

	<u>Esmaspäev</u> <u>7.02.2022</u>	<u>Teisipäev</u> <u>8.02.2022</u>	<u>Kolmapäev</u> <u>9.02.2022</u>	<u>Neljapäev</u> <u>10.02.2022</u>	<u>Reede</u> <u>11.02.2022</u>
Homnikusöök	Hirsipuder (120/150/180)  Koolipiim(150/150/200)  Maasika-kirsimoos (20)	Maisimanna-piimasupp (200/250/250)  Võileib tomatiga(40/50)  Viinamarjad(30)	Öko 7-täisterahelbepuder iidsete teradega (120/150/180)  Koolipiim(150/150/200)  Mustikad (20)  Värske kapsas (kooli)(50)	Piimasupp mahe toortatratanguga (200/250/250)  Sepik keeduvorstiga (35/40)  Kiivi(30)	8-viljahelbepuder kliidega (120/150/180)  Koolipiim(150/150/200)  Kirsimoos(20)  Paprika (kooli)(30)
Lõunasöök	Punapeedisupp sealiha ja maitserohelisega (200/250/300)  Seemneleib(30)  Saiavorm(100)  Piim (100)	Keedetud kartul (100/120/150)  Pikkpoiss mahe veischakklihast porgandi , punaste ubadega (50/80)  Kapsasalat tilliga(35/50/50)  Soe koorekaste(60/80/80)  Banaani-virsikumahedik (150)	Kolmekalasupp (200/250/300)  Seemneleib(30)  Kohupiima- küpsisemagustoit(100/150)	Kana pilaff (200/250/300)  Ürtidega koorekaste (35/40/40)  Hiinakapsa-tomati- paprakasalat(35/50/50)  Mustikakissell(100/150)	Brokkoli-lillkapsapüreesupp (200/250)  Rõstitud sepiku krutoonidega(20)  Keefiri- marjatarretis(100/150)  Vaarika-mustsõstra toormoos (20)
Õhtuode	Kõögiviljaragu (120/150/150)(ilma lihata)  Soe mahlajook (150/150/200)  Õun (koolipuuvili)(50)	Omlett(80/100/100)  Koolipiim (150/150/200)  Seemneleib(30)  Värske kurk (kooli)(50)	Makaroni- singisalat(keedusink) (100)  Seemneleib(30)  Hibiskuse tee (150/150/200)  Pirn (kooli) (50)	Kaneelirull(50/70/70)  Leib rohelse toorjuustuvõiga (40/50)  Koolipiim(150/150/200)  Porgand (kooli)(50)	Kartuli-hakklihavorm (80/100)  Mahlajook (150/150/200)  Banaan (80)

	Esmaspäev	Teisipäev	Kolmapäev	Neljapäev	Reede	Nädala keskmine
Sõim 1-3 aastased						
<b>Energia</b>	<b>848kcal 3548kj</b>	<b>908kcal 3799kj</b>	<b>939kcal 3927kj</b>	<b>1043kcal 4364kj</b>	<b>757kcal 3165kj</b>	<b>899kcal 3761kj</b>
<b>Valgud</b>	<b>32.57g 15.36%</b>	<b>36.18g 15.94%</b>	<b>40.36g 17.20%</b>	<b>38.74g 14.86%</b>	<b>26.76g 14.15%</b>	<b>34.92g 15.54%</b>
<b>Rasvad</b>	<b>25.62g 27.19%</b>	<b>37.26g 36.93%</b>	<b>31.90g 30.59%</b>	<b>39.31g 33.93%</b>	<b>21.75g 25.88%</b>	<b>31.17g 31.20%</b>
Küllastunud rasvhapped	9.77g 10.37%	10.14g 10.05%	10.40g 9.97%	11.78g 10.16%	9.11g 10.83%	10.24g 10.25%
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>116.03g 54.73%</b>	<b>100.99g 44.49%</b>	<b>115.24g 49.11%</b>	<b>128.90g 49.43%</b>	<b>108.36g 57.29%</b>	<b>113.90g 50.68%</b>
Suhkrud kokku	42.65g 20.12%	29.78g 13.12%	27.65g 11.79%	21.80g 8.36%	37.54g 19.85%	31.88g 14.19%
