

## Nädala menüü

	Esmaspäev 18.11.2024	Teisipäev 19.11.2024	Kolmapäev 20.11.2024	Neljapäev 21.11.2024	Reede 22.11.2024
Hommikusöök	7-viljapuder linaseemnetega Piim 2.5% Röstitud seemned	Piima-nisuhelbesupp Sepik tomatiga	Rukkihelbepuder Marjad Piim 2.5%	Piima- maisimannasupp Leib pasteediga	Moos 3- viljapuder Piim 2.5%
Vitamiinipaus	Pria mahe porgand 70g Pirn pria (mahe) 80g	Nuikapsas (pria) 70g Melon 80G	Kirsstomat 70g Õun (pria,mahe) 80g	Paprika 70g Banaan (mahe) 80g	Apelsin mahe 80g Lillkapsas
Lõunasöök	Värskekapsasupp sealihaga Kohupiimakreem Koolileib Mahlakissell	Keedetud mahe riis Tomatine köögiviljakaste Rukkitäisteraleib Hiinakapsas-kurk- redis-sal.kaste Banaani-õunamahedik	Värviline mahe- veisehakklihasupp Jogurti-kamavaht toormoosiga Möldri rukkileib	Paneeritud kanakintsuliha Koorekaste Ahjukartul Porgandi apelsinisolat Mahlajook Värska Tummõ leib	Kala-riisupp köögiviljadega Maasikatarretis Vahukoor Teraleib
Õhtuode	Pasta köögiviljadega Külm kaste värske kurgiga Marjatee meega	Köögiviljavorm Seemnesepik Mahe mustsõstra mahlajook suhkruta (Konspek OÜ) Külm kaste tilliga	Kartuli-läätsepuder Hapukoor Keefir 2,5%	Peedipüreesupp Kõrvitsasai Krutoonid	Juusturull Maasika- mustikasmuuti

NB! Teavet toidus leiduvate allergeenide kohta saab toidu valmistajalt.

## Toitaineid söjate gruppide kaupa

	Esmaspäev	Teisipäev	Kolmapäev	Neljapäev	Reede	Laupäev	Pühapäev	Nädala keskmine	Norm
Aed 3-5									
<b>Energia</b>	<b>1174kcal</b> <b>4914kj</b>	<b>1109kcal</b> <b>4639kj</b>	<b>1095kcal</b> <b>4582kj</b>	<b>1150kcal</b> <b>4813kj</b>	<b>1225kcal</b> <b>5125kj</b>			<b>1151kcal</b> <b>4815kj</b>	1180.9kcal 4941kj
<b>Valgud</b>	<b>42.28g</b> 14.40%	<b>33.59g</b> 12.12%	<b>37.04g</b> 13.53%	<b>34.20g</b> 11.89%	<b>37.19g</b> 12.15%			<b>36.86g</b> 12.81%	36.9 g
<b>Rasvad</b>	<b>38.38g</b> 29.41%	<b>39.67g</b> 32.20%	<b>42.51g</b> 34.94%	<b>41.14g</b> 32.19%	<b>43.41g</b> 31.90%			<b>41.02g</b> 32.08%	39.3 g
Küllastunud rasvhapped	14.24g 10.92%	12.75g 10.35%	22.26g 18.30%	12.16g 9.52%	18.98g 13.94%			16.08g 12.57%	0 g
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>157.56g</b> 53.66%	<b>146.71g</b> 52.93%	<b>133.25g</b> 48.67%	<b>152.20g</b> 52.92%	<b>165.77g</b> 54.13%			<b>151.10g</b> 52.51%	169.9 g
Suhkrud kokku	34.36g 11.70%	36.16g 13.05%	39.24g 14.33%	40.43g 14.06%	56.23g 18.36%			41.29g 14.35%	0 g
<b>Kiudained</b>	<b>14.85g</b> 2.53%	<b>15.22g</b> 2.75%	<b>15.68g</b> 2.86%	<b>17.23g</b> 3.00%	<b>11.16g</b> 1.82%			<b>14.83g</b> 2.58%	0 g
<b>Süsivesikud kokku</b>	<b>172.41g</b> 56.19%	<b>161.93g</b> 55.68%	<b>148.93g</b> 51.53%	<b>169.43g</b> 55.92%	<b>176.93g</b> 55.95%			<b>165.93g</b> 55.09%	169.9 g
Sool kokku	1.71g	1.52g	2.27g	1.01g	1.45g			1.59g	0 g
Koka poolt lisatav sool	1.13g	0.34g	1.06g	0.36g	0.20g			0.62g	0 g
Sõim 1-3									
<b>Energia</b>	<b>927kcal</b> <b>3879kj</b>	<b>897kcal</b> <b>3753kj</b>	<b>857kcal</b> <b>3587kj</b>	<b>920kcal</b> <b>3847kj</b>	<b>971kcal</b> <b>4063kj</b>			<b>914kcal</b> <b>3826kj</b>	931.2kcal 3896kj
<b>Valgud</b>	<b>32.15g</b> 13.87%	<b>26.40g</b> 11.77%	<b>29.48g</b> 13.75%	<b>27.07g</b> 11.78%	<b>30.09g</b> 12.39%			<b>29.04g</b> 12.71%	29.3 g
<b>Rasvad</b>	<b>31.70g</b> 30.78%	<b>32.20g</b> 32.31%	<b>33.07g</b> 34.71%	<b>31.74g</b> 31.06%	<b>35.06g</b> 32.50%			<b>32.75g</b> 32.25%	33.6 g
Küllastunud rasvhapped	11.45g 11.11%	10.53g 10.57%	17.64g 18.52%	9.29g 9.09%	15.21g 14.10%			12.82g 12.63%	0 g

