

| | <u>Esmaspäev</u> <u>24.05.2021</u> | <u>Teisipäev</u> <u>25.05.2021</u> | <u>Kolmapäev</u> <u>26.05.2021</u> | <u>Neljapäev</u> <u>27.05.2021</u> | <u>Reede</u> <u>28.05.2021</u> |
|--------------|--|---|--|---|---|
| Hommiüksööök | <p>Õko 7-täisterahelbepuder iidsete teradega(120/150/180)</p> <p>Koolipiim(150/150/200)</p> <p>Mustikamoos(20)</p> | <p>Piima-hirsisupp(200/250/250)</p> <p>Leib juustu-küüslaugumäärdega (40/50)</p> <p>Õun (koolipuuvili)(50)</p> | <p>Täistera-neljaviiljahelbepuder (120/150/180)</p> <p>Kirsimoos(20)</p> <p>Koolipiim(150/150/200)</p> <p>Arbuus (80)</p> | <p>Piima-mannasupp kõrvitsaga (200/250/250)</p> <p>Sepik maksapasteediga(veise)(ise valmisatud) (35/40)</p> <p>Värske kapsas (kooli)(50)</p> | <p>Piimasupp mahe toortatratanguga (200/250/250)</p> <p>Sepik tomatiga(35/40)</p> <p>Porgand (kooli)(50)</p> |
| Lõunasööök | <p>Talupojasupp sealihaga(200/250/300)</p> <p>Täisteraleib (20/30)</p> <p>Rukkivaht(100)</p> <p>Piim (100)</p> | <p>Riis(100/120/150)</p> <p>Kalakotlet(50/80/80)</p> <p>Soe koorekaste(60/80/80)</p> <p>Värske kurgisalat tilliga (35/50/50)</p> <p>Kama-marjajook(150)</p> | <p>Kana-hakklisupp maitserohelisega (200/250/300)</p> <p>Täisteraleib (20/30)</p> <p>Kohupiimakreem(100)</p> <p>Kissell(100)</p> | <p>Keedetud kartul(100/120/150)</p> <p>Köögiljaragu mahe veisehakklisega (100/120/150)</p> <p>Keefiri-banaanijook(150/150/200)</p> <p>Paprika-tomatisalat(35/50/50)</p> | <p>Kartulipüree (120/150/180)</p> <p>Böfstrooganov sealihaga(100/120/150)</p> <p>Peedi-õunasalat(35/50/50)</p> <p>Marja-tihkissell(100/150)</p> |
| Õhtuõde | <p>Makaronid hakklisega(120/150/150)</p> <p>Morss(150/150/200)</p> <p>Värske kurk (kooli)(50)</p> | <p>Värskekapsaborš (lihata) (200)</p> <p>Sepik singimäärdega(keedusink) (35/40)</p> <p>Porgand (kooli)(50)</p> | <p>Kartuli-lihasalat(100)</p> <p>Peenleib20/30)</p> <p>Marjatee(150/150/200)</p> <p>Lillkapsas (kooli)(50)</p> | <p>Rabarberipuistekook(75/100)</p> <p>Koolipiim(150/150/200)</p> <p>Pirn (kooli) (50)</p> | <p>Kodujuust(60/100/100)</p> <p>Teraviljajook piimaga(150/150/200)</p> <p>Leib lõhevõiga(40/50)</p> <p>Nektariin(30)</p> |

| | Esmaspäev | Teisipäev | Kolmapäev | Neljapäev | Reede | Nädala keskmine |
|---|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| Sõim 1-3 aastased | | | | | | |
| Energia | 813kcal 3403kj | 990kcal 4141kj | 851kcal 3560kj | 1051kcal 4396kj | 936kcal 3916kj | 928kcal 3883kj |
| Valgud | 33.51g 16.48% | 37.93g 15.33% | 40.49g 19.03% | 40.90g 15.57% | 36.02g 15.39% | 37.77g 16.28% |
| Rasvad | 24.18g 26.76% | 35.37g 32.17% | 27.23g 28.80% | 37.60g 32.21% | 41.84g 40.23% | 33.24g 32.24% |
