

## Nädala menüü

	Esmaspäev 15.04.2024	Teisipäev 16.04.2024	Kolmapäev 17.04.2024	Neljapäev 18.04.2024	Reede 19.04.2024
Hommiüksööök	Mahe kaerahelbepuder marjadega Piim pria (mahe)	Piima-maisimannasupp Võileib juustuvõiga	Rukkihelbepuder Moos Piim pria (mahe)	Piima-tangusupp Sai tumeda šokolaadihummusega	Neljaviiljapuder Marjad Piim pria (mahe)
Vitamiinipaus	Kapsas pria 70g Õun pria	Kaalikas (pria) 70g Melon 80G	Kirsstomat 70g Pirn pria (mahe) 80g	Banaan (mahe) 80g	Paprika 70g Apelsin mahe 80g
Lõunasööök	Teraleib Minestronesupp sealihaga Kohupiima- aprikoosikreem	Läätse-kartulikotlet Keedetud mahe riis Koorekaste Mahe kapsas/tomat/salatikaste Pirnimahedik Peetri rukkileib	Hakklihasupp köögiviljadega Koolileib Rabarberi- mannavaht Piim pria (mahe)	Keedetud kartul Bõfstrooganov mahe veiselihest Peedi- õunasalat Marjasmuuti Värska Tummõ leib	Koorene kalasupp mahe köögiviljade ja roheliste ubadega Teraleib Kirsitarretis Vahukoor
Õhtuode	Pasta-munasalat Seemnesepik Banaani- marjasmuuti	3-terakukkel Kõrvitsapüreesupp Rõstitud seemned	Ahjukartul tomatiga Külm kaste ürtidega Mahe mustsõstra mahlajook suhkruta (Konspek OÜ)	Tatra-läätsepuder Hapukoor Keefir	Kohupiimavorm rosinatega Kibuvitsatee meega

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									
<b>Energia</b>	<b>1256kcal</b> <b>5255kj</b>	<b>1273kcal</b> <b>5325kj</b>	<b>1190kcal</b> <b>4977kj</b>	<b>1128kcal</b> <b>4717kj</b>	<b>1181kcal</b> <b>4942kj</b>			<b>1205kcal</b> <b>5043kj</b>	1180.9kcal 4941kj
<b>Valgud</b>	<b>47.45g</b> 15.11%	<b>38.27g</b> 12.03%	<b>35.46g</b> 11.92%	<b>40.22g</b> 14.27%	<b>36.99g</b> 12.53%			<b>39.68g</b> 13.17%	36.9 g
<b>Rasvad</b>	<b>41.62g</b> 29.82%	<b>45.37g</b> 32.08%	<b>41.75g</b> 31.58%	<b>41.63g</b> 33.23%	<b>35.92g</b> 27.37%			<b>41.26g</b> 30.81%	39.3 g
Küllastunud rasvhapped	13.83g 9.91%	15.93g 11.26%	9.31g 7.05%	19.45g 15.53%	14.47g 11.02%			14.60g 10.90%	0 g
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>164.92g</b> 52.52%	<b>168.99g</b> 53.12%	<b>159.51g</b> 53.63%	<b>139.50g</b> 49.49%	<b>170.46g</b> 57.72%			<b>160.68g</b> 53.34%	169.9 g
Suhkrud kokku	42.19g 13.44%	28.82g 9.06%	47.78g 16.07%	48.69g 17.27%	42.81g 14.50%			42.06g 13.96%	0 g
<b>Kiudained</b>	<b>16.00g</b> 2.55%	<b>17.61g</b> 2.77%	<b>17.01g</b> 2.86%	<b>16.99g</b> 3.01%	<b>14.10g</b> 2.39%			<b>16.34g</b> 2.71%	0 g
<b>Süsivesikud kokku</b>	<b>180.92g</b> 55.07%	<b>186.6g</b> 55.89%	<b>176.52g</b> 56.49%	<b>156.49g</b> 52.5%	<b>184.56g</b> 60.11%			<b>177.02g</b> 56.05%	169.9 g
Sool kokku	1.48g	1.18g	1.98g	6.13g	1.93g			2.54g	0 g
Koka poolt lisatav sool	0.53g	0.55g	1.06g	5.22g	1.06g			1.68g	0 g
Sõim 1-3									
<b>Energia</b>	<b>978kcal</b> <b>4091kj</b>	<b>1046kcal</b> <b>4377kj</b>	<b>974kcal</b> <b>4075kj</b>	<b>921kcal</b> <b>3855kj</b>	<b>954kcal</b> <b>3993kj</b>			<b>975kcal</b> <b>4078kj</b>	931.2kcal 3896kj
<b>Valgud</b>	<b>36.21g</b> 14.81%	<b>32.05g</b> 12.26%	<b>28.58g</b> 11.74%	<b>32.47g</b> 14.10%	<b>30.64g</b> 12.84%			<b>31.99g</b> 13.12%	29.3 g
<b>Rasvad</b>	<b>32.18g</b> 29.62%	<b>36.83g</b> 31.69%	<b>35.59g</b> 32.88%	<b>33.91g</b> 33.13%	<b>30.88g</b> 29.12%			<b>33.88g</b> 31.27%	33.6 g
Küllastunud rasvhapped	10.35g 9.53%	12.42g 10.69%	7.77g 7.18%	16.05g 15.68%	12.61g 11.89%			11.84g 10.93%	0 g

