

## Nädala menüü

	Esmaspäev 03.02.2025	Teisipäev 04.02.2025	Kolmapäev 05.02.2025	Neljapäev 06.02.2025	Reede 07.02.2025
Hommiüksööök	Neljaviiljapuder Marjad Piim pria (mahe)	Piima- nisuhelbesupp Võileib rohelse võiga	Tatrahelbepuder Kodujuust Piim pria (mahe)	Piima- nuudlisupp Leib heeringavõiga	3- viljapuder Moos Rabarberi mahlajook
Vitamiinipaus	Melon 80G Kaalikas (pria) 70g	Pria mahe porgand 70g Pirn pria (mahe) 80g	Kurk (pria) 70g Apelsin mahe 80g	Nuikapsas (pria) 70g Õun pria	Paprika 70g Banaan (mahe) 80g
Lõunasööök	Talupojasupp sealihaga Koolileib Karamellkissell Moos	Bolognese kaste ubade ja köögiviljadega Mahe keedetud pasta Tervisesalat Rukkitäisteraleib Banaanismuuti	Boršisupp mahe veiselihaga Hapukoor Värska Tummõ leib Riisi-mangopuding Marjatoormoos	Küpsetatud kanakintsuliha Kartuli- bataadipüree Koore- sidrunikaste Porgandi- kaalikalasat Kamajook Teraleib	Kalasurem köögiviljadega Leivakreem rosinatega Piim 2.5% Peetri rukkileib
Õhtuoode	Riisalat makraga Kõrvitsasai Puuviljatee	Hautatud köögiviljaragu köögiviljadest Seemnesepik Kakaojook	Ahjukartulid röstitud aedviljadega Külm kaste ürtidega Valga sepik Mahe mustsõstra mahlajook suhkruta (Konspek OÜ)	Lillkapsa- püreesupp Mooste linakukkel 30g	Kohupiima- porgandivorm seesamiseemnetega Marjatee meega

NB! Teavet toidus leiduvate allergeenide kohta saab toidu valmistajalt.

## Toitained sööjate gruppide kaupa

	Esmaspäev	Teisipäev	Kolmapäev	Neljapäev	Reede	Laupäev	Pühapäev	Nädala keskmine	Norm
Aed 3-5									
<b>Energia</b>	<b>1210kcal</b> <b>5061kj</b>	<b>1110kcal</b> <b>4642kj</b>	<b>1233kcal</b> <b>5161kj</b>	<b>1112kcal</b> <b>4651kj</b>	<b>1115kcal</b> <b>4664kj</b>			<b>1156kcal</b> <b>4836kj</b>	1180.9kcal 4941kj
<b>Valgud</b>	<b>33.32g</b> 11.02%	<b>31.78g</b> 11.46%	<b>32.98g</b> 10.69%	<b>44.85g</b> 16.14%	<b>38.96g</b> 13.98%			<b>36.38g</b> 12.59%	36.9 g
<b>Rasvad</b>	<b>35.63g</b> 26.51%	<b>34.40g</b> 27.90%	<b>45.23g</b> 33.00%	<b>44.17g</b> 35.76%	<b>31.58g</b> 25.50%			<b>38.20g</b> 29.74%	39.3 g
Küllastunud rasvhapped	10.86g 8.08%	12.27g 9.95%	15.92g 11.62%	16.71g 13.53%	10.68g 8.63%			13.29g 10.35%	0 g
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>180.93g</b> 59.83%	<b>157.29g</b> 56.70%	<b>165.40g</b> 53.64%	<b>124.44g</b> 44.78%	<b>162.24g</b> 58.22%			<b>158.06g</b> 54.69%	169.9 g
Suhkrud kokku	42.53g 14.07%	40.02g 14.43%	36.74g 11.91%	29.28g 10.54%	69.53g 24.95%			43.62g 15.09%	0 g
<b>Kiudained</b>	<b>15.99g</b> 2.64%	<b>21.86g</b> 3.94%	<b>16.45g</b> 2.67%	<b>18.44g</b> 3.32%	<b>12.78g</b> 2.29%			<b>17.10g</b> 2.96%	0 g
<b>Süsivesikud kokku</b>	<b>196.92g</b> 62.47%	<b>179.15g</b> 60.64%	<b>181.85g</b> 56.31%	<b>142.88g</b> 48.1%	<b>175.02g</b> 60.51%			<b>175.16g</b> 57.65%	169.9 g
Sool kokku	2.35g	4.52g	1.57g	6.60g	0.96g			3.20g	0 g
Koka poolt lisatav sool	0.80g	3.76g	0.96g	4.53g	0.20g			2.05g	0 g
Sõim 1-3									
<b>Energia</b>	<b>957kcal</b> <b>4003kj</b>	<b>903kcal</b> <b>3776kj</b>	<b>983kcal</b> <b>4113kj</b>	<b>866kcal</b> <b>3622kj</b>	<b>885kcal</b> <b>3702kj</b>			<b>919kcal</b> <b>3843kj</b>	931.2kcal 3896kj
<b>Valgud</b>	<b>26.29g</b> 10.99%	<b>25.75g</b> 11.41%	<b>26.38g</b> 10.74%	<b>34.88g</b> 16.12%	<b>30.21g</b> 13.66%			<b>28.70g</b> 12.49%	29.3 g
<b>Rasvad</b>	<b>28.23g</b> 26.55%	<b>27.28g</b> 27.20%	<b>37.93g</b> 34.73%	<b>34.01g</b> 35.36%	<b>24.38g</b> 24.80%			<b>30.36g</b> 29.74%	33.6 g