| Küllastunud rasvhapped | 9.90g 10.96% | 9.47g 8.61% | 10.05g 10.64% | 10.17g 8.71% | 11.50g 11.06% | 10.22g 9.91% |
| Süsivesikud imenduvad (ehk va kiudained) | 111.14g 54.66% | 122.75g 49.61% | 104.87g 49.30% | 131.89g 50.21% | 98.60g 42.14% | 113.85g 49.07% |
| Suhkrud kokku | 32.34g 15.91% | 24.35g 9.84% | 32.22g 15.15% | 28.52g 10.86% | 18.96g 8.10% | 27.28g 11.76% |
| Kiudained | 8.54g 2.10% | 14.30g 2.89% | 12.17g 2.86% | 10.55g 2.01% | 10.48g 2.24% | 11.21g 2.42% |
| Süsivesikud kokku | 119.68g 56.76% | 137.05g 52.5% | 117.04g 52.16% | 142.44g 52.22% | 109.08g 44.38% | 125.06g 51.49% |
| Sool kokku | 0.01g | 0.54g | 0.04g | 0.00g | 0.03g | 0.13g |
| Aed 4-5 aastased | | | | | | |
| Energia | 948kcal 3966kj | 1189kcal 4974kj | 956kcal 4001kj | 1258kcal 5263kj | 1175kcal 4917kj | 1105kcal 4624kj |
| Valgud | 39.72g 16.76% | 48.26g 16.24% | 45.96g 19.23% | 47.88g 15.23% | 46.88g 15.96% | 45.74g 16.56% |
| Rasvad | 28.53g 27.09% | 43.88g 33.22% | 29.25g 27.53% | 45.47g 32.54% | 52.56g 40.25% | 39.94g 32.53% |
| Küllastunud rasvhapped | 11.19g 10.63% | 11.60g 8.78% | 10.46g 9.85% | 11.52g 8.24% | 15.05g 11.52% | 11.97g 9.75% |
| Süsivesikud imenduvad (ehk va kiudained) | 127.71g 53.89% | 142.33g 47.89% | 119.50g 49.98% | 158.05g 50.27% | 122.49g 41.69% | 134.02g 48.51% |
| Suhkrud kokku | 33.34g 14.07% | 26.74g 9.00% | 33.46g 14.00% | 31.05g 9.88% | 23.73g 8.08% | 29.66g 10.74% |
| Kiudained | 10.66g 2.25% | 15.75g 2.65% | 15.61g 3.26% | 12.40g 1.97% | 12.36g 2.10% | 13.36g 2.42% |
| Süsivesikud kokku | 138.37g 56.14% | 158.08g 50.54% | 135.11g 53.24% | 170.45g 52.24% | 134.85g 43.79% | 147.37g 50.93% |
| Sool kokku | 0.02g | 0.60g | 0.05g | 0.00g | 0.04g | 0.14g |
| Aed 5-7 aastased | | | | | | |
| Energia | 1058kcal 4425kj | 1234kcal 5165kj | 1054kcal 4410kj | 1392kcal 5826kj | 1286kcal 5380kj | 1205kcal 5041kj |
| Valgud | 44.46g 16.82% | 48.98g 15.87% | 51.70g 19.62% | 54.64g 15.70% | 51.06g 15.88% | 50.17g 16.65% |
| Rasvad | 32.93g 28.02% | 44.94g 32.76% | 32.36g 27.63% | 49.78g 32.17% | 58.76g 41.12% | 43.75g 32.68% |
| Küllastunud rasvhapped | 12.98g 11.05% | 11.62g 8.47% | 11.79g 10.06% | 13.41g 8.66% | 16.81g 11.76% | 13.32g 9.95% |
| Süsivesikud imenduvad (ehk va kiudained) | 140.15g 53.01% | 150.50g 48.77% | 130.56g 49.55% | 174.80g 50.22% | 131.52g 40.91% | 145.51g 48.30% |
| Suhkrud kokku | 39.01g 14.75% | 26.78g 8.68% | 37.36g 14.18% | 36.20g 10.40% | 24.88g 7.74% | 32.85g 10.90% |
| Kiudained | 11.43g 2.16% | 16.00g 2.59% | 16.91g 3.21% | 13.33g 1.91% | 13.37g 2.08% | 14.21g 2.36% |
| Süsivesikud kokku | 151.58g 55.17% | 166.5g 51.36% | 147.47g 52.76% | 188.13g 52.13% | 144.89g 42.99% | 159.72g 50.66% |
| Sool kokku | 0.02g | 0.60g | 0.05g | 0.00g | 0.04g | 0.14g |