

|                    |                      | teisipäev  |           | kolmapäev             |           |
|--------------------|----------------------|------------|-----------|-----------------------|-----------|
|                    |                      | 02.05.2023 | Allergeen | 03.05.2023            | Allergeen |
| <b>Homnikusöök</b> |                      |            |           |                       |           |
|                    | Viieviljapuder       |            | 1,2       | Hirsipuder            | 2         |
|                    | Või                  |            | 2         | Või                   | 2         |
|                    | Maasikas             |            |           | Jõhvikapüree          |           |
|                    | Pria piimatoode      |            | 2         | Pria piimatoode       | 2         |
|                    | Pria nuikapsas       |            |           | Pria kõrvits          |           |
| <b>Lõuna</b>       |                      |            |           |                       |           |
|                    | Borš sealihaga       |            |           | Hakklihakaste         | 1;2       |
|                    | Hapukoor, R 20 %     |            | 2         | Kartulipuder          | 2         |
|                    | Kohupiimakreem       |            | 2         | Peedisalat            |           |
|                    | Kirsikaste           |            |           | Seemnesegu            | 11        |
|                    | Leivatoode           |            | 1;2       | Marjakompott          |           |
|                    |                      |            |           | Leivatoode            | 1;2       |
| <b>Õhtusöök</b>    |                      |            |           |                       |           |
|                    | Pasta köögiviljadega |            | 1         | Köögiviljasupp lihata |           |
|                    | Tomatikaste          |            |           | Leivatoode            | 1;2       |
|                    | Mahlajook            |            |           | Pria pirn             |           |
|                    | Leivatoode           |            | 1;2       |                       |           |
|                    | Pria õun             |            |           |                       |           |
| <b>Terve päev</b>  |                      |            |           |                       |           |
| vanus 1-2(3)       |                      |            |           |                       |           |
| Energia kcal       |                      | 935.6      |           | 909.84                |           |
| Valgud ,g          | 29.98 12.82%         |            |           | 23.05 10.13%          |           |
| Rasvad,g           | 29.31 28.19%         |            |           | 39.16 38.74%          |           |
| Süsivesikud,g      | 136.15 58.21%        |            |           | 118.43 52.07%         |           |
| <b>vanus 3-5</b>   |                      |            |           |                       |           |
| Energia kcal       |                      | 1173.93    |           | 1173.45               |           |
| Valgud ,g          | 37.47 12.77%         |            |           | 30.18 10.29%          |           |
| Rasvad,g           | 34.12 26.16%         |            |           | 46.84 35.92%          |           |
| Süsivesikud,g      | 176.62 60.18%        |            |           | 159.91 54.51%         |           |
| <b>vanus 5-6</b>   |                      |            |           |                       |           |
| Energia kcal       |                      | 1397.25    |           | 1369.97               |           |
| Valgud ,g          | 44.65 12.78%         |            |           | 35.35 10.32%          |           |
| Rasvad,g           | 40.08 25.82%         |            |           | 53.16 34.92%          |           |
| Süsivesikud,g      | 211.41 60.52%        |            |           | 189.88 55.44%         |           |
| <b>vanus 6-7</b>   |                      |            |           |                       |           |
| Energia kcal       |                      | 1531.88    |           | 1533.21               |           |
| Valgud ,g          | 48.35 12.63%         |            |           | 38.6 10.07%           |           |
| Rasvad,g           | 43.02 25.27%         |            |           | 60.39 35.45%          |           |
| Süsivesikud,g      | 234.4 61.21%         |            |           | 210.95 55.03%         |           |

|                                    |        | neljapäev  |                            | reede      |           | Nädala keskmine |        |
|------------------------------------|--------|------------|----------------------------|------------|-----------|-----------------|--------|
|                                    |        | 04.05.2023 | Allergeen                  | 05.05.2023 | Allergeen |                 |        |
| Nisuhelbepuder                     |        | 1,2        | Ahjuomlett                 | 1,2,3      |           |                 |        |
| Või                                |        | 2          | Rukkileib singivõiga       | 1,2,7      |           |                 |        |
| Aedmarjamoos                       |        |            | Pria piimatoode            | 2          |           |                 |        |
| Pria piimatoode                    |        | 2          | Pria kurk                  |            |           |                 |        |
| Pria porgand                       |        |            |                            |            |           |                 |        |
| Kanasupp                           |        |            | Saidafilee punases kastmes | 4          |           |                 |        |
| Mustsõstratretis                   |        |            | Keedetud riis              |            |           |                 |        |
| Vahukoor                           |        | 2          | Porgandi - porrulaugusalat |            |           |                 |        |
| Leivatoode                         |        | 1;2        | Jõhvikakissell             |            |           |                 |        |
|                                    |        |            | Leivatoode                 | 1;2        |           |                 |        |
| Kartuli ja lillkapsaroor sealihaga |        |            | Kaneelirull                | 1,2,3      |           |                 |        |
| Mahlajook                          |        |            | Soe piparmündi - marjajook |            |           |                 |        |
| Leivatoode                         |        | 1;2        | Pria pirn                  |            |           |                 |        |
| Pria õun                           |        |            |                            |            |           |                 |        |
|                                    |        | 931.18     |                            | 937.67     |           | 928.572         |        |
| 29.93                              | 12.86% |            | 29.39                      | 12.54%     |           | 28.088          | 12.1%  |
| 31.52                              | 30.46% |            | 35.57                      | 34.14%     |           | 33.89           | 32.85% |
| 135.2                              | 58.08% |            | 126.25                     | 53.86%     |           | 129.008         | 55.57% |
|                                    |        | 1185.83    |                            | 1177.92    |           | 1177.782        |        |
| 37.08                              | 12.51% |            | 37.34                      | 12.68%     |           | 35.518          | 12.06% |
| 39.93                              | 30.31% |            | 43.2                       | 33.01%     |           | 41.023          | 31.35% |
| 173.21                             | 58.43% |            | 161.12                     | 54.71%     |           | 167.715         | 56.96% |
|                                    |        | 1408.63    |                            | 1376.89    |           | 1388.185        |        |
| 44.13                              | 12.53% |            | 43.72                      | 12.7%      |           | 41.962          | 12.09% |
| 47.26                              | 30.2%  |            | 51.47                      | 33.64%     |           | 47.992          | 31.11% |
| 206.84                             | 58.74% |            | 185.98                     | 54.03%     |           | 198.527         | 57.2%  |
|                                    |        | 1531.02    |                            | 1508.36    |           | 1526.118        |        |
| 48.58                              | 12.69% |            | 46.63                      | 12.37%     |           | 45.54           | 11.94% |
| 50.8                               | 29.86% |            | 57.69                      | 34.42%     |           | 52.975          | 31.24% |
| 225.19                             | 58.83% |            | 202.04                     | 53.58%     |           | 218.145         | 57.18% |