

Nädala menüü

	Esmaspäev 12.02.2024	Teisipäev 13.02.2024	Kolmapäev 14.02.2024	Neljapäev 15.02.2024	Reede 16.02.2024
Hommikusöök	Piima-mannasupp Sepik tomatiga	Kaerahelbepuder Piim pria (mahe) Marjad	Piima-nisuhelbesupp Võileib juustuga	3- viljapuder Moos Piim pria (mahe)	Piima- makaronisupp Leib pasteediga
Vitamiinipaus	Kapsas pria 70g Pirn pria (mahe) 80g	Pria mahe porgand 70g Banaan (mahe) 80g	Kaalikas (pria) 70g Apelsin mahe 80g	Melon 80G Kurk (pria) 70g	Nuikapsas (pria) 70g Õun (pria,mahe) 80g
Lõunasöök	Veisemaksastrooganov Kartuli püree (mahe kartulist) Kapsa-porgandisalat Kirsijogurt Koolileib	Hernesupp Värskatummõ leib Vastlakukkel 50g	Riis keedetud Hakklihapallid punases kastmes Hiinakapsas-kurk- tomat-sal.kaste Mahlakissell Möldri rukkileib	Kalkuni- läätseisupp kõogiviljadega Kohupiima- küpsisekreem Hapukoor Teraleib	Kalakaste porgandi ja porruga Keedetud kartul Peedisalat vähese küüslauguga Banaani- maasikasmuuti Peetri rukkileib
Õhtuode	Tatrasalat makraga Puuviljatee Seemnesepik	Hispaania kartuliroog Külm kaste ürtidega Keefir 2,5%	Kõogiviljapüreesupp Kruutoonid 3-terakukkel	Omlett kõogiviljadega Kõrvitsasai Kakaojook Mahe mustsõstra mahlajook suhkruta (Konspek OÜ)	Odrajahukarask Mahlajook

NB! Teavet toidus leiduvate allergeenide kohta saab toidu valmistajalt.

Toitaineid sööjate gruppide kaupa

	Esmaspäev	Teisipäev	Kolmapäev	Neljapäev	Reede	Laupäev	Pühapäev	Nädala keskmine	Norm
Aed 3-5									
Energia	1264kcal 5289kj	1216kcal 5087kj	1198kcal 5011kj	1224kcal 5120kj	1046kcal 4377kj			1189kcal 4977kj	1180.9kcal 4941kj
Valgud	41.16g 13.02%	51.11g 16.82%	40.31g 13.46%	52.58g 17.19%	33.00g 12.62%			43.63g 14.68%	36.9 g
Rasvad	47.91g 34.11%	42.22g 31.26%	41.03g 30.83%	47.29g 34.78%	36.29g 31.22%			42.95g 32.51%	39.3 g
Küllastunud rasvhapped	21.08g 15.01%	14.53g 10.76%	13.89g 10.44%	13.59g 10.00%	11.61g 9.99%			14.94g 11.31%	0 g
Süsivesikud imenduvad (ehk va kiudained)	158.60g 50.18%	146.53g 48.21%	157.82g 52.71%	141.45g 46.24%	139.46g 53.32%			148.77g 50.05%	169.9 g
Suhkrud kokku	35.78g 11.32%	36.95g 12.16%	18.07g 6.03%	40.41g 13.21%	44.90g 17.17%			35.22g 11.85%	0 g
Kiudained	16.95g 2.68%	22.59g 3.72%	17.99g 3.00%	11.02g 1.80%	14.85g 2.84%			16.68g 2.81%	0 g
Süsivesikud kokku	175.55g 52.86%	169.12g 51.93%	175.81g 55.71%	152.47g 48.04%	154.31g 56.16%			165.45g 52.85%	169.9 g
Sool kokku	1.30g	2.00g	1.83g	1.02g	9.75g			3.18g	0 g
Koka poolt lisatav sool	0.69g	1.31g	0.85g	0.20g	8.42g			2.29g	0 g
Sõim 1-3									
Energia	993kcal 4155kj	1034kcal 4328kj	942kcal 3943kj	993kcal 4156kj	823kcal 3444kj			957kcal 4005kj	931.2kcal 3896kj
Valgud	32.51g 13.10%	41.63g 16.10%	31.94g 13.56%	41.32g 16.64%	25.41g 12.35%			34.56g 14.45%	29.3 g
Rasvad	36.17g 32.78%	37.35g 32.50%	31.21g 29.80%	38.59g 34.97%	27.71g 30.30%			34.21g 32.17%	33.6 g

