












## Nädala menüü

	Esmaspäev 28.04.2025	Teisipäev 29.04.2025	Kolmapäev 30.04.2025	Reede 02.05.2025
Hommiikusöök	Mahepiima- toortatrasupp (200) Sepik (25/30) Maitsevõi (10/15)	Rukkihelbepuder (mahe) (120/150/180) Moos (25) Täispiim 3,8-4,2%  (100/150/150)	Mahepiima-hirsisupp (200) Sepik (25/30) Peedihummus (10/15)	Mahe täistera nisumanna- piimasupp (200) Sepik munavõiga (35/40)
Vitamiinipaus: Köögiviljad	Kirsstomat  (50/70/70)	Värske kurk  (25/35/35) Redis (25/35/35)	Kaalikas (25/35/35) Paprika  (25/35/35)	Peakapsas  (25/35/35) Tomat  (25/35/35)
Lõunasöök	Pilaff veisehakklihaga ja kikerhernestega (200/250/300) Hapukoor (35/40/40) Kolm liiki kapsast (60/80) Jõhvikad (5) Salatikaste (5) Mustsõstra vitamiinijook (100/150/150)	Juustune unistuste köögiviljapüreesupp (200/250/300) Lemmikud sepiku krutoonid (10) Õnnetriinu õunavorm (100) Piim (100)	Kala pikkpoiss (50/80/80) Soe koorekaste (80/100/100) Keedetud kartul (100/120/150) Hiinakapsas (30/50) Tomat (15/20) Juust (5) Salatikaste (10) Jõhvika vitamiinijook (100/120/120)	Kanakaste karriga (100/120/150) Riis (100/120/150) Rõstitud porgand (50/70/70) Chia-mango päikesepuding (100/150/150)
Vitamiinipaus: Puuviljad	Pirn  (60/80/80)	Melon  (60/80/80)	Mandariin  (60/80/80)	Mahe banaan  (60/80/80)
Õhtuode	Köögiviljaragu (120/150/150)(ilma lihata) Rukkileib (30) Kama-marjajook (100/150/150) 	Kana-tatrahautis (120/150/150) Hapukoor (35/40/40) Rukkileib (30) Jogurtijook (100)	Kodujuustu pilveke (70/90/90) Banaanileib (40/50/50) Öko pirnismuuti laimiga (100/150/150)	Mahe lõhepasta (120/150/150) Teraleib (30) Banaani- jogurtijook (100/150/150)

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									
<b>Energia</b>	<b>1038kcal</b> <b>4343kj</b>	<b>1269kcal</b> <b>5310kj</b>	<b>992kcal</b> <b>4150kj</b>		<b>1225kcal</b> <b>5125kj</b>			<b>1131kcal</b> <b>4732kj</b>	0kcal 0kj
<b>Valgud</b>	<b>30.38g</b> 11.71%	<b>37.94g</b> 11.96%	<b>39.85g</b> 16.07%		<b>45.89g</b> 14.99%			<b>38.51g</b> 13.62%	0 g
<b>Rasvad</b>	<b>46.21g</b> 40.07%	<b>47.96g</b> 34.01%	<b>43.04g</b> 39.05%		<b>53.07g</b> 39.00%			<b>47.57g</b> 37.86%	0 g
Küllastunud rasvhapped	24.17g 20.96%	28.98g 20.56%	18.66g 16.94%		22.72g 16.69%			23.63g 18.81%	0 g
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>118.97g</b> 45.84%	<b>164.11g</b> 51.73%	<b>107.66g</b> 43.42%		<b>137.90g</b> 45.04%			<b>132.16g</b> 46.74%	0 g
Suhkrud kokku	29.43g 11.34%	59.37g 18.71%	36.86g 14.86%		42.69g 13.94%			42.09g 14.88%	0 g
<b>Kiudained</b>	<b>12.36g</b> 2.38%	<b>14.59g</b> 2.30%	<b>7.22g</b> 1.46%		<b>5.98g</b> 0.98%			<b>10.04g</b> 1.77%	0 g
<b>Süsivesikud kokku</b>	<b>131.33g</b> 48.22%	<b>178.7g</b> 54.03%	<b>114.88g</b> 44.88%		<b>143.88g</b> 46.02%			<b>142.2g</b> 48.52%	0 g
Sool kokku	0.33g	0.54g	0.93g		0.74g			0.63g	0 g
Koka poolt lisatav sool								0.00g	0 g

