

## Nädala menüü

	Esmaspäev 17.03.2025	Teisipäev 18.03.2025	Kolmapäev 19.03.2025	Neljapäev 20.03.2025	Reede 21.03.2025
Hommikusöök	Piima- nuudlisupp Võileib rohelise võiga	Kaerahelbepuder Moos Piim pria (mahe)	Odrahelbepuder Hõõrutud marjad Piim pria (mahe)	8-viljapuder linaseemnetega Moos Piim pria (mahe)	Piima-nisuhelbesupp Võileib juustuvõiga
Vitamiinipaus	Kapsas pria 70g Pirn pria (mahe) 80g	Pria porgand Melon 80G	Nuikapsas (pria) 70g Õun (pria,mahe) 80g	Kurk (pria) 70g Banaan (mahe) 80g	Kaalikas (pria) 70g Apelsin mahe 80g
Lõunasöök	Magus- hapukanakaste Sõmer tatar Jogurtijook Porgandi- õunasalat Möldri rukkileib	Boršisupp punaste ubadega (lihavaba) Hapukoor Rukkitäisteraleib Kohupiima- küpsisekreem	Koorene kalakaste Kartuli püree (mahe kartulist) Hiinakapsas-kurk- seesamiseemned- sal.kaste Teraleib Banaani- maasikasmuuti	Köögiviljasupp sealihaga Marjakissell Vahukoor Koolileib	Lindströmi kotlet Keedetud mahe pasta Koorekaste Punane kapsas- valge kapsas- sal.kaste Marja-kamasmuuti Värskä Tummõ leib
Õhtuode	Kõrvitsakarask Piim pria (mahe)	Riisiroog köögiviljadega Külm kaste tomati ja ürtidega Puuviljatee sidruniga	Köögiviljapüreesupp Krutoonid Valga sepik	Täisteravõileib toorjuustuga Kakaojook	Saiavorm õuna ja kookoshelvestega Piim 2.5% (PRIA)

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>1153kcal</b> <b>4824kj</b>	<b>1088kcal</b> <b>4553kj</b>	<b>1134kcal</b> <b>4746kj</b>	<b>1239kcal</b> <b>5182kj</b>	<b>1291kcal</b> <b>5403kj</b>			<b>1181kcal</b> <b>4942kj</b>	1180.9kcal 4941kj
<b>Valgud</b>	<b>41.77g</b> 14.49%	<b>38.13g</b> 14.02%	<b>37.69g</b> 13.29%	<b>33.87g</b> 10.94%	<b>43.05g</b> 13.33%			<b>38.90g</b> 13.18%	36.9 g
<b>Rasvad</b>	<b>43.72g</b> 34.12%	<b>35.39g</b> 29.27%	<b>36.21g</b> 28.73%	<b>46.77g</b> 33.99%	<b>42.94g</b> 29.92%			<b>41.00g</b> 31.25%	39.3 g
Küllastunud rasvhapped	13.83g 10.79%	14.38g 11.89%	13.61g 10.80%	15.50g 11.26%	17.54g 12.23%			14.97g 11.41%	0 g
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>139.21g</b> 48.29%	<b>146.66g</b> 53.91%	<b>154.36g</b> 54.44%	<b>164.12g</b> 53.01%	<b>173.87g</b> 53.86%			<b>155.64g</b> 52.72%	169.9 g
Suhkrud kokku	37.14g 12.88%	44.28g 16.28%	38.84g 13.70%	53.30g 17.22%	39.12g 12.12%			42.54g 14.41%	0 g
<b>Kiudained</b>	<b>17.85g</b> 3.10%	<b>15.24g</b> 2.80%	<b>20.09g</b> 3.54%	<b>12.81g</b> 2.07%	<b>18.61g</b> 2.88%			<b>16.92g</b> 2.87%	0 g
<b>Süsivesikud kokku</b>	<b>157.06g</b> 51.39%	<b>161.9g</b> 56.71%	<b>174.45g</b> 57.98%	<b>176.93g</b> 55.08%	<b>192.48g</b> 56.74%			<b>172.56g</b> 55.58%	169.9 g
Sool kokku	5.62g	1.99g	2.63g	1.50g	1.77g			2.70g	0 g
Koka poolt lisatav sool	4.79g	1.13g	1.28g	1.13g	0.42g			1.75g	0 g
Sõim 1-3									
<b>Energia</b>	<b>947kcal</b> <b>3961kj</b>	<b>884kcal</b> <b>3699kj</b>	<b>905kcal</b> <b>3788kj</b>	<b>993kcal</b> <b>4154kj</b>	<b>1010kcal</b> <b>4224kj</b>			<b>948kcal</b> <b>3965kj</b>	931.2kcal 3896kj
<b>Valgud</b>	<b>34.26g</b> 14.47%	<b>29.07g</b> 13.15%	<b>30.01g</b> 13.26%	<b>27.44g</b> 11.06%	<b>34.14g</b> 13.53%			<b>30.98g</b> 13.07%	29.3 g
<b>Rasvad</b>	<b>35.42g</b> 33.67%	<b>29.70g</b> 30.24%	<b>29.14g</b> 28.97%	<b>36.09g</b> 32.71%	<b>33.59g</b> 29.94%			<b>32.79g</b> 31.13%	33.6 g
Küllastunud rasvhapped	10.80g 10.26%	11.82g 12.03%	10.84g 10.78%	11.69g 10.60%	13.88g 12.38%			11.81g 11.21%	0 g