Küllastunud rasvhapped	15.88g 14.39%	13.06g 11.36%	9.94g 9.50%	11.17g 10.12%	8.98g 9.82%			11.81g 11.10%	0 g
Süsivesikud imenduvad (ehk va kiudained)	127.39g 51.31%	123.95g 47.93%	126.30g 53.61%	115.80g 46.64%	111.99g 54.42%			121.09g 50.61%	127.9 g
Suhkrud kokku	31.12g 12.54%	33.57g 12.98%	15.74g 6.68%	37.05g 14.92%	40.63g 19.75%			31.62g 13.22%	0 g
Kiudained	13.97g 2.81%	17.97g 3.47%	14.26g 3.03%	8.71g 1.75%	12.06g 2.93%			13.40g 2.80%	0 g
Süsivesikud kokku	141.36g 54.12%	141.92g 51.4%	140.56g 56.64%	124.51g 48.39%	124.05g 57.35%			134.48g 53.41%	127.9 g
Sool kokku	1.01g	1.58g	1.35g	0.83g	7.22g			2.40g	0 g
Koka poolt lisatav sool	0.50g	0.97g	0.68g	0.15g	6.06g			1.67g	0 g

Aed 5-6

Energia	1457kcal 6097kj	1423kcal 5952kj	1347kcal 5635kj	1525kcal 6382kj	1253kcal 5243kj			1401kcal 5862kj	1389.5kcal 5814kj
Valgud	47.87g 13.14%	59.90g 16.84%	44.79g 13.30%	64.81g 17.00%	38.68g 12.35%			51.21g 14.62%	43.4 g
Rasvad	54.64g 33.75%	51.09g 32.32%	45.27g 30.25%	59.52g 35.12%	43.10g 30.95%			50.72g 32.59%	46.3 g
Küllastunud rasvhapped	23.56g 14.55%	17.19g 10.87%	14.98g 10.01%	17.91g 10.57%	13.58g 9.75%			17.44g 11.21%	0 g
Süsivesikud imenduvad (ehk va kiudained)	183.56g 50.39%	168.27g 47.31%	179.86g 53.41%	176.26g 46.22%	168.74g 53.86%			175.34g 50.06%	199.8 g
Suhkrud kokku	40.62g 11.15%	41.24g 11.59%	19.55g 5.81%	48.39g 12.69%	55.45g 17.70%			41.05g 11.72%	0 g
Kiudained	19.87g 2.73%	25.07g 3.52%	20.44g 3.03%	12.70g 1.67%	17.81g 2.84%			19.18g 2.74%	0 g
Süsivesikud kokku	203.43g 53.12%	193.34g 50.83%	200.3g 56.44%	188.96g 47.89%	186.55g 56.7%			194.52g 52.80%	199.8 g
Sool kokku	1.65g	2.33g	2.18g	1.31g	11.25g			3.75g	0 g
Koka poolt lisatav sool	0.94g	1.49g	1.07g	0.23g	9.75g			2.70g	0 g

Aed 6-7

Energia	1592kcal 6662kj	1593kcal 6663kj	1494kcal 6252kj	1704kcal 7130kj	1368kcal 5726kj			1550kcal 6487kj	1539.3kcal 6440kj
Valgud	52.64g 13.22%	68.06g 17.09%	49.17g 13.16%	72.11g 16.93%	42.53g 12.43%			56.90g 14.68%	48.1 g
Rasvad	59.01g 33.35%	59.71g 33.74%	50.52g 30.43%	66.34g 35.04%	47.23g 31.06%			56.56g 32.84%	51.3 g
Küllastunud rasvhapped	25.37g 14.34%	19.80g 11.19%	16.49g 9.93%	19.59g 10.34%	14.99g 9.86%			19.25g 11.17%	0 g
Süsivesikud imenduvad (ehk va kiudained)	202.32g 50.83%	182.27g 45.78%	199.56g 53.42%	197.76g 46.42%	184.07g 53.80%			193.20g 49.86%	221.3 g
Suhkrud kokku	43.61g 10.96%	45.07g 11.32%	20.62g 5.52%	54.64g 12.83%	62.02g 18.13%			45.19g 11.66%	0 g
Kiudained	20.65g 2.59%	26.92g 3.38%	22.32g 2.99%	13.78g 1.62%	18.53g 2.71%			20.44g 2.64%	0 g
Süsivesikud kokku	222.97g 53.42%	209.19g 49.16%	221.88g 56.41%	211.54g 48.04%	202.6g 56.51%			213.64g 52.49%	221.3 g
Sool kokku	1.75g	2.62g	2.30g	1.42g	12.37g			4.09g	0 g
Koka poolt lisatav sool	0.96g	1.62g	1.13g	0.25g	10.83g			2.96g	0 g

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