

	<u>Esmaspäev</u> <u>20.09.2021</u>	<u>Teisipäev</u> <u>21.09.2021</u>	<u>Kolmapäev</u> <u>22.09.2021</u>	<u>Neljapäev</u> <u>23.09.2021</u>	<u>Reede</u> <u>24.09.2021</u>
Homnikusöök	Hirsipuder(120/150/180)  Koolipiim(150/150/200)  Mustika-maasika toormoos(20)	Piima- kruubisupp(200/250/250)  Võileib kanamaksapasteediga(40/50)  Porgand (kooli)(50)	Riisipuder(120/150/180)  Koolipiim(150/150/200)  Toormoos (20)	Piima- nuudlisupp(200/250/250)  Sepik keeduvorstivõidega(35/40)	10-Viljahelbepuder kliidega(120/150/180)  Koolipiim(150/150/200)  Kirsimoos(20)  Pirn (kooli) (50)
Lõunasöök	Kana- klimbisupp(200/250/300)  Leib(20/30)  Kamavaht (100/150)  Vaarikad (20)	Keedetud kartul(100/120/150)  Guljašš sealihaga(100/120/150)  Peedi-õunasalat(35/50/50)  Keefiri- banaanijook(150/150/200)	Kodune seljanka maitserohelisega (200/250/300)  Leib(20/30)  Rukkivaht(100)  Piim (100)	Hautatud mahe toortatratang (100/120/150)  Kalakotlet(50/80/80)  Soe koorekaste(60/80/80)  Coleslaw salat (35/50/50)  Marja-kissell (100/150)	Külasupp mahe veisehakklihaga (200/250/300)  Leib(20/30)  Puuviljatarretis(100/150)  Vahukoor(20)
Õhtuode	Köögiljaraguu (120/150/150)(ilma lihata)  Sepik(30)  Mahlajook(150/150/200)  Melon (80)	Kodujuust(60/100/100)  Kakao(150/150/200)  Sepik värskel kurgiga(35/40)	Kartuli-lillkapsavorm (120/150/150)  Piparmünditee (150/150/200)  Õun (koolipuuvili)(50)	Kohupiimaplaadipirukas (75/100)  Koolipiim(150/150/200)  Värskel kurk (kooli)(50)	Makaroni-singisalat(keedusink) (100)  Leib(20/30)  Jõhvikajook (150/150/200)

	Esmaspäev	Teisipäev	Kolmapäev	Neljapäev	Reede	Nädala keskmine
Sõim 1-3 aastased						
<b>Energia</b>	<b>913kcal 3821kj</b>	<b>962kcal 4027kj</b>	<b>826kcal 3456kj</b>	<b>1004kcal 4202kj</b>	<b>868kcal 3630kj</b>	<b>915kcal 3827kj</b>
<b>Valgud</b>	<b>33.98g</b> 14.88%	<b>41.89g</b> 17.41%	<b>29.68g</b> 14.37%	<b>38.88g</b> 15.49%	<b>29.27g</b> 13.49%	<b>34.74g</b> 15.19%
<b>Rasvad</b>	<b>31.07g</b> 30.62%	<b>41.50g</b> 38.81%	<b>28.54g</b> 31.10%	<b>39.66g</b> 35.54%	<b>31.63g</b> 32.82%	<b>34.48g</b> 33.91%
Küllastunud rasvhapped	14.07g 13.87%	15.42g 14.42%	9.94g 10.83%	11.38g 10.20%	11.31g 11.73%	12.43g 12.22%
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>119.62g</b> 52.40%	<b>100.49g</b> 41.76%	<b>108.22g</b> 52.41%	<b>120.35g</b> 47.94%	<b>111.43g</b> 51.37%	<b>112.02g</b> 48.97%
Suhkrud kokku	25.50g 11.17%	26.76g 11.12%	23.66g 11.46%	25.39g 10.11%	41.44g 19.11%	28.55g 12.48%
<b>Kiudained</b>	<b>9.60g</b> 2.10%	<b>9.72g</b> 2.02%	<b>8.73g</b> 2.12%	<b>5.21g</b> 1.04%	<b>10.06g</b> 2.32%	<b>8.66g</b> 1.89%
