

	<u>Esmaspäev</u> <u>4.01.2021</u>	<u>Teisipäev</u> <u>5.01.2021</u>	<u>Kolmapäev</u> <u>6.01.2021</u>	<u>Neljapäev</u> <u>7.01.2021</u>	<u>Reede</u> <u>8.01.2021</u>
Homnikusöök	Kelloqqs helbed(30) Koolipiim(150/150/200) Leib juustu- küüslauguvõiga (40/50)	Seitsmeviljapuder (120/150/180) Piim (150/150/200) Mustõstramoos(20) Mandariin(30)	Tatra-piimasupp (200/250/250) Sepik värske kurgiga(35/40)	Hirsipuder (120/150/180) Koolipiim(150/150/200) Mustika-maasika toormoos(20) Banaan (80)	Piima-köögiviljasupp (200/250/250) Sepik singimäärdega (keedusink)(35/40) Kiivi(30)
Lõunasöök	Kartuli-brokkolipüree (120/150/180) Kurzeme strooganov (sealihaga) (100/120/150) Hapukapsa- punapeedisalat (35/50/50) Jõhvikajook (150/150/200)	Kana- klimbisupp(200/250/300) Leib(20/30) Kamavaht (100/150) Vaarikad (20)	Keedetud kartul(100/120/150) Hakkpall(50/80/80) Porgandisalat(35/50/50) Soe hapukoorekaste (60/80/80) Kissell(100)	Hernesupp sealiha ja keedusingiga (200/250/300) Leib(20/30) Mahlatarretis(100/150) Vahukoor(20)	Riis(100/120/150) Lõhe- koorekaste(100/120/150) Hiinakapsa-värsekeurgisalat (35/50/50) Keefiri- marjajook(150/150/200)
Õhtuode	Omlett(80/100/100) Leib(20/30) Morss(150/150/200) Õun (koolipuuvili)(50)	Praekartul(100/120/120) Keefir (kooli) (100) Tomati-hapukoorekaste (35/40/40)	Värsekepsasupp (lihata)(200/250/300) Leib(20/30) Pirn (kooli) (50)	Kohupiimaplaadipirukas (75/100) Soe mahlajook(150/150/200) Värske kurk (kooli)(50)	Punane salat lihaga(100) Leib(20/30) Piparmünditee (150/150/200) Tomat (kooli)(50)

	Esmaspäev	Teisipäev	Kolmapäev	Neljapäev	Reede	Nädala keskmine
Sõim 1-3 aastased						
<b>Energia</b>	<b>892kcal 3731kj</b>	<b>903kcal 3777kj</b>	<b>849kcal 3551kj</b>	<b>835kcal 3493kj</b>	<b>863kcal 3611kj</b>	<b>868kcal 3633kj</b>
<b>Valgud</b>	<b>34.01g 15.26%</b>	<b>35.21g 15.61%</b>	<b>26.71g 12.59%</b>	<b>35.09g 16.81%</b>	<b>35.29g 16.35%</b>	<b>33.26g 15.33%</b>
<b>Rasvad</b>	<b>41.25g 41.64%</b>	<b>37.63g 37.52%</b>	<b>39.27g 41.64%</b>	<b>28.82g 31.07%</b>	<b>36.62g 38.19%</b>	<b>36.72g 38.07%</b>
Küllastunud rasvhapped	12.95g 13.07%	17.74g 17.69%	9.46g 10.03%	12.68g 13.67%	9.73g 10.14%	12.51g 12.97%
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>91.64g 41.11%</b>	<b>101.65g 45.04%</b>	<b>91.42g 43.08%</b>	<b>103.79g 49.73%</b>	<b>93.87g 43.50%</b>	<b>96.47g 44.46%</b>
Suhkrud kokku	13.06g 5.86%	23.41g 10.37%	8.46g 3.98%	22.50g 10.78%	9.98g 4.63%	15.48g 7.13%
<b>Kiudained</b>	<b>8.89g 1.99%</b>	<b>8.28g 1.83%</b>	<b>11.42g 2.69%</b>	<b>9.97g 2.39%</b>	<b>8.46g 1.96%</b>	<b>9.40g 4.33%</b>
Sool						0.00g
Aed 4-5 aastased						
<b>Energia</b>	<b>1052kcal 4400kj</b>	<b>1119kcal 4681kj</b>	<b>1102kcal 4610kj</b>	<b>1016kcal 4251kj</b>	<b>997kcal 4173kj</b>	<b>1057kcal 4423kj</b>
<b>Valgud</b>	<b>40.63g 15.46%</b>	<b>42.84g 15.32%</b>	<b>37.28g 13.53%</b>	<b>43.65g 17.18%</b>	<b>40.79g 16.36%</b>	<b>41.04g 15.53%</b>
<b>Rasvad</b>	<b>49.84g 42.66%</b>	<b>47.74g 38.41%</b>	<b>51.98g 42.46%</b>	<b>33.83g 29.97%</b>	<b>41.84g 37.75%</b>	<b>45.05g 38.36%</b>
Küllastunud rasvhapped	15.20g 13.01%	22.78g 18.33%	13.05g 10.66%	14.17g 12.55%	10.79g 9.73%	15.20g 12.94%
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>104.44g 39.73%</b>	<b>124.15g 44.38%</b>	<b>113.96g 41.38%</b>	<b>127.81g 50.32%</b>	<b>109.30g 43.83%</b>	<b>115.93g 43.87%</b>
Suhkrud kokku	13.97g 5.32%	25.32g 9.05%	10.57g 3.84%	23.41g 9.21%	11.78g 4.72%	17.01g 6.44%
<b>Kiudained</b>	<b>11.34g 2.16%</b>	<b>10.60g 1.89%</b>	<b>14.47g 2.63%</b>	<b>12.87g 2.53%</b>	<b>10.26g 2.06%</b>	<b>11.91g 4.51%</b>
Sool						0.00g
Aed 5-7 aastased						
<b>Energia</b>	<b>1195kcal 4999kj</b>	<b>1221kcal 5107kj</b>	<b>1168kcal 4887kj</b>	<b>1135kcal 4748kj</b>	<b>1121kcal 4689kj</b>	<b>1168kcal 4886kj</b>
<b>Valgud</b>	<b>46.62g 15.61%</b>	<b>49.17g 16.11%</b>	<b>38.44g 13.16%</b>	<b>49.85g 17.57%</b>	<b>46.10g 16.45%</b>	<b>46.04g 15.77%</b>
<b>Rasvad</b>	<b>57.63g 43.41%</b>	<b>51.04g 37.63%</b>	<b>55.36g 42.66%</b>	<b>38.21g 30.31%</b>	<b>46.50g 37.34%</b>	<b>49.75g 38.33%</b>
Küllastunud rasvhapped	18.06g 13.60%	24.10g 17.77%	13.53g 10.42%	15.98g 12.67%	12.17g 9.78%	16.77g 12.92%
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>116.48g 38.99%</b>	<b>135.53g 44.41%</b>	<b>121.26g 41.52%</b>	<b>140.65g 49.58%</b>	<b>124.19g 44.32%</b>	<b>127.62g 43.71%</b>
Suhkrud kokku	16.89g 5.65%	28.43g 9.31%	10.85g 3.72%	26.83g 9.46%	11.84g 4.23%	18.97g 6.50%
<b>Kiudained</b>	<b>11.90g 1.99%</b>	<b>11.28g 1.85%</b>	<b>15.51g 2.66%</b>	<b>14.41g 2.54%</b>	<b>10.55g 1.88%</b>	<b>12.73g 4.36%</b>
Sool						0.00g