

| Tartu Lasteaed 'Maarjamõisa' menüü Juuli 2026 lasteaia nooremale rühmale 1-2(3) ja 3-5/6-7 aastasetele |                                                          |  | 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 nisuhelbest puder                                   |  | 130/160/200              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Mustsõstra toormoos                                      |  | 10g/10g/20g              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Mahe piim, PRIA                                          |  | 100/150/150              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Porgandi kangid PRIA                                     |  | 50/70/70                 |                     |      |      |            |      |      |            |      |      |                 |      |      |
| LS                                                                                                     | Hapukapsasupp sealiha ja peterselliga                    |  | 180/230/250              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Täisterarukkileib 'Ruks'                                 |  | 20/30/30                 |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Kohupiima-riivleivamagustoit kirsimoosiga                |  | 100g/120g/150g           |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Maitsevesivärske melissiga                               |  | 50                       |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Kikerherne-päevalilleaseemne määre                       |  | 5g/5g/10g                |                     |      |      |            |      |      |            |      |      |                 |      |      |
| CODE                                                                                                   | Õun, Pria                                                |  | 60/80/80                 |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Pasta, tomati paprika ja toorjuustuga                    |  | 100/130/170              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Marjasmuuti (maasikas,punane sõstar,põldmari)            |  | 100/130/150              |                     |      |      |            |      |      |            |      |      |                 |      |      |
| 20.juuli ESMASPÄEV KOKKU:                                                                              |                                                          |  |                          | 905                 | 1187 | 1477 | 36         | 47   | 56   | 33         | 43   | 51   | 116             | 159  | 196  |
| HS                                                                                                     | Mahe täistera 3-viljahelbepuder                          |  | 130/160/200              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Õuna-vanilliini moos Rõngu Mahl AS                       |  | 10g/10g/20g              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Mahe piim, PRIA                                          |  | 100/150/150              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Varajane kapsas PRIA                                     |  | 50/70/70                 |                     |      |      |            |      |      |            |      |      |                 |      |      |
| LS                                                                                                     | Kala teffeli (muna,tursafille hakkliha,sibul) (K)(PT)    |  | 50/50/65                 |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Punane soe kaste (koor,tomatipasta,sibul,rapsiõli,jahu)  |  | 30/50/60                 |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Oliivõli / seesamiseemned                                |  | 5                        |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Keedetud kartul                                          |  | 100/130/170              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Riivitud porgand, kurgi lõigud                           |  | 60/80/80                 |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Tee sidruniga                                            |  | 50g                      |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Vormileib                                                |  | 20/20/30                 |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Banaan                                                   |  | 60/80/80                 |                     |      |      |            |      |      |            |      |      |                 |      |      |
| CODE                                                                                                   | Mahe tatrahautis mahe punaste läätsede ja sibulatega     |  | 100/130/170              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Hapukoorekaste ürtidega                                  |  | 20g/20g/30g              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Keefiri-maasika kokteil                                  |  | 100/130/150              |                     |      |      |            |      |      |            |      |      |                 |      |      |
| 21.juuli TEISIPÄEV KOKKU:                                                                              |                                                          |  |                          | 920                 | 1176 | 1635 | 31         | 39   | 49   | 27         | 36   | 46   | 140             | 185  | 232  |
| HS                                                                                                     | Ahjuomlett                                               |  | 80/100/120               |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Võileib tomatiga                                         |  | 35g                      |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Soe kakao                                                |  | 100/150/150              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Paprika Pria                                             |  | 50/70/70                 |                     |      |      |            |      |      |            |      |      |                 |      |      |
| LS                                                                                                     | Kodune seljanka (kartul,mar.kurk,keedusink,sealiha,veis) |  | 180/230/250              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Spinati-kohupiimamääre                                   |  | 5g/5g/10g                |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Rehe vormileib                                           |  | 20/30/30                 |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Jogurtitarretis aprikoosidega                            |  | 100/120/150              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Maasika kaste                                            |  | 10g/10g/20g              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Pirn PRIA                                                |  | 60/80/80                 |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Soolane küpsetis kapsa ja munaga                         |  | 50/70/90                 |                     |      |      |            |      |      |            |      |      |                 |      |      |
