

	<u>Esmaspäev</u> <u>25.10.2021</u>	<u>Teisipäev</u> <u>26.10.2021</u>	<u>Kolmapäev</u> <u>27.10.2021</u>	<u>Neljapäev</u> <u>28.10.2021</u>	<u>Reede</u> <u>29.10.2021</u>
Homnikusöök	Piima-nuudlisupp (200/250/250) Sai keedisega(30)	Puder öko 5-täisterahelbe amarandiga (120/150/180) Koolipiim(150/150/200) Mungamoos(20) Porgand (kooli)(50)	Manna-piimasupp (200/250/250) Sepik lõhevõiga (35/40) Õun (koolipuuvili)(50)	8-viljahelbepuder kliidega (120/150/180) Koolipiim(150/150/200) Mustika-maasika toormoos(20) Lillkapsas (kooli)(50)	Piimasupp mahe toortatratanguga (200/250/250) Sepik värskel kurgiga(35/40) Värskel kapsas (kooli)(50)
Lõunasöök	Keedetud kartul (100/120/150) Bõfstrooganov sealihaga (100/120/150) Punapeedi- küüslaugusalat(35/50/50) Jõhvikajook (150/150/200)	Koorene kalasupp (200/250/300) Seemneleib(30) Mahlatarretis(100/150) Vahukoor(20)	Ühepajatoit mahe veisehakklihaga (200/250/300) Seemneleib(30) Keefiri-banaanijook (150/150/200)	Punapeedisupp sealiha ja maitserohelisega (200/250/300) Seemneleib(30) Rukkivaht(100) Piim (100)	Riis (100/120/150) Hakkpall kanalihast (50/80/80) Soe koorekaste(60/80/80) Porgandi-apelsinisalat seemneseguga (35/50/50) Vaarika-jogurtismuuti öko täistera kiirkaerahelvestega(150)
Õhtuode	Tatrapuder (120/150/180) Hapukoor(20) Koolipiim(150/150/200) Värskel kurk (kooli)(50)	Kartulipüree (100/120/150) Singi koorekaste(külm) (35/40/40) Õuna-mustikajook mahedast konsentreeritud mahlast(150/150/200) Viinamarjad(30)	Omlett (80/100/100) Koolipiim(150/150/200) Leib (30) Tomat (kooli) (30)	Kohupiimaplaadipirukas (75/100) Mahlajook(150/150/200) Pirn (kooli) (50)	Makaroni- singisalat(keedusink) (100) Seemneleib(30) Tee sidruniga(150/150/200) Melon (80)

	Esmaspäev	Teisipäev	Kolmapäev	Neljapäev	Reede	Nädala keskmine
Sõim 1-3 aastased						
Energia	841kcal 3518kj	758kcal 3173kj	876kcal 3666kj	878kcal 3673kj	1041kcal 4357kj	879kcal 3677kj
Valgud	31.40g 14.94%	27.84g 14.69%	41.17g 18.80%	33.74g 15.37%	42.09g 16.17%	35.25g 16.04%
Rasvad	34.36g 36.78%	26.16g 31.05%	32.71g 33.60%	26.99g 27.67%	36.87g 31.86%	31.42g 32.17%
Küllastunud rasvhapped	13.75g 14.72%	11.44g 13.58%	9.90g 10.17%	10.51g 10.78%	9.83g 8.50%	11.09g 11.35%
Süsivesikud imenduvad (ehk va kiudained)	98.22g 46.73%	98.00g 51.70%	97.78g 44.65%	118.27g 53.89%	129.93g 49.90%	108.44g 49.35%
Suhkrud kokku	23.86g 11.35%	27.46g 14.48%	32.47g 14.82%	29.00g 13.21%	20.88g 8.02%	26.73g 12.16%
Kiudained	6.53g 1.55%	9.71g 2.56%	12.95g 2.96%	13.46g 3.07%	10.77g 2.07%	10.68g 2.43%
Süsivesikud kokku	104.75g 48.28%	107.71g 54.26%	110.73g 47.61%	131.73g 56.96%	140.7g 51.97%	119.12g 51.78%
Sool kokku	0.03g	0.15g	0.16g	0.06g	0.05g	0.21g
Aed 4-5 aastased						
Energia	982kcal 4108kj	867kcal 3626kj	997kcal 4171kj	1009kcal 4221kj	1226kcal 5128kj	1016kcal 4251kj
Valgud	36.78g 14.99%	32.48g 14.99%	47.80g 19.18%	39.55g 15.68%	53.13g 17.34%	41.95g 16.52%
Rasvad	40.00g 36.67%	29.52g 30.66%	38.63g 34.87%	32.31g 28.82%	43.64g 32.05%	36.82g 32.62%
Küllastunud rasvhapped	15.45g 14.16%	12.26g 12.73%	11.23g 10.14%	12.08g 10.78%	11.45g 8.41%	12.50g 11.07%
Süsivesikud imenduvad (ehk va kiudained)	114.73g 46.75%	112.39g 51.88%	107.53g 43.15%	132.59g 52.57%	149.08g 48.66%	123.27g 48.53%
Suhkrud kokku	27.19g 11.08%	30.93g 14.28%	35.51g 14.25%	30.58g 12.12%	23.22g 7.58%	29.49g 11.61%
Kiudained	7.84g 1.60%	10.72g 2.47%	13.95g 2.80%	14.80g 2.93%	11.93g 1.95%	11.85g 2.33%
Süsivesikud kokku	122.57g 48.35%	123.11g 54.35%	121.48g 45.95%	147.39g 55.5%	161.01g 50.61%	135.11g 50.86%
Sool kokku	0.05g	0.18g	0.20g	0.07g	0.06g	0.23g
Aed 5-7 aastased						
Energia	1137kcal 4756kj	1001kcal 4188kj	1096kcal 4586kj	1130kcal 4728kj	1276kcal 5337kj	1128kcal 4719kj
Valgud	43.16g 15.19%	38.76g 15.49%	53.56g 19.54%	44.60g 15.79%	53.87g 16.89%	46.79g 16.59%
Rasvad	46.70g 36.97%	33.96g 30.54%	41.43g 34.02%	37.13g 29.57%	44.68g 31.52%	40.78g 32.54%
Küllastunud rasvhapped	17.96g 14.22%	13.77g 12.38%	12.68g 10.41%	13.99g 11.14%	11.47g 8.09%	13.97g 11.15%
Süsivesikud imenduvad (ehk va kiudained)	131.49g 46.27%	129.14g 51.61%	119.77g 43.71%	146.44g 51.84%	158.38g 49.66%	137.04g 48.60%
Suhkrud kokku	30.40g 10.70%	35.25g 14.09%	41.15g 15.02%	36.27g 12.84%	23.26g 7.29%	33.27g 11.80%
Kiudained	8.91g 1.57%	11.84g 2.37%	14.97g 2.73%	15.86g 2.81%	12.23g 1.92%	12.76g 2.26%
Süsivesikud kokku	140.4g 47.84%	140.98g 53.98%	134.74g 46.44%	162.3g 54.65%	170.61g 51.58%	149.81g 50.86%
Sool kokku	0.05g	0.18g	0.20g	0.08g	0.06g	0.23g