Küllastunud rasvhapped	8.37g 7.88%	9.91g 9.88%	13.56g 12.42%	13.04g 13.56%	8.58g 8.73%			10.69g 10.47%	0 g
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>142.99g</b> 59.79%	<b>129.52g</b> 57.40%	<b>127.50g</b> 51.89%	<b>97.77g</b> 45.18%	<b>131.12g</b> 59.28%			<b>125.78g</b> 54.75%	127.9 g
Suhkrud kokku	36.75g 15.37%	35.47g 15.72%	31.84g 12.96%	25.17g 11.63%	63.55g 28.73%			38.55g 16.78%	0 g
<b>Kiudained</b>	<b>12.74g</b> 2.66%	<b>18.03g</b> 3.99%	<b>13.00g</b> 2.65%	<b>14.46g</b> 3.34%	<b>10.01g</b> 2.26%			<b>13.65g</b> 2.97%	0 g
<b>Süsivesikud kokku</b>	<b>155.73g</b> 62.45%	<b>147.55g</b> 61.39%	<b>140.5g</b> 54.54%	<b>112.23g</b> 48.52%	<b>141.13g</b> 61.54%			<b>139.43g</b> 57.72%	127.9 g
Sool kokku	1.83g	3.32g	1.25g	5.13g	0.77g			2.46g	0 g
Koka poolt lisatav sool	0.60g	2.70g	0.72g	3.40g	0.15g			1.51g	0 g
Aed 5-6									
<b>Energia</b>	<b>1402kcal</b> <b>5867kj</b>	<b>1362kcal</b> <b>5699kj</b>	<b>1451kcal</b> <b>6070kj</b>	<b>1337kcal</b> <b>5593kj</b>	<b>1283kcal</b> <b>5369kj</b>			<b>1367kcal</b> <b>5720kj</b>	1389.5kcal 5814kj
<b>Valgud</b>	<b>39.49g</b> 11.27%	<b>39.40g</b> 11.57%	<b>39.82g</b> 10.98%	<b>55.86g</b> 16.71%	<b>45.07g</b> 14.05%			<b>43.93g</b> 12.85%	43.4 g
<b>Rasvad</b>	<b>41.19g</b> 26.44%	<b>42.01g</b> 27.76%	<b>53.37g</b> 33.11%	<b>53.79g</b> 36.22%	<b>36.65g</b> 25.70%			<b>45.40g</b> 29.89%	46.3 g
Küllastunud rasvhapped	12.10g 7.77%	15.19g 10.04%	18.85g 11.69%	20.19g 13.59%	12.85g 9.01%			15.83g 10.42%	0 g
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>209.24g</b> 59.69%	<b>193.43g</b> 56.81%	<b>193.22g</b> 53.28%	<b>146.79g</b> 43.92%	<b>186.18g</b> 58.03%			<b>185.77g</b> 54.36%	199.8 g
Suhkrud kokku	45.44g 12.96%	46.56g 13.67%	42.49g 11.72%	32.73g 9.79%	80.89g 25.21%			49.62g 14.52%	0 g
