Nädala menüü

	Esmaspäev 29.04.2024	Teisipäev 30.04.2024	Neljapäev 02.05.2024	Reede 03.05.2024
Hommikusöök	Tatra- mahepiimasupp(200/250/250) Sepik keedisega (35/40)	3- viljahelbepuder(segu1:mahe spelta, rukkis, nisu) (120/150/180) Maasika-vaarika toormoos (20) Mahe täispiim 4,0-4,4% (kooli) (150/150/200) Paprika (kooli)(30)	Täistera- neljaviljahelbepuder (mahe)(120/150/180) Mustsõstra- vaarikamoos(20) Mahe täispiim 4,0-4,4% (kooli) (150/150/200) Redis (kooli)(30)	Piima- tangusupp(200/250/250) Sepik keeduvorstiga (35/40) Porgand(kooli)/30g/
Lõunasöök	Kartulipüree (120/150/180) Kaste tomati,mahe läätsede ja mahe veisehakklihaga (100/120/15 Porgandisalat(35/50/50) Mustsõstrajook(150/150/200)	Värskekapsasupp (lihata) (200) Seemneleib(30) Kamavaht (100/150) Kirsimoos(20)	Kala- riisisupp(200/250/300) Seemneleib(30) Kohupiimakreem(100) Jõhvikakissell(100)	Keedetud kartul (120/150/200) Guljašš sealihaga(100/120/150) Banaani-virsikumahedik (150)
Õhtuoode	Mahe makaroni vorstisalat(keedu) (100) Peenleib (30) Mahe täispiim 4,0-4,4%(kooli) (150/150/200) Tomat (kooli) (30)	Kartuli-lillkapsa- hakklihavorm (120/150/150) Hibiskuse tee (150/150/200) Apelsin(50)	Ploomi- puistekook(75/100) Soe mahlajook(150/150/200) Õun (koolipuuvili)(50)	Hautatud mahetatar(120/150) Hapukoor(20) Mahepiim 4,0-4,4% (150/150/200) Melon(50)

NB! Teavet toidus leiduvate allergeenide kohta saab toidu valmistajalt.

Toitaineid sööjate gruppide kaupa

	Esmaspäev	Teisipäev	Kolmapäev	Neljapäev	Reede	Laupäev	Pühapäev	Nädala keskmine	Norm
Sõim 1-3 aastased									

Energia	**982kcal 4108kj**	**851kcal 3561kj**		**1054kcal 4410kj**	**965kcal 4036kj**			**963kcal 4029kj**	0kcal 0kj
Valgud	**35.22g** 14.35%	**27.84g** 13.08%		**36.71g** 13.93%	**33.92g** 14.07%			**33.42g** 13.88%	0 g
Rasvad	**41.11g** 37.69%	**38.78g** 41.00%		**34.78g** 29.70%	**43.82g** 40.88%			**39.62g** 37.03%	0 g
Küllastunud rasvhapped	19.96g 18.29%	18.61g 19.68%		17.74g 15.15%	20.30g 18.94%			19.15g 17.90%	0 g
Süsivesikud imenduvad (ehk va kiudained)	**112.44g** 45.81%	**91.69g** 43.09%		**143.07g** 54.30%	**105.18g** 43.61%			**113.09g** 46.98%	0 g
Suhkrud kokku	9.01g 3.67%	20.57g 9.67%		26.79g 10.17%	13.03g 5.40%			17.35g 7.21%	0 g
Kiudained	**10.54g** 2.15%	**12.03g** 2.83%		**10.88g** 2.06%	**6.97g** 1.44%			**10.10g** 2.10%	0 g
Süsivesikud kokku	**122.98g** 47.96%	**103.72g** 45.92%		**153.95g** 56.36%	**112.15g** 45.05%			**123.2g** 49.07%	0 g
Sool kokku	0.71g	0.33g		0.30g	0.59g			0.48g	0 g
Koka poolt lisatav sool								0.00g	0 g
Aed 4-5 aastased									
Energia	**1118kcal 4677kj**	**1009kcal 4222kj**		**1233kcal 5160kj**	**1124kcal 4703kj**			**1121kcal 4690kj**	0kcal 0kj
Valgud	**40.18g** 14.38%	**32.99g** 13.08%		**42.41g** 13.75%	**39.85g** 14.18%			**38.86g** 13.86%	0 g
Rasvad	**46.82g** 37.70%	**48.16g** 42.95%		**41.67g** 30.41%	**50.64g** 40.55%			**46.82g** 37.59%	0 g
Küllastunud rasvhapped	23.06g 18.57%	24.04g 21.44%		21.05g 15.36%	23.22g 18.59%			22.84g 18.34%	0 g
Süsivesikud imenduvad (ehk va kiudained)	**127.93g** 45.78%	**104.41g** 41.38%		**165.99g** 53.83%	**123.19g** 43.84%			**130.38g** 46.52%	0 g

