

	<u>Esmaspäev</u> <u>18.10.2021</u>	<u>Teisipäev</u> <u>19.10.2021</u>	<u>Kolmapäev</u> <u>20.10.2021</u>	<u>Neljapäev</u> <u>21.10.2021</u>	<u>Reede</u> <u>22.10.2021</u>
Homnikusöök	<p>Öko 7-täisterahelbepuder iidsete teradega (120/150/180)</p> <p>Koolipiim(150/150/200)</p> <p>Mustikad (20)</p>	<p>Piima-hirsisupp (200/250/250)</p> <p>Võileib keeduvorstiga(40/50)</p> <p>Porgand (kooli)(50)</p>	<p>Puder öko täistera jämedate kaerahelvestega (120/150/180)</p> <p>Koolipiim(150/150/200)</p> <p>Kirsimoos(20)</p> <p>Värske kapsas (kooli)(50)</p>	<p>Piima-riisusupp (200/250/250)</p> <p>Leib heeringavõiga(40/50)</p> <p>Värske kurk (kooli)(50)</p>	<p>Maisimannapuder (120/150/180)</p> <p>Koolipiim(150/150/200)</p> <p>Vaarikad (20)</p> <p>Banaan (80)</p>
Lõunasöök	<p>Röstitud sepiku krutoonidega(20)</p> <p>Aedvilja-sulajuustupüreesupp (200)</p> <p>Marja-tihékissell(100/150)</p> <p>Leib (30)</p> <p>Vahukoor(20)</p>	<p>Hautatud mahe toortatratang (100/120/150)</p> <p>Ahjulohe(50/80/80)</p> <p>Hiinakapsa-tomati-paprikasalat(35/50/50)</p> <p>Soe koorekaste(60/80/80)</p> <p>Kama-keefirijook(150/200)</p>	<p>Kana-klimbisupp (200/250/300)</p> <p>Leib (30)</p> <p>Kohupiima-maasikavaht(100/150)</p>	<p>Kartuli-läätsepuder (120/150/180)</p> <p>Guljašš sealihaga(100/120/150)</p> <p>Peedi-õunasalat(35/50/50)</p> <p>Jõhvikakissell(100)</p>	<p>Külasupp mahe veisehakklihaga (200/250/300)</p> <p>Leib (30)</p> <p>Õunavorm(100)</p> <p>Piim (100)</p>
Õhtuode	<p>Makaronid-munaga (120/150/150)</p> <p>Morss(150/150/200)</p> <p>Paprika (kooli)(30)</p>	<p>Täistera-neljaviiljahelbepuder (120/150/180)</p> <p>Mustsõstrad (20)</p> <p>Koolipiim(150/150/200)</p> <p>Pirn (kooli) (50)</p>	<p>Kartuli-koorevorm(80/100)</p> <p>Soe mahlajook(150/150/200)</p> <p>Õun (koolipuuvili)(50)</p>	<p>Kancelirull(50/70/70)</p> <p>Koolipiim(150/150/200)</p> <p>Sepik juustu-küüslaugumäärdega (35/40)</p> <p>Kiivi(30)</p>	<p>Riisi-kanasalat(100)</p> <p>Leib (30)</p> <p>Marjatee(150/150/200)</p> <p>Porgand (kooli)(50)</p>

	Esmaspäev	Teisipäev	Kolmapäev	Neljapäev	Reede	Nädala keskmine
Sõim 1-3 aastased						
Energia	861kcal 3603kj	1099kcal 4597kj	795kcal 3326kj	1089kcal 4556kj	1037kcal 4340kj	976kcal 4084kj
Valgud	24.45g 11.36%	43.52g 15.84%	36.88g 18.56%	37.33g 13.71%	34.90g 13.46%	35.42g 14.51%
Rasvad	32.24g 33.70%	45.90g 37.60%	28.59g 32.37%	49.41g 40.84%	37.07g 32.17%	38.64g 35.63%