Aed 4-5 aastased									
<b>Energia</b>	<b>1258kcal</b> <b>5263kj</b>	<b>1456kcal</b> <b>6090kj</b>	<b>1244kcal</b> <b>5206kj</b>		<b>1514kcal</b> <b>6335kj</b>			<b>1368kcal</b> <b>5724kj</b>	0kcal 0kj
<b>Valgud</b>	<b>36.61g</b> 11.64%	<b>45.59g</b> 12.53%	<b>52.61g</b> 16.91%		<b>56.47g</b> 14.92%			<b>47.82g</b> 13.98%	0 g
<b>Rasvad</b>	<b>55.56g</b> 39.75%	<b>54.90g</b> 33.95%	<b>53.68g</b> 38.83%		<b>64.77g</b> 38.50%			<b>57.23g</b> 37.65%	0 g
Küllastunud rasvhapped	28.74g 20.56%	32.95g 20.37%	22.36g 16.18%		27.48g 16.34%			27.88g 18.34%	0 g
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>145.12g</b> 46.15%	<b>186.18g</b> 51.16%	<b>133.04g</b> 42.77%		<b>172.44g</b> 45.55%			<b>159.19g</b> 46.55%	0 g
Suhkrud kokku	40.82g 12.98%	65.84g 18.09%	49.02g 15.76%		59.63g 15.75%			53.83g 15.74%	0 g
<b>Kiudained</b>	<b>15.46g</b> 2.46%	<b>17.22g</b> 2.37%	<b>9.25g</b> 1.49%		<b>7.83g</b> 1.03%			<b>12.44g</b> 1.82%	0 g
<b>Süsivesikud kokku</b>	<b>160.58g</b> 48.61%	<b>203.4g</b> 53.53%	<b>142.29g</b> 44.26%		<b>180.27g</b> 46.58%			<b>171.63g</b> 48.37%	0 g
Sool kokku	0.40g	0.66g	1.18g		0.93g			0.79g	0 g
Koka poolt lisatav sool								0.00g	0 g
Personal									
<b>Energia</b>	<b>597kcal</b> <b>2499kj</b>	<b>644kcal</b> <b>2694kj</b>	<b>536kcal</b> <b>2241kj</b>		<b>695kcal</b> <b>2907kj</b>			<b>618kcal</b> <b>2585kj</b>	0kcal 0kj
<b>Valgud</b>	<b>19.38g</b> 12.98%	<b>17.03g</b> 10.58%	<b>24.75g</b> 18.48%		<b>23.32g</b> 13.43%			<b>21.12g</b> 13.67%	0 g
<b>Rasvad</b>	<b>29.65g</b> 44.69%	<b>28.41g</b> 39.71%	<b>26.68g</b> 44.85%		<b>31.65g</b> 41.00%			<b>29.10g</b> 42.38%	0 g
Küllastunud rasvhapped	12.33g 18.58%	16.64g 23.25%	6.14g 10.31%		11.22g 14.53%			11.58g 16.86%	0 g
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>60.81g</b> 40.73%	<b>76.84g</b> 47.73%	<b>46.94g</b> 35.06%		<b>76.72g</b> 44.16%			<b>65.33g</b> 42.28%	0 g
Suhkrud kokku	10.99g 7.36%	25.42g 15.79%	7.51g 5.61%		20.39g 11.74%			16.08g 10.41%	0 g
<b>Kiudained</b>	<b>4.77g</b> 1.60%	<b>6.35g</b> 1.97%	<b>4.32g</b> 1.61%		<b>4.92g</b> 1.41%			<b>5.09g</b> 1.65%	0 g
<b>Süsivesikud kokku</b>	<b>65.58g</b> 42.33%	<b>83.19g</b> 49.7%	<b>51.26g</b> 36.67%		<b>81.64g</b> 45.57%			<b>70.41g</b> 43.93%	0 g
Sool kokku	0.08g	0.11g	0.20g		0.38g			0.19g	0 g
Koka poolt lisatav sool								0.00g	0 g
Aed 5-7 aastased									
<b>Energia</b>	<b>1331kcal</b> <b>5568kj</b>	<b>1534kcal</b> <b>6419kj</b>	<b>1269kcal</b> <b>5310kj</b>		<b>1611kcal</b> <b>6741kj</b>			<b>1436kcal</b> <b>6009kj</b>	0kcal 0kj
<b>Valgud</b>	<b>39.43g</b> 11.85%	<b>48.40g</b> 12.62%	<b>53.26g</b> 16.79%		<b>60.07g</b> 14.92%			<b>50.29g</b> 14.01%	0 g
<b>Rasvad</b>	<b>58.75g</b> 39.73%	<b>57.94g</b> 33.99%	<b>53.71g</b> 38.09%		<b>68.91g</b> 38.50%			<b>59.83g</b> 37.50%	0 g
Küllastunud rasvhapped	29.71g 20.09%	34.50g 20.24%	22.36g 15.86%		29.13g 16.27%			28.93g 18.13%	0 g
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>153.12g</b> 46.02%	<b>195.31g</b> 50.93%	<b>138.29g</b> 43.59%		<b>183.49g</b> 45.56%			<b>167.55g</b> 46.67%	0 g
Suhkrud kokku	40.89g 12.29%	66.18g 17.26%	49.02g 15.45%		60.13g 14.93%			54.05g 15.06%	0 g

<b>Kiudained</b>	<b>15.93g</b> 2.39%	<b>18.88g</b> 2.46%	<b>9.73g</b> 1.53%		<b>8.28g</b> 1.03%			<b>13.20g</b> 1.84%	0 g
<b>Süsivesikud kokku</b>	<b>169.05g</b> 48.41%	<b>214.19g</b> 53.39%	<b>148.02g</b> 45.12%		<b>191.77g</b> 46.59%			<b>180.76g</b> 48.51%	0 g
Sool kokku	0.41g	0.68g	1.18g		0.97g			0.81g	0 g
Koka poolt lisatav sool								0.00g	0 g

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