	3 st	3 st	2 st	x	50 g	90 g	
		7MJ	2 st	2 st	2 st	x	x	x	
		5MJ	2 st	x	x	x	x	x	
M	Sås Tikka Masala	12MJ	1.25 dl	1.25 dl	1.25 dl	x	x	x	
		9MJ	1 dl	1 dl	1 dl	x	1 dl	1 dl	
		7MJ	0.75 dl	0.75 dl	0.75 dl	x	x	x	
		5MJ	0.5 dl	x	x	x	x	x	
M	Linsgryta Tikka Masala	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	Potatisbullar á 54 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	
M	Äpple- och kesoröra	12MJ	x	1 dl	x	x	x	x	
		9MJ	x	0.75 dl	x	x	x	x	
		7MJ	x	0.5 dl	x	x	x	x	
		5MJ	x	x	x	x	x	x	