<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>129.36g</b> 52.92%	<b>139.39g</b> 53.30%	<b>128.03g</b> 52.58%	<b>114.69g</b> 49.79%	<b>132.93g</b> 55.72%			<b>128.88g</b> 52.87%	127.9 g
Suhkrud kokku	35.79g 14.64%	24.82g 9.49%	42.07g 17.28%	41.72g 18.11%	34.81g 14.59%			35.84g 14.70%	0 g
<b>Kiudained</b>	<b>12.93g</b> 2.64%	<b>14.43g</b> 2.76%	<b>13.62g</b> 2.80%	<b>13.73g</b> 2.98%	<b>11.06g</b> 2.32%			<b>13.15g</b> 2.70%	0 g
<b>Süsivesikud kokku</b>	<b>142.29g</b> 55.56%	<b>153.82g</b> 56.06%	<b>141.65g</b> 55.38%	<b>128.42g</b> 52.77%	<b>143.99g</b> 58.04%			<b>142.03g</b> 55.57%	127.9 g
Sool kokku	1.15g	0.93g	1.63g	4.65g	1.51g			1.98g	0 g
Koka poolt lisatav sool	0.40g	0.43g	0.80g	3.94g	0.80g			1.27g	0 g

## Aed 5-6

<b>Energia</b>	<b>1508kcal</b> <b>6311kj</b>	<b>1500kcal</b> <b>6276kj</b>	<b>1410kcal</b> <b>5900kj</b>	<b>1326kcal</b> <b>5549kj</b>	<b>1378kcal</b> <b>5764kj</b>			<b>1425kcal</b> <b>5960kj</b>	1389.5kcal 5814kj
<b>Valgud</b>	<b>57.78g</b> 15.32%	<b>44.61g</b> 11.89%	<b>42.71g</b> 12.11%	<b>46.41g</b> 14.00%	<b>43.90g</b> 12.75%			<b>47.08g</b> 13.22%	43.4 g
<b>Rasvad</b>	<b>50.69g</b> 30.24%	<b>55.42g</b> 33.25%	<b>51.66g</b> 32.97%	<b>49.07g</b> 33.30%	<b>43.88g</b> 28.67%			<b>50.14g</b> 31.67%	46.3 g
Küllastunud rasvhapped	16.40g 9.78%	19.21g 11.53%	11.09g 7.08%	23.07g 15.65%	17.45g 11.40%			17.44g 11.02%	0 g
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>196.08g</b> 51.99%	<b>195.21g</b> 52.05%	<b>184.34g</b> 52.29%	<b>164.40g</b> 49.58%	<b>193.98g</b> 56.32%			<b>186.80g</b> 52.44%	199.8 g
Suhkrud kokku	48.23g 12.79%	33.59g 8.96%	52.78g 14.97%	55.11g 16.62%	45.93g 13.34%			47.13g 13.23%	0 g
<b>Kiudained</b>	<b>18.43g</b> 2.44%	<b>21.03g</b> 2.80%	<b>18.51g</b> 2.62%	<b>20.74g</b> 3.13%	<b>15.56g</b> 2.26%			<b>18.85g</b> 2.65%	0 g
<b>Süsivesikud kokku</b>	<b>214.51g</b> 54.43%	<b>216.24g</b> 54.85%	<b>202.85g</b> 54.91%	<b>185.14g</b> 52.71%	<b>209.54g</b> 58.58%			<b>205.65g</b> 55.08%	199.8 g
Sool kokku	1.81g	1.41g	2.23g	7.21g	2.32g			3.00g	0 g
Koka poolt lisatav sool	0.61g	0.66g	1.22g	6.14g	1.22g			1.97g	0 g

## Aed 6-7

<b>Energia</b>	<b>1653kcal</b> <b>6918kj</b>	<b>1648kcal</b> <b>6895kj</b>	<b>1643kcal</b> <b>6875kj</b>	<b>1434kcal</b> <b>6001kj</b>	<b>1574kcal</b> <b>6585kj</b>			<b>1591kcal</b> <b>6655kj</b>	1539.3kcal 6440kj
<b>Valgud</b>	<b>63.55g</b> 15.37%	<b>49.33g</b> 11.97%	<b>49.93g</b> 12.15%	<b>51.39g</b> 14.33%	<b>48.79g</b> 12.40%			<b>52.60g</b> 13.22%	48.1 g
<b>Rasvad</b>	<b>56.60g</b> 30.81%	<b>62.52g</b> 34.15%	<b>61.72g</b> 33.81%	<b>54.15g</b> 33.98%	<b>50.86g</b> 29.08%			<b>57.17g</b> 32.34%	51.3 g
Küllastunud rasvhapped	17.89g 9.74%	21.19g 11.57%	12.92g 7.08%	25.49g 15.99%	20.06g 11.47%			19.51g 11.04%	0 g
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>212.65g</b> 51.45%	<b>210.50g</b> 51.10%	<b>211.80g</b> 51.56%	<b>174.50g</b> 48.67%	<b>221.81g</b> 56.37%			<b>206.25g</b> 51.85%	221.3 g
Suhkrud kokku	50.87g 12.31%	35.85g 8.70%	59.67g 14.53%	59.21g 16.51%	52.31g 13.29%			51.58g 12.97%	0 g
<b>Kiudained</b>	<b>19.61g</b> 2.37%	<b>22.92g</b> 2.78%	<b>20.37g</b> 2.48%	<b>21.69g</b> 3.02%	<b>16.89g</b> 2.15%			<b>20.30g</b> 2.55%	0 g
<b>Süsivesikud kokku</b>	<b>232.26g</b> 53.82%	<b>233.42g</b> 53.88%	<b>232.17g</b> 54.04%	<b>196.19g</b> 51.69%	<b>238.7g</b> 58.52%			<b>226.55g</b> 54.41%	221.3 g
Sool kokku	1.95g	1.54g	2.42g	7.77g	2.49g			3.24g	0 g
Koka poolt lisatav sool	0.66g	0.75g	1.33g	6.61g	1.33g			2.13g	0 g

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