<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>115.22g</b> 48.69%	<b>119.04g</b> 53.86%	<b>122.88g</b> 54.29%	<b>134.47g</b> 54.18%	<b>135.27g</b> 53.60%			<b>125.38g</b> 52.90%	127.9 g
Suhkrud kokku	32.28g 13.64%	38.56g 17.45%	32.93g 14.55%	47.89g 19.30%	32.98g 13.07%			36.93g 15.58%	0 g
<b>Kiudained</b>	<b>15.00g</b> 3.17%	<b>12.12g</b> 2.74%	<b>15.80g</b> 3.49%	<b>10.20g</b> 2.05%	<b>14.81g</b> 2.93%			<b>13.58g</b> 2.87%	0 g
<b>Süsivesikud kokku</b>	<b>130.22g</b> 51.86%	<b>131.16g</b> 56.6%	<b>138.68g</b> 57.78%	<b>144.67g</b> 56.23%	<b>150.08g</b> 56.53%			<b>138.96g</b> 55.77%	127.9 g
Sool kokku	4.27g	1.54g	2.14g	1.16g	1.32g			2.08g	0 g
Koka poolt lisatav sool	3.62g	0.85g	0.96g	0.85g	0.32g			1.32g	0 g

## Aed 5-6

<b>Energia</b>	<b>1366kcal</b> <b>5716kj</b>	<b>1313kcal</b> <b>5494kj</b>	<b>1344kcal</b> <b>5621kj</b>	<b>1479kcal</b> <b>6187kj</b>	<b>1546kcal</b> <b>6469kj</b>			<b>1410kcal</b> <b>5897kj</b>	1389.5kcal 5814kj
<b>Valgud</b>	<b>48.92g</b> 14.32%	<b>46.51g</b> 14.17%	<b>45.06g</b> 13.42%	<b>41.21g</b> 11.15%	<b>52.29g</b> 13.53%			<b>46.80g</b> 13.28%	43.4 g
<b>Rasvad</b>	<b>52.39g</b> 34.51%	<b>43.85g</b> 30.06%	<b>43.17g</b> 28.92%	<b>57.20g</b> 34.82%	<b>54.33g</b> 31.63%			<b>50.19g</b> 32.04%	46.3 g
Küllastunud rasvhapped	16.29g 10.73%	17.73g 12.15%	15.40g 10.32%	19.42g 11.82%	22.28g 12.97%			18.22g 11.63%	0 g
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>164.16g</b> 48.06%	<b>174.30g</b> 53.10%	<b>182.38g</b> 54.30%	<b>192.47g</b> 52.06%	<b>201.06g</b> 52.02%			<b>182.87g</b> 51.88%	199.8 g
Suhkrud kokku	42.50g 12.44%	48.67g 14.83%	42.68g 12.71%	57.89g 15.66%	45.43g 11.75%			47.43g 13.46%	0 g
<b>Kiudained</b>	<b>21.19g</b> 3.10%	<b>17.59g</b> 2.68%	<b>22.60g</b> 3.36%	<b>14.58g</b> 1.97%	<b>21.80g</b> 2.82%			<b>19.55g</b> 2.77%	0 g
<b>Süsivesikud kokku</b>	<b>185.35g</b> 51.16%	<b>191.89g</b> 55.78%	<b>204.98g</b> 57.66%	<b>207.05g</b> 54.03%	<b>222.86g</b> 54.84%			<b>202.43g</b> 54.65%	199.8 g
Sool kokku	6.75g	2.26g	3.04g	1.76g	2.11g			3.18g	0 g
Koka poolt lisatav sool	5.70g	1.30g	1.51g	1.30g	0.54g			2.07g	0 g

## Aed 6-7

<b>Energia</b>	<b>1491kcal</b> <b>6240kj</b>	<b>1459kcal</b> <b>6106kj</b>	<b>1502kcal</b> <b>6283kj</b>	<b>1656kcal</b> <b>6927kj</b>	<b>1725kcal</b> <b>7217kj</b>			<b>1567kcal</b> <b>6555kj</b>	1539.3kcal 6440kj
<b>Valgud</b>	<b>55.05g</b> 14.77%	<b>51.38g</b> 14.08%	<b>51.33g</b> 13.67%	<b>46.27g</b> 11.18%	<b>58.95g</b> 13.67%			<b>52.60g</b> 13.43%	48.1 g
<b>Rasvad</b>	<b>57.80g</b> 34.88%	<b>49.84g</b> 30.74%	<b>49.74g</b> 29.81%	<b>65.73g</b> 35.73%	<b>60.93g</b> 31.79%			<b>56.81g</b> 32.63%	51.3 g
Küllastunud rasvhapped	17.21g 10.39%	19.43g 11.98%	17.23g 10.32%	22.67g 12.32%	25.33g 13.21%			20.37g 11.70%	0 g
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>176.74g</b> 47.40%	<b>191.96g</b> 52.61%	<b>199.72g</b> 53.20%	<b>212.00g</b> 51.22%	<b>223.58g</b> 51.85%			<b>200.80g</b> 51.26%	221.3 g
Suhkrud kokku	44.24g 11.87%	51.95g 14.24%	45.57g 12.14%	62.06g 14.99%	51.71g 11.99%			51.11g 13.05%	0 g
<b>Kiudained</b>	<b>21.98g</b> 2.95%	<b>18.72g</b> 2.57%	<b>24.95g</b> 3.32%	<b>15.49g</b> 1.87%	<b>23.23g</b> 2.69%			<b>20.87g</b> 2.66%	0 g
<b>Süsivesikud kokku</b>	<b>198.72g</b> 50.35%	<b>210.68g</b> 55.18%	<b>224.67g</b> 56.52%	<b>227.49g</b> 53.09%	<b>246.81g</b> 54.54%			<b>221.67g</b> 53.92%	221.3 g
Sool kokku	7.20g	2.47g	3.22g	1.94g	2.43g			3.45g	0 g
Koka poolt lisatav sool	6.12g	1.41g	1.63g	1.41g	0.59g			2.23g	0 g

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