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|---|--|----------------|-----------------|----------------|----------------|------------------|--------------------|---|
| | | | | Dagens lätta | | | | |
| | Basvecka 3 Lördag | | | Veg | | | |  |
| | | | | Skonkost | | | | |
| | PROTEIN | Storlek | NNR-kost | A-kost | E-kost | Grov paté | Proteinred. | Fettred. |
| L | Lammfärsbiffar, fetaost á 110 g | 12MJ | 1.5 st | 1.5 st | 1 st | 1.5 st | x | x |
| | | 9MJ | 1 st | 1 st | 0.5 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 | Paprikayoghurt (även till veg.) (Skonkost yoghurt) | 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 | 0.25 dl | x | x | x | x | x |
| L | Wok med kyckling | 12MJ | 2.5 dl | 2.5 dl | 1.7 dl | x | x | x |
| | | 9MJ | 2 dl | 2 dl | 1.25 dl | x | 175 g | 200 g |
| | | 7MJ | 1.5 dl | 1.5 dl | 1 dl | x | x | x |
| | | 5MJ | 1 dl | x | x | x | x | x |
| L | Nudlar (Fettred. Proteinred, endast wok utan nudlar ska serveras med ris) | 12MJ | 200g | 200g | 100g | | | |
| | | 9MJ | 150g | 150g | 75g | | | |
| | | 7MJ | 100g | 100g | 50g | | | |
| | | 5MJ | 75g | x | | | | |
| L | Stekt quornfilé | 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 |
| M | Pankobakad sej á ca 100 g | 12MJ | 1.5 st | 1.5 st | 1 st | x | x | x |
| | | 9MJ | 1 st | 1 st | 1 st | x | 60 g | 100 g |
| | | 7MJ | 1 st | 1 st | 0.5 st | x | x | x |
| | | 5MJ | 0.5 st | x | x | x | x | x |
| M | Dill och citronsås (även till veg.) | 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 | 0.75 dl | x |
| | | 7MJ | 0.5 dl | 0.5 dl | 0.25 dl | 0.5 dl | x | x |
| | | 5MJ | 0.25 dl | x | x | x | x | x |
| M | Örtyoghurt (Fettreducerad kost) | 12MJ | x | x | x | x | x | |
| | | 9MJ | x | x | x | x | x | 1 dl |
| | | 7MJ | x | x | x | x | x | |
| | | 5MJ | x | x | x | x | x | |
| M | Biffrikassé | 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 |
| M | Tacofärs (Barnkost) | 12MJ | 1.5 dl | x | x | x | x | x |
| | | 9MJ | 1 dl | x | x | x | x | x |
| | | 7MJ | 0.5 dl | x | x | x | x | x |
| | | 5MJ | 0.5 dl | x | x | x | x | x |
| M | Tacosås (Barnkost) | 12MJ | 3 msk | x | x | x | x | x |
| | | 9MJ | 2 msk | x | x | x | x | x |
| | | 7MJ | 2 msk | x | x | x | x | x |
| | | 5MJ | 1 msk | x | x | x | x | x |
| M | Ost (Barnkost) | 12MJ | 1.5 msk | x | x | x | x | x |
| | | 9MJ | 1 msk | x | x | x | x | x |
| | | 7MJ | 1 msk | x | x | x | x | x |
| | | 5MJ | 0.5 msk | x | x | x | x | x |
| M | 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 |
| M | Broccoli- och blomkålsgratäng ädelost | 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 |