Suhkrud kokku	10.11g 3.62%	22.71g 9.00%		27.19g 8.82%	13.13g 4.67%			18.29g 6.52%	0 g
Kiudained	**11.96g** 2.14%	**13.09g** 2.59%		**12.37g** 2.01%	**8.03g** 1.43%			**11.36g** 2.03%	0 g
Süsivesikud kokku	**139.89g** 47.92%	**117.5g** 43.97%		**178.36g** 55.84%	**131.22g** 45.27%			**141.74g** 48.55%	0 g
Sool kokku	0.77g	0.39g		0.33g	0.66g			0.54g	0 g
Koka poolt lisatav sool								0.00g	0 g
Personal									
Energia	**509kcal** **2131kj**	**458kcal** **1916kj**		**435kcal** **1820kj**	**519kcal** **2170kj**			**480kcal** **2009kj**	0kcal 0kj
Valgud	**19.82g** 15.56%	**9.50g** 8.30%		**25.67g** 23.60%	**20.65g** 15.93%			**18.91g** 15.76%	0 g
Rasvad	**22.29g** 39.38%	**25.16g** 49.44%		**10.69g** 22.13%	**22.53g** 39.09%			**20.17g** 37.82%	0 g
Küllastunud rasvhapped	10.75g 18.99%	13.20g 25.95%		4.50g 9.32%	7.78g 13.49%			9.06g 16.98%	0 g
Süsivesikud imenduvad (ehk va kiudained)	**54.57g** 42.84%	**45.10g** 39.39%		**56.62g** 52.06%	**56.16g** 43.30%			**53.11g** 44.26%	0 g
Suhkrud kokku	0.60g 0.47%	14.84g 12.96%		5.23g 4.81%	10.11g 7.79%			7.69g 6.41%	0 g
Kiudained	**5.64g** 2.21%	**6.55g** 2.86%		**4.80g** 2.21%	**4.36g** 1.68%			**5.34g** 2.22%	0 g
Süsivesikud kokku	**60.21g** 45.05%	**51.65g** 42.25%		**61.42g** 54.27%	**60.52g** 44.98%			**58.45g** 46.48%	0 g
Sool kokku	0.16g	0.13g		0.06g	0.00g			0.09g	0 g
Koka poolt lisatav sool								0.00g	0 g
Aed 5-7 aastased									

Energia	**1246kcal 5212kj**	**1088kcal 4553kj**		**1314kcal 5498kj**	**1256kcal 5254kj**			**1226kcal 5129kj**	0kcal 0kj
Valgud	**45.61g** 14.64%	**35.47g** 13.04%		**44.97g** 13.69%	**45.68g** 14.55%			**42.93g** 14.01%	0 g
Rasvad	**53.06g** 38.33%	**51.47g** 42.57%		**45.52g** 31.18%	**57.22g** 41.01%			**51.82g** 38.04%	0 g
Küllastunud rasvhapped	26.37g 19.05%	26.14g 21.62%		23.42g 16.04%	26.12g 18.72%			25.51g 18.73%	0 g
Süsivesikud imenduvad (ehk va kiudained)	**140.04g** 44.97%	**113.92g** 41.87%		**174.60g** 53.15%	**135.11g** 43.04%			**140.92g** 45.98%	0 g
Suhkrud kokku	10.22g 3.28%	22.81g 8.39%		29.65g 9.03%	13.22g 4.21%			18.98g 6.19%	0 g
Kiudained	**12.81g** 2.06%	**13.71g** 2.52%		**13.04g** 1.99%	**8.79g** 1.40%			**12.09g** 1.97%	0 g
Süsivesikud kokku	**152.85g** 47.03%	**127.63g** 44.39%		**187.64g** 55.14%	**143.9g** 44.44%			**153.01g** 47.95%	0 g
Sool kokku	0.85g	0.45g		0.40g	0.71g			0.60g	0 g
Koka poolt lisatav sool								0.00g	0 g

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