

				Dagens lätta				
	Basvecka 2 Måndag			Veg				
				Skonkost				
	PROTEIN	Storlek	NNR-kost	A-kost	E-kost	Grov paté	Proteinred.	Fettred.
L	Chilisåsgratinerad falukorv	12MJ	1.5 st	1.5 st	1 st	1.5 st	x	x
	á 175g	9MJ	1 st	1 st	0.5 st	1 st	100 g	x
		7MJ	1 st	1 st	0.5 st	1 st	x	x
		5MJ	0.5 st	x	x	x	x	x
L	Biff Stroganoff	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	Morotsbiff á 60 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
L	Kall citronsås	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
M	Panerad sej	12MJ	1.5 st	1.5 st	1 st	1.5 st	x	x
		9MJ	1 st	1 st	1 st	1 st	60 g	x
		7MJ	1 st	1 st	0.5 st	1 st	x	x
		5MJ	0.5 st	x	x	x	x	x
M	Dillmajonnäs	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	50 g	x
		7MJ	0.5 dl	0.5 dl	0.5 dl	0.5 dl	x	x
		5MJ	0.3 dl	x	x	x	x	x
M	Ost- och skinksås	12MJ	2 dl	2.25 dl	1.5 dl	x	x	x
	(Skonkost: skinksås)	9MJ	1.75 dl	2 dl	1.25 dl	x	x	2 dl
		7MJ	1.25 dl	1.5 dl	1 dl	x	x	
		5MJ	1 dl	x	x	x	x	x
M	Ost- och broccolisås	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
M	Ugnsomelett	12MJ	x	200 g	x	x	x	x
		9MJ	x	150 g	x	x	x	x
		7MJ	x	125 g	x	x	x	x
		5MJ	x	x	x	x	x	x
M	Sparrisstuvning	12MJ	x	2 dl	x	x	x	x
		9MJ	x	1.5 dl	x	x	x	x
		7MJ	x	1.25 dl	x	x	x	x
		5MJ	x	x	x	x	x	x