

	<u>Esmaspäev</u> <u>15.11.2021</u>	<u>Teisipäev</u> <u>16.11.2021</u>	<u>Kolmapäev</u> <u>17.11.2021</u>	<u>Neljapäev</u> <u>18.11.2021</u>	<u>Reede</u> <u>19.11.2021</u>
Homnikusöök	Hirsipuder(120/150/180) Koolipiim(150/150/200) Vaarikad (20)	Manna-piimasupp(200/250/250) Leib lihamäärdega (40/50) Värske kurk (kooli)(50)	Puder öko täistera jämedate kaerahelvestega(120/150/180) Koolipiim(150/150/200) Kirsimoos(20) Värske kapsas (kooli)(50)	Piimasupp mahe toortatratanguga(200/250/250) Sepik heigivõidega(35/40)	Puder öko 5-täisterahelbe amarandiga (120/150/180) Koolipiim(150/150/200) Porgand (kooli)(50) Mungamoos(20)
Lõunasöök	Külasupp (sealihaga)(200/250/300) Leib (30) Kohupiimavorm(100) Maasika toormoos (20)	Keedetud kartul(100/120/150) Sügisalat(35/50/50) Ahjulõhe(50/80/80) Soe koorekaste(60/80/80) Jõhvikajook (150/150/200)	Kana-klimbisupp(200/250/300) Leib (30) Leivakreem(100) Piim (100)	Kartuli-lätsepuder (120/150/180) Hakklihakaste mahe veisehakklhaga(100/120/150) Coleslaw salat (35/50/50) Jogurtismuuti mustika, banaani ja chia seemnetega(150)	Borš hapukapsa ja sealihaga(200/250/300) Leib (30) Karamellkissell (150/200/200) Maasika-kirsimoos (20)
Õhtuode	Makaronid-munaga (120/150/150) Õuna-mustikajook mahedast konsentreeritud mahlast(150/150/200) Paprika (kooli)(30)	Kodujuust(60/100/100) Kakao(150/150/200) Sepik tomatiga(35/40) Banaan (80)	Praekartul(100/120/120) Hapukoor(20) Keefir (100) Õun (koolipuuvili)(50)	Juusturull(50/70/70) Koolipiim(150/150/200) Leib munavõiga(40/50) Pirn (kooli) (50)	Riisi-kanasalat(100) Leib (30) Piparmünditee (150/150/200) Mandariin(30)

	Esmaspäev	Teisipäev	Kolmapäev	Neljapäev	Reede	Nädala keskmine
Sõim 1-3 aastased						
Energia	996kcal 4168kj	937kcal 3920kj	1002kcal 4190kj	1078kcal 4510kj	937kcal 3921kj	990kcal 4142kj
Valgud	36.27g 14.56%	41.24g 17.61%	40.00g 15.97%	44.93g 16.67%	32.80g 14.00%	39.05g 15.78%
Rasvad	38.17g 34.49%	40.22g 38.63%	35.00g 31.45%	44.71g 37.33%	29.83g 28.65%	37.59g 34.17%
Küllastunud rasvhapped	10.11g 9.13%	12.33g 11.84%	13.53g 12.16%	9.95g 8.31%	11.08g 10.64%	11.40g 10.36%
Süsivesikud imenduvad (ehk va kiudained)	122.32g 49.12%	98.34g 41.99%	123.66g 49.39%	118.44g 43.95%	127.87g 54.58%	118.13g 47.73%
Suhkrud kokku	17.33g 6.96%	28.65g 12.23%	36.19g 14.45%	31.85g 11.82%	38.51g 16.44%	30.51g 12.33%
Kiudained	9.11g 1.83%	8.29g 1.77%	15.94g 3.18%	11.06g 2.05%	13.01g 2.78%	11.48g 2.32%
Süsivesikud kokku	131.43g 50.95%	106.63g 43.76%	139.6g 52.57%	129.5g 46%	140.88g 57.36%	129.61g 50.05%
Sool kokku	0.05g	0.00g	0.08g	0.14g	0.08g	0.07g
Aed 4-5 aastased						
Energia	1138kcal 4761kj	1179kcal 4933kj	1111kcal 4646kj	1317kcal 5509kj	1006kcal 4210kj	1150kcal 4812kj
Valgud	41.17g 14.47%	56.84g 19.28%	45.38g 16.34%	53.88g 16.37%	36.18g 14.38%	46.69g 16.24%
Rasvad	44.87g 35.49%	53.20g 40.61%	39.81g 32.26%	55.21g 37.74%	33.00g 29.51%	45.22g 35.39%
Küllastunud rasvhapped	11.35g 8.97%	16.19g 12.35%	14.48g 11.73%	11.44g 7.82%	11.94g 10.68%	13.08g 10.24%
Süsivesikud imenduvad (ehk va kiudained)	137.33g 48.27%	113.32g 38.44%	133.98g 48.26%	144.46g 43.89%	134.19g 53.34%	132.66g 46.14%
Suhkrud kokku	18.67g 6.56%	32.26g 10.94%	37.02g 13.34%	34.73g 10.55%	39.54g 15.72%	32.45g 11.29%
Kiudained	10.08g 1.77%	9.84g 1.67%	17.39g 3.13%	13.18g 2.00%	13.89g 2.76%	12.88g 2.24%
Süsivesikud kokku	147.41g 50.04%	123.16g 40.11%	151.37g 51.39%	157.64g 45.89%	148.08g 56.1%	145.53g 48.38%
Sool kokku	0.06g	0.00g	0.10g	0.15g	0.08g	0.08g
Aed 5-7 aastased						
Energia	1257kcal 5259kj	1251kcal 5235kj	1216kcal 5089kj	1415kcal 5920kj	1168kcal 4886kj	1261kcal 5278kj
Valgud	46.18g 14.70%	59.11g 18.90%	51.89g 17.07%	59.66g 16.87%	42.69g 14.62%	51.90g 16.46%
Rasvad	49.72g 35.60%	54.64g 39.30%	44.55g 32.97%	59.31g 37.72%	38.61g 29.76%	49.36g 35.23%
Küllastunud rasvhapped	13.26g 9.50%	17.16g 12.35%	16.18g 11.97%	12.91g 8.21%	14.59g 11.24%	14.82g 10.58%
Süsivesikud imenduvad (ehk va kiudained)	150.81g 48.00%	125.43g 40.10%	142.70g 46.93%	153.75g 43.47%	154.97g 53.08%	145.53g 46.16%
Suhkrud kokku	23.27g 7.41%	34.55g 11.05%	40.51g 13.32%	37.74g 10.67%	45.56g 15.60%	36.33g 11.52%
Kiudained	10.71g 1.70%	10.62g 1.70%	18.45g 3.03%	13.74g 1.94%	14.81g 2.54%	13.67g 2.17%
Süsivesikud kokku	161.52g 49.7%	136.05g 41.8%	161.15g 49.96%	167.49g 45.41%	169.78g 55.62%	159.2g 48.33%
Sool kokku	0.06g	0.00g	0.12g	0.15g	0.09g	0.08g