

| | <u>Esmaspäev</u> 10.05.2021 | <u>Teisipäev</u> 11.05.2021 | <u>Kolmapäev</u> 12.05.2021 | <u>Neljapäev</u> 13.05.2021 | <u>Reede</u> 14.05.2021 |
|-------------|---|---|---|--|--|
| Homnikusöök | Piima-tangusupp(200/250/250) Leib heeringavõiga(40/50) | Õko 7-täisterahelbepuder iidsete teradega(120/150/180) Mustsõstrad (20) Koolipiim(150/150/200) Pirn (kooli) (50) | Piimasupp mahe toortatratanguga (200/250/250) Sepik juustuga (35/40) Porgand (kooli)(50) | Hirsipuder(120/150/180) Koolipiim(150/150/200) Ploomimoos(20) Värske kapsas (kooli)(50) | Manna-piimasupp(200/250/250) Sepik värske kurgiga(35/40) Melon (80) |
| Lõunasöök | Keedetud kartul(100/120/150) Guljašš sealihaga(100/120/150) Hapukapsa-porgandisalat(35/50/50) Mustikakissell (100/150) | Kana-klimbisupp(200/250/300) Täisteraleib (20/30) Mahlatarretis(100/150) Vahukoor(20) | Riis(100/120/150) Lõhe-koorekaste(100/120/150) Värskekurgi-tomatisalat tilliga(35/50/50) Vaarika-jogurtismuuti öko täistera kiirkaerahelvestega(150) | Kodune seljanka maitserohelisega (200/250/300) Hapukoor(20) Täisteraleib (20/30) Kohupiima-maasikavaht(100/150) | Uhepajatoit mahe veisehakklihaga (200/250/300) Redisesalat(35/50/50) Karamellkissell(100) Jõhvikamoos(20) |
| Õhtuode | Makaronid võiga(120/150/150) Koolipiim(150/150/200) Lillkapsas (kooli)(50) | Mulgipuder(singiga) (120/150/180) Hapukoor(20) Keefir (100) Värske kurk (kooli)(50) | Värskekapsasupp (lihata)(200) Võileib keedusingiga(40/50) Õun (koolipuuvili)(50) | Kaneeli-õunarull(50/70/70) Võileib kanamäärdega(40/50) Mahlajook(150/150/200) Kiivi(30) | Riisi-kanasalat(100) Täisteraleib (20/30) Tee(150/150/200) Tomat (kooli) (30) |

| | Esmaspäev | Teisipäev | Kolmapäev | Neljapäev | Reede | Nädala keskmine |
|---|------------------------|------------------------|------------------------|------------------------|-----------------------|------------------------|
| Sõim 1-3 aastased | | | | | | |
| Energia | 921kcal 3851kj | 812kcal 3399kj | 1089kcal 4557kj | 1016kcal 4252kj | 771kcal 3225kj | 922kcal 3857kj |
| Valgud | 33.98g 14.77% | 33.62g 16.55% | 38.33g 14.08% | 34.14g 13.44% | 29.69g 15.41% | 33.95g 14.73% |
| Rasvad | 40.29g 39.40% | 32.10g 35.56% | 53.51g 44.22% | 40.64g 35.99% | 27.69g 32.34% | 38.85g 37.92% |
| Küllastunud rasvhapped | 11.54g 11.28% | 15.35g 17.00% | 10.69g 8.84% | 12.87g 11.40% | 7.33g 8.56% | 11.56g 11.28% |
| Süsivesikud imenduvad (ehk va kiudained) | 100.82g 43.81% | 91.97g 45.29% | 107.79g 39.59% | 123.46g 48.60% | 96.35g 50.00% | 104.08g 45.15% |
