

| Tartu Lasteaed 'Maarjamõisa' menüü Aprill 2026 lasteaia nooremale rühmale 1-2(3) ja 3-5/6-7 aastastele | | Valmistoidu kaal, grammi | Toiduenergia (kcal) | | | Valgud (g) | | | Rasvad (g) | | | Süsivesikud (g) | | |
|--|--|--------------------------|---------------------|-------------|-------------|------------|-----------|-----------|------------|-----------|-----------|-----------------|------------|------------|
| | | | 1-2(3)a | 3-5a | 6-7a | 1-2(3)a | 3-5a | 6-7a | 1-2(3)a | 3-5a | 6-7a | 1-2(3)a | 3-5a | 6-7a |
| HS | Mahe täistera 4-viljahelbepuder | 130/160/200 | | | | | | | | | | | | |
| | Moos kirsi majadega Bacula AS | 10g/10g/20g | | | | | | | | | | | | |
| | Mahe piim PRIA | 100/150/150 | | | | | | | | | | | | |
| | Kapsas PRIA | 50/70/70 | | | | | | | | | | | | |
| LS | Kaalika-kruubisupp sealiha ja maitserohelisega | 180/230/250 | | | | | | | | | | | | |
| | Kohupiimakreem maasikatega | 100/120/150 | | | | | | | | | | | | |
| | Avokaado - indiapähl määre | 5g/5g/10g | | | | | | | | | | | | |
| | Täistera rukkileib | 20/30/30 | | | | | | | | | | | | |
| OODE | Õuna sektorid PRIA | 60/80/80 | | | | | | | | | | | | |
| | Karrine bulgur hakklihaga | 100/130/170 | | | | | | | | | | | | |
| | Banaani smuuti | 100/130/150 | | | | | | | | | | | | |
| | Rosinad | 10g/10g/20g | | | | | | | | | | | | |
| | Must vormileib | 20g | | | | | | | | | | | | |
| 20.aprill ESMASPÄEV KOKKU: | | | 903 | 1181 | 1503 | 33 | 43 | 54 | 35 | 44 | 55 | 117 | 159 | 199 |
| HS | Makaronid juustu ja võiga | 130/160/200 | | | | | | | | | | | | |
| | Mahe piim PRIA | 100/150/150 | | | | | | | | | | | | |
| | Mahe porgand Pria | 50/70/70 | | | | | | | | | | | | |
| | Ahjuka tükid seesamseemnetega (K) (PT) | 50/50/65 | | | | | | | | | | | | |
| LS | Mahe keedetud kartul | 100/130/170 | | | | | | | | | | | | |
| | Päevalilleseemned /oliivõli | 5g/5g | | | | | | | | | | | | |
| | Riivitud kaalikas, tomat, rukola | 60/80/80 | | | | | | | | | | | | |
| | Mahe õuna-mustikajook | 50g | | | | | | | | | | | | |
| | Soe koorekaste tilliga | 30/50/60 | | | | | | | | | | | | |
| | Rukkileib | 20/20/30 | | | | | | | | | | | | |
| | Pirn, PRIA | 60/80/80 | | | | | | | | | | | | |
| | Värskekapsa-kaunviljasupp maitserohelisega | 150/180/200 | | | | | | | | | | | | |
| OODE | Toekas võileib kanamääre ja tomatiga | 55g | | | | | | | | | | | | |
| | 21.aprill TEISIPÄEV KOKKU: | | 970 | 1187 | 1529 | 35 | 41 | 49 | 39 | 46 | 61 | 125 | 161 | 202 |
| HS | Mannapuder | 130/160/200 | | | | | | | | | | | | |
| | Maasikamoos | 10g/10g/20g | | | | | | | | | | | | |
| | Mahe piim PRIA | 100/150/150 | | | | | | | | | | | | |
| | Tomat PRIA | 50/70/70 | | | | | | | | | | | | |
