


				Dagens lätta				
	Basvecka 3 Fredag			Veg				
				Skonkost				
	PROTEIN	Storlek	NNR-kost	A-kost	E-kost	Grov paté	Proteinred.	Fettred.
L	Kokt fisk (alaska pollock) á 100 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	100 g
		7MJ	1 st	1 st	0.5 st	1 st	x	x
		5MJ	0.5 st	x	x	x	x	x
L	Tomat- och basilikasås	12MJ	1.25 dl	1.25 dl	1.25 dl	1.25 dl	x	x
		9MJ	1 dl	1 dl	1 dl	1 dl	x	1 dl
		7MJ	0.75 dl	0.75 dl	0.75 dl	0.75 dl	x	x
		5MJ	0.5 dl	x	x	x	x	x
L	Pulled pork	12MJ	120 g	120 g	90 g	x	x	x
		9MJ	90 g	90 g	70 g	x	55 g	x
		7MJ	70 g	70 g	50 g	x	x	x
		5MJ	50 g	x	x	x	x	x
L	Coleslaw	12MJ	1.5 dl	1.5 dl	1 dl	x	x	x
	(även till veg.)	9MJ	1 dl	1 dl	0.5 dl	x	100 g	x
		7MJ	0.5 dl	50 g	0.3 dl	x	x	x
		5MJ	0.3 dl	x	x	x	x	x
L	Kryddig quornfärs	12MJ	x	1.3 dl	x	x	x	x
		9MJ	x	1 dl	x	x	x	x
		7MJ	x	0.7 dl	x	x	x	x
		5MJ	x	x	x	x	x	x
M	Kassler á 30 g	12MJ	4 st	4 st	4 st			
		9MJ	3 st	3 st	2 st			85g
		7MJ	3 st	3 st	2 st			
		5MJ	2 st	2 st	x			
M	Creme fraiche, ananas	12MJ	1.25 dl	1.25 dl	0.7 dl	x	x	x
	(Fettreducerad gratinerad	9MJ	1 dl	1 dl	0.5 dl	x	x	1 dl
	med yoghurt)	7MJ	0.75 dl	0.75 dl	0.4 dl	x	x	x
		5MJ	0.5 dl	x	x	x	x	x
M	Nötköttsgryta,rödvin, rotfrukter	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	x
		7MJ	1.25 dl	1.5 dl	1 dl	x	x	x
		5MJ	1 dl	x	x	x	x	x
M	Tortellinigratäng, ost, skinka	12MJ	400 g	x	x	x	x	x
	(Barnskost)	9MJ	300 g	x	x	x	x	x
		7MJ	225 g	x	x	x	x	x
		5MJ	175 g	x	x	x	x	x
M	Tortellinigratäng, ost, spenat	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	Sparrissoppa	12MJ	x	2.5 dl	x	x	x	x
	(Bröd, smör, kalkon	9MJ	x	2.5 dl	x	x	x	x
	se lista tillhör soppa)	7MJ	x	2 dl	x	x	x	x
		5MJ	x	x	x	x	x	x