| CODE                                                                                                   | Kirsi-jogurtijook                                        |  | 100/130/150              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Rosinad                                                  |  | 10g/10g/20g              |                     |      |      |            |      |      |            |      |      |                 |      |      |
| 22.juuli KOLMAPÄEV KOKKU:                                                                              |                                                          |  |                          | 901                 | 1154 | 1415 | 35         | 43   | 51   | 34         | 42   | 50   | 114             | 151  | 172  |
| HS                                                                                                     | Piima-riisihelbe supp                                    |  | 180/200/250              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Rukkisepik kalamäärega                                   |  | 25g/50g/50g              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Punane kapsas PRIA                                       |  | 50/70/70                 |                     |      |      |            |      |      |            |      |      |                 |      |      |
| LS                                                                                                     | Ahjus küpsetatud kanakintsuliha (PT)                     |  | 50/50/65                 |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Koorekaste maitserohelisega                              |  | 30/50/60                 |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Mahe sõmer tatar                                         |  | 100/130/170              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Valge redis, tomat, rukola                               |  | 60/80/80                 |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Soe puuvilja mahlajook                                   |  | 100/150/150              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Seemnesugu                                               |  | 5g                       |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Arbuus                                                   |  | 60/80/80                 |                     |      |      |            |      |      |            |      |      |                 |      |      |
| CODE                                                                                                   | Mahe durum fusilli                                       |  | 100/130/170              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Riivjuust                                                |  | 5g/10g/10g               |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Mahe kamajook marjadega                                  |  | 100/130/150              |                     |      |      |            |      |      |            |      |      |                 |      |      |
| 23.juuli NELJAPÄEV KOKKU:                                                                              |                                                          |  |                          | 901                 | 1176 | 1490 | 39         | 44   | 60   | 29         | 39   | 47   | 116             | 167  | 201  |
| HS                                                                                                     | Mahe täistera kaerahelbe puder                           |  | 130/160/200              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Värske mustikas                                          |  | 10g/10g/20g              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Taimetee                                                 |  | 100/150/150              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Lillkapsas, porgand Pria                                 |  | 50/70/70                 |                     |      |      |            |      |      |            |      |      |                 |      |      |
| LS                                                                                                     | Borš, kapsa ja kartuliga, ubadega, lihata (LV)           |  | 180/230/250              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Sepiku-õunavorm (kaerasepik,muna,piim,õun,või)           |  | 80/100/120               |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Horeka teraleib                                          |  | 20g/30g/30g              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Piim PRIA                                                |  | 50                       |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Hummus paprika ja köömnetega                             |  | 5g/5g/10g                |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Melon                                                    |  | 60/80/80                 |                     |      |      |            |      |      |            |      |      |                 |      |      |
| CODE                                                                                                   | Risotto sealihaga (porgand,mahe pur-ud tomat,hernes)     |  | 100/130/170              |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Värske kurgi salat koorega                               |  | 30g                      |                     |      |      |            |      |      |            |      |      |                 |      |      |
|                                                                                                        | Mahedik banaani ja mahe kaerahelvestega                  |  | 100/130/150              |                     |      |      |            |      |      |            |      |      |                 |      |      |
| 24.juuli REEDE KOKKU:                                                                                  |                                                          |  |                          | 898                 | 1160 | 1471 | 33         | 42   | 53   | 26         | 35   | 43   | 133             | 172  | 216  |
| NÄDALA KESKMINE KOKKU:                                                                                 |                                                          |  |                          | 905                 | 1171 | 1498 | 35         | 43   | 54   | 30         | 39   | 47   | 124             | 167  | 203  |