<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>121.95g</b> 52.61%	<b>119.49g</b> 53.28%	<b>104.21g</b> 48.62%	<b>124.51g</b> 54.16%	<b>129.22g</b> 53.23%			<b>119.88g</b> 52.46%	127.9 g
Suhkrud kokku	30.67g 13.23%	32.55g 14.52%	34.12g 15.92%	37.19g 16.18%	48.94g 20.16%			36.70g 16.06%	0 g
<b>Kiudained</b>	<b>12.71g</b> 2.74%	<b>11.84g</b> 2.64%	<b>12.48g</b> 2.91%	<b>13.79g</b> 3.00%	<b>9.11g</b> 1.88%			<b>11.99g</b> 2.62%	0 g
<b>Süsivesikud kokku</b>	<b>134.66g</b> 55.35%	<b>131.33g</b> 55.92%	<b>116.69g</b> 51.53%	<b>138.3g</b> 57.16%	<b>138.33g</b> 55.11%			<b>131.86g</b> 55.08%	127.9 g
Sool kokku	1.36g	1.37g	1.85g	0.78g	1.19g			1.31g	0 g
Koka poolt lisatav sool	0.85g	0.25g	0.80g	0.28g	0.15g			0.46g	0 g

## Aed 5-6

<b>Energia</b>	<b>1354kcal</b> <b>5664kj</b>	<b>1326kcal</b> <b>5546kj</b>	<b>1334kcal</b> <b>5581kj</b>	<b>1432kcal</b> <b>5991kj</b>	<b>1373kcal</b> <b>5746kj</b>			<b>1364kcal</b> <b>5706kj</b>	1389.5kcal 5814kj
<b>Valgud</b>	<b>48.53g</b> 14.34%	<b>39.88g</b> 12.03%	<b>45.18g</b> 13.55%	<b>43.75g</b> 12.22%	<b>42.54g</b> 12.39%			<b>43.97g</b> 12.90%	43.4 g
<b>Rasvad</b>	<b>44.61g</b> 29.66%	<b>47.71g</b> 32.39%	<b>52.99g</b> 35.75%	<b>50.79g</b> 31.92%	<b>49.39g</b> 32.37%			<b>49.10g</b> 32.39%	46.3 g
Küllastunud rasvhapped	15.97g 10.62%	14.99g 10.17%	28.70g 19.36%	14.58g 9.16%	22.42g 14.70%			19.33g 12.76%	0 g
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>181.16g</b> 53.53%	<b>175.02g</b> 52.81%	<b>160.00g</b> 47.98%	<b>189.38g</b> 52.90%	<b>183.69g</b> 53.50%			<b>177.85g</b> 52.15%	199.8 g
Suhkrud kokku	40.58g 11.99%	42.87g 12.94%	47.84g 14.34%	48.70g 13.60%	62.00g 18.06%			48.40g 14.19%	0 g
<b>Kiudained</b>	<b>16.74g</b> 2.47%	<b>18.29g</b> 2.76%	<b>18.18g</b> 2.73%	<b>21.20g</b> 2.96%	<b>11.92g</b> 1.74%			<b>17.27g</b> 2.53%	0 g
