

| | <u>Esmaspäev</u> <u>11.10.2021</u> | <u>Teisipäev</u> <u>12.10.2021</u> | <u>Kolmapäev</u> <u>13.10.2021</u> | <u>Neljapäev</u> <u>14.10.2021</u> | <u>Reede</u> <u>15.10.2021</u> |
|-------------|--|---|--|---|---|
| Hommikusöök | Puder öko 5-täisterahelbe amarandiga (120/150/180) Koolipiim(150/150/200) Toormoos (20) | Piima-kruubisupp (200/250/250) Leib küüslauguvõiga(30) Õun (koolipuuvili)(50) | Puder mahe toortatratanguga (120/150/180) Hapukoor(20) Koolipiim(150/150/200) | Piima-nuudlisupp (200/250/250) Sepik kanavõidega(35/40) Paprika (kooli)(30) | Hirsipuder (120/150/180) Koolipiim(150/150/200) Mustõstramoos(20) Porgand (kooli)(50) |
| Lõunasöök | Borš hapukapsa ja sealihaga(200/250/300) Teraleib(30) Kamavaht (100/150) Vaarikad (20) | Riis (100/120/150) Aedviljaragu kanaga (100/120/150) Värskekurgisalat tilliga (35/50/50) Kissell(100) | Juustune kartuli- köögiviljasupp(200) Rõstitud saiakuubikud(20) Teraleib(30) Kohupiima- küpsisemagustoit(100/150) | Keedetud kartul (100/120/150) Hakklihakaste mahe veisehakklilihaga(100/120/150) Coleslaw salat (35/50/50) Mustika-jogurtismuuti(150) | Kala-munasupp (200/250/300) Teraleib(30) Keefiri- marjatarretis(100/150) Siirup(20) |
| Õhtuode | Praekartul (100/120/120) Hapukoor(20) Mahlajook(150/150/200) Värske kurk (kooli)(50) | Kodujuust (60/100/100) Sepik keedusingiga(35/40) Tomat (kooli) (30) Kakao(150/150/200) | Makaronid hakklilihaga (120/150/150) Tee(150/150/200) Pirn (kooli) (50) | Õunapuistekook (75/100) Koolipiim(150/150/200) Melon(30) | Punane salat (sea)lihaga (100) Täisteraleib (30) Piparmünditee (150/150/200) Banaan (80) |

| | Esmaspäev | Teisipäev | Kolmapäev | Neljapäev | Reede | Nädala keskmine |
|---|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| Sõim 1-3 aastased | | | | | | |
| Energia | 892kcal 3734kj | 943kcal 3947kj | 968kcal 4050kj | 1011kcal 4229kj | 914kcal 3826kj | 946kcal 3957kj |
| Valgud | 27.65g 12.39% | 38.15g 16.18% | 37.37g 15.44% | 37.48g 14.83% | 33.94g 14.85% | 34.92g 14.76% |
| Rasvad | 40.22g 40.56% | 38.62g 36.84% | 31.33g 29.12% | 36.08g 32.13% | 26.33g 25.91% | 34.51g 32.84% |
| Küllastunud rasvhapped | 18.53g 18.69% | 12.07g 11.52% | 13.88g 12.90% | 9.21g 8.20% | 9.84g 9.69% | 12.71g 12.09% |
| Süsivesikud imenduvad (ehk va kiudained) | 99.81g 44.73% | 106.33g 45.09% | 128.68g 53.17% | 130.04g 51.46% | 129.03g 56.45% | 118.78g 50.22% |
| Suhkrud kokku | 20.83g 9.33% | 27.22g 11.54% | 25.03g 10.34% | 33.11g 13.10% | 31.76g 13.89% | 27.59g 11.67% |
| Kiudained | 10.31g 2.31% | 8.91g 1.89% | 10.96g 2.26% | 7.97g 1.58% | 12.78g 2.79% | 10.18g 2.15% |
| Süsivesikud kokku | 110.12g 47.04% | 115.24g 46.98% | 139.64g 55.43% | 138.01g 53.04% | 141.81g 59.24% | 128.96g 52.38% |
| Sool kokku | 0.13g | 0.40g | 0.05g | 0.15g | 0.07g | 0.16g |
| Aed 4-5 aastased | | | | | | |
| Energia | 1076kcal 4501kj | 1112kcal 4654kj | 1150kcal 4810kj | 1219kcal 5101kj | 1019kcal 4263kj | 1115kcal 4666kj |
| Valgud | 33.17g 12.33% | 47.88g 17.22% | 44.37g 15.44% | 43.98g 14.43% | 38.83g 15.25% | 41.65g 14.94% |
| Rasvad | 50.74g 42.45% | 46.57g 37.68% | 36.89g 28.88% | 43.94g 32.43% | 29.76g 26.29% | 41.58g 33.56% |
| Küllastunud rasvhapped | 23.63g 19.77% | 15.20g 12.30% | 16.03g 12.55% | 10.39g 7.67% | 11.01g 9.73% | 15.25g 12.31% |
| Süsivesikud imenduvad (ehk va kiudained) | 115.73g 43.04% | 120.54g 43.35% | 154.18g 53.64% | 157.23g 51.58% | 142.21g 55.83% | 137.98g 49.50% |
| Suhkrud kokku | 23.34g 8.68% | 30.28g 10.89% | 30.61g 10.65% | 37.71g 12.37% | 32.49g 12.76% | 30.89g 11.08% |
| Kiudained | 11.72g 2.18% | 9.76g 1.75% | 11.74g 2.04% | 9.49g 1.56% | 13.42g 2.63% | 11.23g 2.01% |
| Süsivesikud kokku | 127.45g 45.22% | 130.3g 45.1% | 165.92g 55.68% | 166.72g 53.14% | 155.63g 58.46% | 149.2g 51.51% |
| Sool kokku | 0.18g | 0.45g | 0.08g | 0.15g | 0.08g | 0.19g |
| Aed 5-7 aastased | | | | | | |
| Energia | 1193kcal 4991kj | 1245kcal 5208kj | 1224kcal 5121kj | 1307kcal 5466kj | 1130kcal 4726kj | 1220kcal 5103kj |
| Valgud | 38.19g 12.81% | 53.49g 17.19% | 47.32g 15.46% | 49.50g 15.16% | 44.33g 15.70% | 46.57g 15.27% |
| Rasvad | 55.21g 41.65% | 51.76g 37.42% | 39.32g 28.91% | 46.58g 32.09% | 33.69g 26.84% | 45.31g 33.43% |
| Küllastunud rasvhapped | 25.44g 19.19% | 16.99g 12.28% | 17.19g 12.64% | 11.75g 8.09% | 12.65g 10.08% | 16.80g 12.40% |
| Süsivesikud imenduvad (ehk va kiudained) | 129.51g 43.43% | 136.00g 43.70% | 164.25g 53.68% | 167.28g 51.21% | 155.31g 55.00% | 150.47g 49.33% |
| Suhkrud kokku | 28.62g 9.60% | 32.70g 10.51% | 33.73g 11.02% | 40.44g 12.38% | 35.87g 12.70% | 34.27g 11.24% |
| Kiudained | 12.61g 2.11% | 10.52g 1.69% | 11.95g 1.95% | 10.10g 1.55% | 13.91g 2.46% | 11.82g 1.94% |
| Süsivesikud kokku | 142.12g 45.54% | 146.52g 45.39% | 176.2g 55.63% | 177.38g 52.76% | 169.22g 57.46% | 162.29g 51.27% |
| Sool kokku | 0.19g | 0.47g | 0.08g | 0.15g | 0.08g | 0.20g |