<b>Kiudained</b>	<b>11.51g 2.71%</b>	<b>11.97g 2.64%</b>	<b>14.55g 3.10%</b>	<b>9.30g 1.78%</b>	<b>10.12g 2.68%</b>	<b>11.49g 2.56%</b>
<b>Süsivesikud kokku</b>	<b>127.54g 57.44%</b>	<b>112.96g 47.13%</b>	<b>129.79g 52.21%</b>	<b>138.2g 51.21%</b>	<b>118.48g 59.97%</b>	<b>125.4g 53.24%</b>
Sool kokku	0.09g	0.18g	0.49g	0.33g	0.03g	0.22g
Aed 4-5 aastased						
<b>Energia</b>	<b>937kcal 3922kj</b>	<b>1103kcal 4616kj</b>	<b>1106kcal 4627kj</b>	<b>1304kcal 5454kj</b>	<b>880kcal 3684kj</b>	<b>1066kcal 4461kj</b>
<b>Valgud</b>	<b>36.51g 15.58%</b>	<b>46.41g 16.82%</b>	<b>47.78g 17.28%</b>	<b>47.31g 14.52%</b>	<b>31.97g 14.52%</b>	<b>42.00g 15.76%</b>
<b>Rasvad</b>	<b>28.93g 27.77%</b>	<b>47.04g 38.37%</b>	<b>37.96g 30.90%</b>	<b>48.31g 33.35%</b>	<b>26.35g 26.93%</b>	<b>37.72g 31.84%</b>
Küllastunud rasvhapped	10.70g 10.27%	12.11g 9.88%	12.38g 10.08%	13.87g 9.58%	10.87g 11.11%	11.99g 10.12%
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>126.43g 53.95%</b>	<b>116.65g 42.29%</b>	<b>135.45g 48.99%</b>	<b>164.16g 50.37%</b>	<b>122.90g 55.84%</b>	<b>133.12g 49.95%</b>
Suhkrud kokku	44.19g 18.85%	32.94g 11.94%	33.25g 12.03%	25.14g 7.71%	38.96g 17.70%	34.89g 13.09%
<b>Kiudained</b>	<b>12.68g 2.71%</b>	<b>13.87g 2.51%</b>	<b>15.61g 2.82%</b>	<b>11.48g 1.76%</b>	<b>11.93g 2.71%</b>	<b>13.11g 2.46%</b>
<b>Süsivesikud kokku</b>	<b>139.11g 56.66%</b>	<b>130.52g 44.8%</b>	<b>151.06g 51.81%</b>	<b>175.64g 52.13%</b>	<b>134.83g 58.55%</b>	<b>146.23g 52.41%</b>
Sool kokku	0.09g	0.22g	0.52g	0.38g	0.03g	0.25g
Aed 5-7 aastased						
<b>Energia</b>	<b>1051kcal 4397kj</b>	<b>1157kcal 4839kj</b>	<b>1215kcal 5083kj</b>	<b>1395kcal 5838kj</b>	<b>966kcal 4040kj</b>	<b>1157kcal 4839kj</b>
<b>Valgud</b>	<b>41.59g 15.83%</b>	<b>48.69g 16.84%</b>	<b>53.61g 17.65%</b>	<b>52.73g 15.12%</b>	<b>34.77g 14.40%</b>	<b>46.28g 16.00%</b>
<b>Rasvad</b>	<b>33.37g 28.57%</b>	<b>48.37g 37.64%</b>	<b>42.12g 31.20%</b>	<b>51.65g 33.32%</b>	<b>29.37g 27.37%</b>	<b>40.98g 31.87%</b>
Küllastunud rasvhapped	12.56g 10.76%	13.06g 10.16%	13.82g 10.24%	15.29g 9.86%	12.13g 11.31%	13.37g 10.40%
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>139.40g 53.06%</b>	<b>124.44g 43.04%</b>	<b>147.14g 48.45%</b>	<b>173.98g 49.88%</b>	<b>134.25g 55.62%</b>	<b>143.84g 49.73%</b>
Suhkrud kokku	50.27g 19.13%	35.59g 12.31%	36.63g 12.06%	27.83g 7.98%	43.95g 18.20%	38.85g 13.43%
<b>Kiudained</b>	<b>13.32g 2.54%</b>	<b>14.33g 2.48%</b>	<b>16.38g 2.70%</b>	<b>11.78g 1.69%</b>	<b>12.58g 2.61%</b>	<b>13.68g 2.36%</b>
<b>Süsivesikud kokku</b>	<b>152.72g 55.6%</b>	<b>138.77g 45.52%</b>	<b>163.52g 51.15%</b>	<b>185.76g 51.57%</b>	<b>146.83g 58.23%</b>	<b>157.52g 52.09%</b>
Sool kokku	0.10g	0.22g	0.52g	0.40g	0.03g	0.26g