<b>Kiudained</b>	<b>18.26g</b> 2.60%	<b>26.34g</b> 3.87%	<b>19.11g</b> 2.63%	<b>21.03g</b> 3.15%	<b>14.25g</b> 2.22%			<b>19.80g</b> 2.90%	0 g
<b>Süsivesikud kokku</b>	<b>227.5g</b> 62.29%	<b>219.77g</b> 60.68%	<b>212.33g</b> 55.91%	<b>167.82g</b> 47.07%	<b>200.43g</b> 60.25%			<b>205.57g</b> 57.26%	199.8 g
Sool kokku	2.60g	6.23g	1.82g	7.72g	1.14g			3.90g	0 g
Koka poolt lisatav sool	0.92g	5.32g	1.11g	5.24g	0.23g			2.56g	0 g
Aed 6-7									
<b>Energia</b>	<b>1547kcal</b> <b>6474kj</b>	<b>1475kcal</b> <b>6172kj</b>	<b>1646kcal</b> <b>6885kj</b>	<b>1447kcal</b> <b>6052kj</b>	<b>1455kcal</b> <b>6088kj</b>			<b>1514kcal</b> <b>6334kj</b>	1539.3kcal 6440kj
<b>Valgud</b>	<b>43.66g</b> 11.29%	<b>43.11g</b> 11.69%	<b>44.38g</b> 10.79%	<b>61.44g</b> 16.99%	<b>50.36g</b> 13.84%			<b>48.59g</b> 12.84%	48.1 g
<b>Rasvad</b>	<b>46.18g</b> 26.86%	<b>45.62g</b> 27.83%	<b>61.60g</b> 33.69%	<b>58.71g</b> 36.53%	<b>41.01g</b> 25.37%			<b>50.62g</b> 30.09%	51.3 g
Küllastunud rasvhapped	13.09g 7.62%	16.62g 10.14%	21.31g 11.65%	21.76g 13.54%	14.57g 9.01%			17.47g 10.39%	0 g
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>229.56g</b> 59.35%	<b>209.26g</b> 56.74%	<b>218.29g</b> 53.06%	<b>156.84g</b> 43.37%	<b>213.39g</b> 58.66%			<b>205.47g</b> 54.29%	221.3 g
Suhkrud kokku	48.63g 12.57%	50.41g 13.67%	48.30g 11.74%	34.49g 9.54%	94.07g 25.86%			55.18g 14.58%	0 g
<b>Kiudained</b>	<b>19.35g</b> 2.50%	<b>27.53g</b> 3.73%	<b>20.27g</b> 2.46%	<b>22.51g</b> 3.11%	<b>15.48g</b> 2.13%			<b>21.03g</b> 2.78%	0 g
<b>Süsivesikud kokku</b>	<b>248.91g</b> 61.85%	<b>236.79g</b> 60.47%	<b>238.56g</b> 55.52%	<b>179.35g</b> 46.48%	<b>228.87g</b> 60.79%			<b>226.5g</b> 57.06%	221.3 g
Sool kokku	2.81g	6.34g	2.00g	8.25g	1.28g			4.14g	0 g
Koka poolt lisatav sool	1.00g	5.34g	1.20g	5.71g	0.25g			2.70g	0 g

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