| Suhkrud kokku | 20.49g 8.91% | 21.28g 10.48% | 21.75g 7.99% | 28.50g 11.22% | 29.45g 15.28% | 24.30g 10.54% |
| Kiudained | 9.33g 2.03% | 10.54g 2.60% | 11.53g 2.12% | 10.01g 1.97% | 8.68g 2.25% | 10.02g 2.17% |
| Süsivesikud kokku | 110.15g 45.84% | 102.51g 47.89% | 119.32g 41.71% | 133.47g 50.57% | 105.03g 52.25% | 114.1g 47.33% |
| Sool kokku | 0.00g | 0.31g | 0.49g | 0.17g | 0.12g | 0.22g |
| Aed 4-5 aastased | | | | | | |
| Energia | 1133kcal 4742kj | 963kcal 4030kj | 1245kcal 5209kj | 1271kcal 5319kj | 881kcal 3685kj | 1099kcal 4597kj |
| Valgud | 40.53g 14.30% | 39.89g 16.57% | 44.84g 14.41% | 43.52g 13.69% | 35.09g 15.93% | 40.77g 14.84% |
| Rasvad | 49.29g 39.14% | 35.82g 33.47% | 60.25g 43.55% | 50.52g 35.77% | 31.37g 32.06% | 45.45g 37.22% |
| Küllastunud rasvhapped | 13.55g 10.76% | 16.21g 15.14% | 12.08g 8.73% | 15.16g 10.73% | 8.23g 8.41% | 13.04g 10.68% |
| Süsivesikud imenduvad (ehk va kiudained) | 126.13g 44.51% | 113.87g 47.29% | 124.49g 39.99% | 154.20g 48.52% | 109.06g 49.52% | 125.55g 45.70% |
| Suhkrud kokku | 24.25g 8.56% | 25.04g 10.40% | 23.88g 7.67% | 29.93g 9.42% | 32.23g 14.63% | 27.07g 9.85% |
| Kiudained | 11.60g 2.05% | 12.85g 2.67% | 12.78g 2.05% | 12.87g 2.02% | 10.94g 2.49% | 12.21g 2.22% |
| Süsivesikud kokku | 137.73g 46.56% | 126.72g 49.96% | 137.27g 42.04% | 167.07g 50.54% | 120g 52.01% | 137.76g 47.92% |
| Sool kokku | 0.00g | 0.38g | 0.57g | 0.22g | 0.13g | 0.26g |
| Aed 5-7 aastased | | | | | | |
| Energia | 1246kcal 5215kj | 1103kcal 4616kj | 1330kcal 5567kj | 1406kcal 5882kj | 920kcal 3849kj | 1201kcal 5026kj |
| Valgud | 46.02g 14.77% | 47.12g 17.09% | 48.78g 14.66% | 48.37g 13.76% | 37.99g 16.52% | 45.65g 15.21% |
| Rasvad | 55.07g 39.76% | 40.64g 33.16% | 63.89g 43.22% | 56.18g 35.97% | 32.03g 31.33% | 49.56g 37.14% |
| Küllastunud rasvhapped | 16.05g 11.59% | 18.00g 14.68% | 12.82g 8.67% | 17.19g 11.00% | 8.23g 8.05% | 14.46g 10.83% |
| Süsivesikud imenduvad (ehk va kiudained) | 135.64g 43.53% | 130.19g 47.20% | 133.55g 40.15% | 169.97g 48.36% | 114.05g 49.59% | 136.68g 45.52% |
| Suhkrud kokku | 26.99g 8.66% | 28.59g 10.37% | 23.98g 7.21% | 34.93g 9.94% | 32.89g 14.30% | 29.47g 9.82% |
| Kiudained | 12.11g 1.94% | 14.08g 2.55% | 13.07g 1.97% | 13.41g 1.91% | 11.77g 2.56% | 12.89g 2.15% |
| Süsivesikud kokku | 147.75g 45.47% | 144.27g 49.75% | 146.62g 42.12% | 183.38g 50.27% | 125.82g 52.15% | 149.57g 47.67% |
| Sool kokku | 0.00g | 0.46g | 0.57g | 0.26g | 0.13g | 0.28g |