<b>Süsivesikud kokku</b>	<b>129.22g</b> 54.5%	<b>110.21g</b> 43.78%	<b>116.95g</b> 54.53%	<b>125.56g</b> 48.98%	<b>121.49g</b> 53.69%	<b>120.69g</b> 50.86%
Sool kokku	0.21g	0.06g	0.21g	0.30g	0.46g	0.25g
Aed 4-5 aastased						
<b>Energia</b>	<b>1124kcal 4704kj</b>	<b>1153kcal 4826kj</b>	<b>964kcal 4035kj</b>	<b>1287kcal 5383kj</b>	<b>1027kcal 4296kj</b>	<b>1111kcal 4649kj</b>
<b>Valgud</b>	<b>41.60g</b> 14.80%	<b>52.43g</b> 18.18%	<b>34.98g</b> 14.51%	<b>50.94g</b> 15.84%	<b>34.17g</b> 13.31%	<b>42.82g</b> 15.42%
<b>Rasvad</b>	<b>40.62g</b> 32.52%	<b>50.82g</b> 39.65%	<b>34.03g</b> 31.76%	<b>50.11g</b> 35.05%	<b>34.88g</b> 30.57%	<b>42.09g</b> 34.10%
Küllastunud rasvhapped	18.89g 15.13%	19.00g 14.82%	11.23g 10.48%	13.90g 9.72%	11.77g 10.31%	14.96g 12.12%
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>142.07g</b> 50.55%	<b>115.85g</b> 40.17%	<b>124.22g</b> 51.52%	<b>154.57g</b> 48.05%	<b>137.57g</b> 53.60%	<b>134.86g</b> 48.55%
Suhkrud kokku	27.96g 9.95%	31.04g 10.77%	24.94g 10.35%	32.05g 9.97%	50.42g 19.64%	33.28g 11.98%
<b>Kiudained</b>	<b>11.98g</b> 2.13%	<b>11.50g</b> 1.99%	<b>10.66g</b> 2.21%	<b>6.80g</b> 1.06%	<b>12.90g</b> 2.51%	<b>10.77g</b> 1.94%
<b>Süsivesikud kokku</b>	<b>154.05g</b> 52.68%	<b>127.35g</b> 42.16%	<b>134.88g</b> 53.73%	<b>161.37g</b> 49.11%	<b>150.47g</b> 56.11%	<b>145.62g</b> 50.49%
Sool kokku	0.27g	0.07g	0.26g	0.35g	0.48g	0.29g
Aed 5-7 aastased						
<b>Energia</b>	<b>1265kcal 5295kj</b>	<b>1313kcal 5494kj</b>	<b>1089kcal 4555kj</b>	<b>1372kcal 5740kj</b>	<b>1132kcal 4738kj</b>	<b>1234kcal 5164kj</b>
<b>Valgud</b>	<b>48.04g</b> 15.18%	<b>59.09g</b> 18.00%	<b>39.49g</b> 14.51%	<b>54.19g</b> 15.80%	<b>39.20g</b> 13.85%	<b>48.00g</b> 15.56%
<b>Rasvad</b>	<b>45.11g</b> 32.09%	<b>57.56g</b> 39.45%	<b>39.42g</b> 32.59%	<b>53.05g</b> 34.81%	<b>38.98g</b> 30.98%	<b>46.82g</b> 34.15%
Küllastunud rasvhapped	20.55g 14.62%	22.02g 15.09%	13.21g 10.92%	15.11g 9.92%	13.13g 10.43%	16.80g 12.25%
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>160.51g</b> 50.74%	<b>133.50g</b> 40.66%	<b>138.38g</b> 50.85%	<b>165.82g</b> 48.35%	<b>149.46g</b> 52.79%	<b>149.53g</b> 48.47%
Suhkrud kokku	32.83g 10.38%	35.75g 10.89%	28.31g 10.40%	34.70g 10.12%	54.10g 19.11%	37.14g 12.04%
<b>Kiudained</b>	<b>12.60g</b> 1.99%	<b>12.39g</b> 1.89%	<b>11.15g</b> 2.05%	<b>7.12g</b> 1.04%	<b>13.50g</b> 2.39%	<b>11.35g</b> 1.84%
<b>Süsivesikud kokku</b>	<b>173.11g</b> 52.73%	<b>145.89g</b> 42.55%	<b>149.53g</b> 52.9%	<b>172.94g</b> 49.39%	<b>162.96g</b> 55.18%	<b>160.89g</b> 50.31%
Sool kokku	0.29g	0.07g	0.30g	0.35g	0.48g	0.30g