| LS | Minestrone supp kanaliha ja tilliga | 180/230/250 | | | | | | | | | | | | |
| | Hummus paprika ja köömnetega | 5g/5g/10g | | | | | | | | | | | | |
| | Riisi-virsiku magustoit | 100/120/150 | | | | | | | | | | | | |
| | Vormiruks | 20/30/30 | | | | | | | | | | | | |
| | Maitsevesi sidruniga | 50g | | | | | | | | | | | | |
| | Apelsin | 60/80/80 | | | | | | | | | | | | |
| OODE | Ahjuroog, kala, sulajuustu ja köögiviljadega | 100/130/170 | | | | | | | | | | | | |
| | Kurgisalat | 30g | | | | | | | | | | | | |
| | Maasika-banaani-mahe kaerahelbe mahedik | 100/130/150 | | | | | | | | | | | | |
| 22.aprill KOLMAPÄEV KOKKU: | | | 920 | 1171 | 1489 | 35 | 43 | 54 | 34 | 43 | 51 | 120 | 169 | 206 |
| HS | Ahjuomlett porgandiga | 80/100/120 | | | | | | | | | | | | |
| | Roheline tee sidruniga | 100g | | | | | | | | | | | | |
| | Võileib värske kurgiga | 30/35/40 | | | | | | | | | | | | |
| | Daikon Pria | 50/70/70 | | | | | | | | | | | | |
| LS | Tagurpidi kapsarull, hakkliha, sibul, riis, kapsas, porgand (PT) | 50/50/65 | | | | | | | | | | | | |
| | Sõmer tatar | 100/130/170 | | | | | | | | | | | | |
| | Koorekaste tilliga | 30/50/60 | | | | | | | | | | | | |
| | Riivitud porgand, ananass | 60/80/80 | | | | | | | | | | | | |
| | Piim PRIA | 50g/100g/100g | | | | | | | | | | | | |
| | Seemnesegu | 5g/5g | | | | | | | | | | | | |
| | Rukkileib Ruks | 20/20/30 | | | | | | | | | | | | |
| | Banaan | 60/80/80 | | | | | | | | | | | | |
| OODE | Rabarberikook mandlilaastudega | 50/70/90 | | | | | | | | | | | | |
| | Borš, kapsa ja kartuliga, uba ja maitserohelisega | 130/150/180 | | | | | | | | | | | | |
| 23.aprill NELJAPÄEV KOKKU: | | | 960 | 1163 | 1494 | 33 | 39 | 47 | 38 | 44 | 59 | 126 | 167 | 197 |
| HS | 8-viljahelbest puder kliidega | 130/160/200 | | | | | | | | | | | | |
| | Punasesõstra - maasikapüree | 10g/10g/20g | | | | | | | | | | | | |
| | Mahe piim PRIA | 100g | | | | | | | | | | | | |
| | Värske kurk PRIA | 50/70/70 | | | | | | | | | | | | |
| LS | Guljašš supp | 180/230/250 | | | | | | | | | | | | |
| | Leivakreem rosinatega | 100g/120g/150g | | | | | | | | | | | | |
| | Naturaalne vahukoor | 20g/20g/30g | | | | | | | | | | | | |
| | Rehe rukkileib | 20/30/30 | | | | | | | | | | | | |
| | Kodujuustu-maitserohelise leivamääre | 5g/5g/10g | | | | | | | | | | | | |
| | Melon PRIA | 60/80/80 | | | | | | | | | | | | |
| OODE | Fusilli köögiviljajook | 100/130/170 | | | | | | | | | | | | |
| | Keefirijook puuviljadega | 130/150/180 | | | | | | | | | | | | |
| | Kreekapähklid | 5g | | | | | | | | | | | | |
| 24.aprill REEDE KOKKU: | | | 945 | 1191 | 1503 | 33 | 43 | 52 | 29 | 35 | 44 | 133 | 178 | 220 |
| NÄDALA KESKMINE KOKKU: | | | 940 | 1179 | 1504 | 34 | 42 | 51 | 35 | 42 | 54 | 124 | 167 | 205 |