<b>Süsivesikud kokku</b>	<b>197.9g</b> 56%	<b>193.31g</b> 55.57%	<b>178.18g</b> 50.71%	<b>210.58g</b> 55.86%	<b>195.61g</b> 55.24%			<b>195.11g</b> 54.69%	199.8 g
Sool kokku	1.97g	1.72g	2.71g	1.29g	1.71g			1.88g	0 g
Koka poolt lisatav sool	1.30g	0.43g	1.22g	0.45g	0.23g			0.73g	0 g

## Aed 6-7

<b>Energia</b>	<b>1584kcal</b> <b>6626kj</b>	<b>1446kcal</b> <b>6049kj</b>	<b>1480kcal</b> <b>6194kj</b>	<b>1585kcal</b> <b>6632kj</b>	<b>1566kcal</b> <b>6551kj</b>			<b>1532kcal</b> <b>6411kj</b>	1539.3kcal 6440kj
<b>Valgud</b>	<b>57.28g</b> 14.47%	<b>42.57g</b> 11.78%	<b>51.69g</b> 13.97%	<b>48.49g</b> 12.24%	<b>47.72g</b> 12.19%			<b>49.55g</b> 12.94%	48.1 g
<b>Rasvad</b>	<b>54.59g</b> 31.02%	<b>53.11g</b> 33.06%	<b>58.97g</b> 35.85%	<b>57.11g</b> 32.43%	<b>57.49g</b> 33.05%			<b>56.25g</b> 33.05%	51.3 g
Küllastunud rasvhapped	19.88g 11.30%	17.06g 10.62%	32.00g 19.45%	16.54g 9.39%	26.66g 15.32%			22.43g 13.18%	0 g
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>206.80g</b> 52.23%	<b>189.83g</b> 52.52%	<b>176.02g</b> 47.56%	<b>207.83g</b> 52.45%	<b>207.92g</b> 53.11%			<b>197.68g</b> 51.61%	221.3 g
Suhkrud kokku	48.21g 12.18%	48.03g 13.29%	54.26g 14.66%	55.35g 13.97%	68.99g 17.62%			54.97g 14.35%	0 g
<b>Kiudained</b>	<b>18.04g</b> 2.28%	<b>19.10g</b> 2.64%	<b>19.43g</b> 2.62%	<b>22.89g</b> 2.89%	<b>12.91g</b> 1.65%			<b>18.47g</b> 2.41%	0 g
<b>Süsivesikud kokku</b>	<b>224.84g</b> 54.51%	<b>208.93g</b> 55.16%	<b>195.45g</b> 50.18%	<b>230.72g</b> 55.34%	<b>220.83g</b> 54.76%			<b>216.15g</b> 54.03%	221.3 g
Sool kokku	2.23g	1.82g	2.96g	1.41g	1.90g			2.06g	0 g
Koka poolt lisatav sool	1.41g	0.45g	1.33g	0.51g	0.25g			0.79g	0 g

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