


			Dagens lätta					
	Basvecka 3 Måndag		Veg					
			Skonkost					
	PROTEIN	Storlek	NNR-kost	A-kost	E-kost	Grov paté	Proteinred.	Fettred.
L	Isterband á 100 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	0.5 st	x
		7MJ	1 st	1 st	0.5 st	1 st	x	x
		5MJ	0.5 st	x	x	x	x	x
L	Köttfärssås (nötfärs)	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	Quornfärssås	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	Panerad sej á 110 g	12MJ	1.5 st	1.5 st	1 st	x	x	x
		9MJ	1 st	1 st	1 st	x	60 g	x
		7MJ	1 st	1 st	0,5 st	x	x	x
		5MJ	0,5 st	x	x	x	x	x
M	Pocherad sej á 100 g (Skonkost)	12MJ	x	1.5 st	x	x	x	x
		9MJ	x	1 st	x	x	x	x
		7MJ	x	1 st	x	x	x	x
		5MJ	x	x	x	x	x	x
M	Pepparrotsmajonnäs	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	0.5 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	Fläskgryta, grönsaker, soja	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
M	Quorngryta, grönsaker, soja	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	Ugnspannkaka	12MJ	x	3 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