Küllastunud rasvhapped	11.07g 11.57%	13.66g 11.19%	10.45g 11.82%	12.89g 10.65%	9.01g 7.82%	11.42g 10.53%
Süsivesikud imenduvad (ehk va kiudained)	112.33g 52.17%	121.14g 44.11%	91.69g 46.13%	119.59g 43.93%	133.50g 51.48%	115.65g 47.40%
Suhkrud kokku	21.94g 10.19%	25.41g 9.25%	31.30g 15.75%	27.72g 10.18%	37.93g 14.63%	28.86g 11.83%
Kiudained	11.95g 2.78%	13.44g 2.45%	11.70g 2.94%	8.27g 1.52%	15.00g 2.89%	12.07g 2.47%
Süsivesikud kokku	124.28g 54.95%	134.58g 46.56%	103.39g 49.07%	127.86g 45.45%	148.5g 54.37%	127.72g 49.87%
Sool kokku	0.05g	0.23g	0.08g	0.03g	0.04g	0.09g
Aed 4-5 aastased						
Energia	979kcal 4097kj	1341kcal 5611kj	959kcal 4014kj	1333kcal 5577kj	1104kcal 4618kj	1143kcal 4784kj
Valgud	26.99g 11.02%	55.48g 16.55%	45.80g 19.09%	44.88g 13.47%	38.33g 13.89%	42.29g 14.80%
Rasvad	36.43g 33.48%	58.04g 38.95%	35.43g 33.23%	60.71g 40.99%	39.71g 32.38%	46.06g 36.27%
Küllastunud rasvhapped	11.54g 10.60%	16.26g 10.91%	12.76g 11.97%	15.11g 10.20%	9.47g 7.72%	13.03g 10.26%
Süsivesikud imenduvad (ehk va kiudained)	129.39g 52.85%	141.56g 42.22%	107.71g 44.90%	146.56g 43.99%	140.47g 50.90%	133.14g 46.59%
Suhkrud kokku	23.17g 9.46%	28.95g 8.64%	32.14g 13.40%	31.22g 9.37%	39.12g 14.18%	30.92g 10.82%
Kiudained	12.93g 2.64%	15.30g 2.28%	13.29g 2.77%	10.35g 1.55%	15.61g 2.83%	13.50g 2.36%
Süsivesikud kokku	142.32g 55.49%	156.86g 44.5%	121g 47.67%	156.91g 45.54%	156.08g 53.73%	146.64g 48.95%
Sool kokku	0.06g	0.29g	0.10g	0.04g	0.04g	0.11g
Aed 5-7 aastased						
Energia	1052kcal 4400kj	1507kcal 6307kj	1074kcal 4495kj	1458kcal 6099kj	1204kcal 5038kj	1259kcal 5268kj
Valgud	29.53g 11.23%	61.48g 16.31%	52.33g 19.48%	50.65g 13.90%	43.41g 14.42%	47.48g 15.08%
Rasvad	38.85g 33.25%	63.50g 37.91%	40.21g 33.69%	68.01g 41.99%	43.65g 32.63%	50.84g 36.35%
Küllastunud rasvhapped	12.68g 10.85%	18.43g 11.01%	14.47g 12.12%	17.72g 10.94%	10.88g 8.13%	14.84g 10.60%
Süsivesikud imenduvad (ehk va kiudained)	139.30g 52.98%	164.12g 43.55%	118.61g 44.16%	155.37g 42.63%	151.30g 50.26%	145.74g 46.30%
Suhkrud kokku	28.70g 10.92%	32.50g 8.62%	37.78g 14.07%	34.25g 9.40%	42.97g 14.28%	35.24g 11.20%
Kiudained	13.33g 2.54%	16.77g 2.23%	14.36g 2.67%	10.81g 1.48%	16.23g 2.70%	14.30g 2.27%
Süsivesikud kokku	152.63g 55.52%	180.89g 45.78%	132.97g 46.83%	166.18g 44.11%	167.53g 52.96%	160.04g 48.58%
Sool kokku	0.07g	0.29g	0.12g	0.04g	0.04g	0.11g