

	<u>Esmaspäev</u> <u>4.10.2021</u>	<u>Teisipäev</u> <u>5.10.2021</u>	<u>Kolmapäev</u> <u>6.10.2021</u>	<u>Neljapäev</u> <u>7.10.2021</u>	<u>Reede</u> <u>8.10.2021</u>
Hommikusöök	Piima-tangusupp(200/250/250) Leib sulatatud juustuga(40/50)	Öko 7-täisterahelbepuder iidsete teradega(120/150/180) Koolipiim(150/150/200) Vaarikamoos(20) Värske kurk (kooli)(50)	Piima-riisisupp(200/250/250) Sepik lõhevõiga (35/40) Värske kapsas (kooli)(50)	Täistera-neljajiljahelbepuder (120/150/180) Koolipiim(150/150/200) Toormoos (20) Nuikapsas (kooli)(50)	Maisimanna-piimasupp (200/250/250) Sepik värske kurgiga(35/40) Porgand (kooli)(50)
Lõunasöök	Keedetud kartul(100/120/150) Kurzeme strooganov (sealihaga)(100/120/150) Punapeedisalat (35(50/50) Keefiri-marjajook(150/150/200)	Kana-köögiljasupp riisinuudlitega (200/250/300) Seemneleib(30) Leivakreem(100) Piim (100)	Keedetud kartul(100/120/150) Hakkpall(50/80/80) Soe koorekaste(60/80/80) Hapukapsasalat(35/50/50) Mustikakissell(100)	Supp rohelineoa, paprika ja mahe veisehakklihaga(200/250/300) Seemneleib(30) Kohupiimavaht riivleivaga(100/ 150)	Hautatud mahe toortatratang (100/120/150) Kala-hapukoorekaste(100/120/150) Paprika-tomatisalat(35/50/50) Mustsõstrajook(150/150/200)
Õhtuode	Omlett(80/100/100) Seemneleib(30) Koolipiim(150/150/200) Tomat (kooli) (30)	Mulgipuder(singiga) (120/150/180) Keefir (100) Hapukoore-tillikaste (20) Õun (koolipuuvili)(50)	Porgandikotlet(70/80/80) Koolipiim(150/150/200) Hapukoor(20) Viinamarjad(30)	Juusturull(50/70/70) Leib munavõiga(40/50) Morss(150/150/200) Pirn (kooli) (50)	Kartuli-lihasalat(100) Seemneleib(30) Puuviljatee(150/150/200) Banaan (80)

	Esmaspäev	Teisipäev	Kolmapäev	Neljapäev	Reede	Nädala keskmine
Sõim 1-3 aastased						
Energia	969kcal 4056kj	931kcal 3896kj	903kcal 3780kj	937kcal 3918kj	890kcal 3723kj	926kcal 3875kj
Valgud	43.27g 17.86%	38.17g 16.40%	33.39g 14.78%	36.50g 15.59%	31.22g 14.03%	36.51g 15.77%
Rasvad	45.92g 42.63%	28.61g 27.65%	37.90g 37.75%	32.65g 31.38%	37.80g 38.24%	36.57g 35.55%
Küllastunud rasvhapped	18.42g 17.10%	14.29g 13.81%	14.12g 14.07%	8.59g 8.26%	9.37g 9.48%	12.96g 12.59%
Süsivesikud imenduvad (ehk va kiudained)	90.22g 37.23%	123.22g 52.93%	102.70g 45.47%	116.35g 49.69%	101.71g 45.72%	106.84g 46.15%
Suhkrud kokku	21.27g 8.78%	36.80g 15.81%	17.85g 7.90%	28.08g 11.99%	8.88g 3.99%	22.58g 9.75%
Kiudained	11.06g 2.28%	14.08g 3.02%	9.00g 1.99%	15.62g 3.34%	8.91g 2.00%	11.73g 2.53%
Süsivesikud kokku	101.28g 39.51%	137.3g 55.95%	111.7g 47.46%	131.97g 53.03%	110.62g 47.72%	118.57g 48.68%
Sool kokku	0.20g	0.33g	0.05g	0.05g	0.04g	0.13g
Aed 4-5 aastased						
Energia	1136kcal 4753kj	1036kcal 4334kj	1105kcal 4624kj	1182kcal 4945kj	1013kcal 4237kj	1094kcal 4579kj
Valgud	50.59g 17.82%	43.33g 16.73%	43.18g 15.63%	46.28g 15.66%	35.81g 14.15%	43.84g 16.03%
Rasvad	54.66g 43.31%	32.51g 28.25%	47.73g 38.87%	42.42g 32.31%	43.44g 38.60%	44.15g 36.32%
Küllastunud rasvhapped	21.49g 17.03%	15.72g 13.66%	17.30g 14.09%	10.96g 8.34%	10.70g 9.51%	15.23g 12.53%
Süsivesikud imenduvad (ehk va kiudained)	104.01g 36.63%	134.82g 52.06%	120.49g 43.61%	144.47g 48.90%	114.85g 45.36%	123.73g 45.24%
Suhkrud kokku	24.87g 8.76%	37.79g 14.59%	19.99g 7.23%	31.62g 10.70%	11.03g 4.36%	25.06g 9.16%
Kiudained	12.78g 2.25%	15.33g 2.96%	10.47g 1.89%	18.51g 3.13%	9.57g 1.89%	13.33g 2.44%
Süsivesikud kokku	116.79g 38.88%	150.15g 55.02%	130.96g 45.5%	162.98g 52.03%	124.42g 47.25%	137.06g 47.68%
Sool kokku	0.25g	0.41g	0.06g	0.07g	0.04g	0.16g
Aed 5-7 aastased						
Energia	1288kcal 5387kj	1160kcal 4852kj	1158kcal 4847kj	1282kcal 5364kj	1131kcal 4731kj	1204kcal 5036kj
Valgud	57.91g 17.99%	49.99g 17.24%	45.46g 15.70%	51.25g 15.99%	40.12g 14.19%	48.95g 16.26%
Rasvad	62.11g 43.41%	36.76g 28.53%	49.06g 38.12%	45.90g 32.22%	47.38g 37.71%	48.24g 36.06%
Küllastunud rasvhapped	24.93g 17.43%	17.41g 13.52%	18.25g 14.18%	12.22g 8.58%	11.61g 9.24%	16.88g 12.62%
Süsivesikud imenduvad (ehk va kiudained)	117.44g 36.48%	148.90g 51.37%	128.29g 44.30%	156.24g 48.75%	130.92g 46.31%	136.36g 45.30%
Suhkrud kokku	27.85g 8.65%	41.44g 14.30%	22.64g 7.82%	37.52g 11.71%	11.03g 3.90%	28.09g 9.33%
Kiudained	13.63g 2.12%	16.56g 2.86%	10.93g 1.89%	19.49g 3.04%	10.11g 1.79%	14.14g 2.35%
Süsivesikud kokku	131.07g 38.6%	165.46g 54.23%	139.22g 46.19%	175.73g 51.79%	141.03g 48.1%	150.5g 47.65%
Sool kokku	0.25g	0.49g	0.06g	0.07g	0.04g	0.18g