

|                            |                               | esmaspäev<br>17.06.2024 Allergeen |                           | teisipäev<br>18.06.2024 Allergeen |  |
|----------------------------|-------------------------------|-----------------------------------|---------------------------|-----------------------------------|--|
| Homnikusöök                |                               |                                   |                           |                                   |  |
|                            | Kaheksaviljapuder             | 1;2                               | Rukkihelbepuder           | 1;2                               |  |
|                            | Või                           | 2                                 | Või                       | 2                                 |  |
|                            | Maasikas                      |                                   | Marja toormoos            |                                   |  |
|                            | Pria piimatoode               | 2                                 | Pria piimatoode           | 2                                 |  |
|                            | Pria tomat                    |                                   | Pria porgand              |                                   |  |
| Lõuna                      |                               |                                   |                           |                                   |  |
|                            | Karrine kalkuni - juustukaste | 1;2                               | Värskekapsasupp sealihaga |                                   |  |
|                            | Keedetud riis                 |                                   | Kaerahelbe - õunakrõbedik | 1;2                               |  |
|                            | Jääkapsasalat värske kurgiga  |                                   | Vaniljekaste              | 2                                 |  |
|                            | Seemnesegu                    | 11                                | Leivatoode                | 1;11;2                            |  |
|                            | Puuvilja - jogurtikokteil     | 2                                 |                           |                                   |  |
|                            | Leivatoode                    | 1;11;2                            |                           |                                   |  |
| Õhtusöök                   |                               |                                   |                           |                                   |  |
|                            | Veisehakklihasupp läätsedega  |                                   | Azuu kartulitega          |                                   |  |
|                            | Leivatoode                    | 1;11;2                            | Mahlajook                 |                                   |  |
|                            | Pria õun                      |                                   | Leivatoode                | 1;11;2                            |  |
|                            |                               |                                   | Pria pirn                 |                                   |  |
| Terve päev<br>vanus 1-2(3) |                               |                                   |                           |                                   |  |
| Energia kcal               |                               | 903.21                            |                           | 957.4                             |  |
| Valgud ,g                  | 37.64 16.67%                  |                                   | 28.88 12.07%              |                                   |  |
| Rasvad,g                   | 37.17 37.04%                  |                                   | 31.61 29.71%              |                                   |  |
| Süsivesikud,g              | 105.52 46.73%                 |                                   | 141.24 59.01%             |                                   |  |
| vanus 3-5                  |                               |                                   |                           |                                   |  |
| Energia kcal               |                               | 1171.69                           |                           | 1200.27                           |  |
| Valgud ,g                  | 46.96 16.03%                  |                                   | 35.51 11.83%              |                                   |  |
| Rasvad,g                   | 48.33 37.12%                  |                                   | 37.75 28.31%              |                                   |  |
| Süsivesikud,g              | 138.05 47.13%                 |                                   | 181.6 60.52%              |                                   |  |
| vanus 5-6                  |                               |                                   |                           |                                   |  |
| Energia kcal               |                               | 1375.4                            |                           | 1409.64                           |  |
| Valgud ,g                  | 55.48 16.13%                  |                                   | 42.27 11.99%              |                                   |  |
| Rasvad,g                   | 55.07 36.04%                  |                                   | 44.37 28.33%              |                                   |  |
| Süsivesikud,g              | 165.2 48.04%                  |                                   | 212.68 60.35%             |                                   |  |
| vanus 6-7                  |                               |                                   |                           |                                   |  |
| Energia kcal               |                               | 1518.27                           |                           | 1556                              |  |
| Valgud ,g                  | 60.86 16.03%                  |                                   | 46.01 11.83%              |                                   |  |
| Rasvad,g                   | 59.13 35.05%                  |                                   | 47.04 27.21%              |                                   |  |
| Süsivesikud,g              | 185.93 48.98%                 |                                   | 238.66 61.35%             |                                   |  |

| kolmapäev<br>19.06.2024 Allergeen |         |                                         | neljapäev<br>20.06.2024 Allergeen |         |  |
|-----------------------------------|---------|-----------------------------------------|-----------------------------------|---------|--|
| Täisterakaerahelbepuder           | 1;2     | Keedetud muna                           |                                   | 3       |  |
| Või                               | 2       | Rukkileib juustuvõiga                   |                                   | 1;2     |  |
| Aedmarjamoos                      |         | Pria piimatoode                         |                                   | 2       |  |
| Pria piimatoode                   | 2       | Pria kurk                               |                                   |         |  |
| Pria valge redis                  |         |                                         |                                   |         |  |
|                                   |         |                                         |                                   |         |  |
| Makaronid veisehakklihaga         | 1       | Kartuli-porrulaugu püreesupp kanalihaga |                                   | 2       |  |
| Peedi - küüslaugusalat            |         | Rõstitud sepikukuubikud                 |                                   | 1;2     |  |
| Mustsõstrakissell                 |         | Maasikatarretis                         |                                   |         |  |
| Leivatoode                        | 1;11;2  | Vahukoor                                |                                   | 2       |  |
|                                   |         | Leivatoode                              |                                   | 1;11;2  |  |
|                                   |         |                                         |                                   |         |  |
| Köögiviljasupp lihata             |         | Köögivilja - tatraroog sealihaga        |                                   |         |  |
| Leivatoode                        | 1;11;2  | Mahlajook                               |                                   |         |  |
| Pria õun                          |         | Leivatoode                              |                                   | 1;11;2  |  |
|                                   |         | Arbuus                                  |                                   |         |  |
|                                   |         |                                         |                                   |         |  |
|                                   | 930.07  |                                         |                                   | 920.48  |  |
| 26.58 11.43%                      |         | 36.13 15.7%                             |                                   |         |  |
| 31.2 30.19%                       |         | 36.34 35.53%                            |                                   |         |  |
| 137.89 59.3%                      |         | 111.88 48.62%                           |                                   |         |  |
|                                   |         |                                         |                                   |         |  |
|                                   | 1163.42 |                                         |                                   | 1171.15 |  |
| 32.66 11.23%                      |         | 43.49 14.85%                            |                                   |         |  |
| 39.74 30.74%                      |         | 45.11 34.67%                            |                                   |         |  |
| 171.16 58.85%                     |         | 146.76 50.13%                           |                                   |         |  |
|                                   |         |                                         |                                   |         |  |
|                                   | 1378.13 |                                         |                                   | 1369.21 |  |
| 39.96 11.6%                       |         | 51.16 14.95%                            |                                   |         |  |
| 42.11 27.5%                       |         | 51.52 33.86%                            |                                   |         |  |
| 212.64 61.72%                     |         | 173.99 50.83%                           |                                   |         |  |
|                                   |         |                                         |                                   |         |  |
|                                   | 1532.92 |                                         |                                   | 1523.17 |  |
| 43.92 11.46%                      |         | 57.52 15.11%                            |                                   |         |  |
| 45.56 26.75%                      |         | 57.97 34.25%                            |                                   |         |  |
| 239.05 62.38%                     |         | 192.08 50.44%                           |                                   |         |  |

reede  
21.06.2024 Allergeen Nädala keskmine

|                               |            |
|-------------------------------|------------|
| Riisipuder                    | 2          |
| Või                           | 2          |
| Aedmarjamoos                  |            |
| Pria piimatoode               | 2          |
| Pria kapsas                   |            |
| Kala pikkpoiss                | 1;11;2;3;4 |
| Koorekaste tilliga            | 1;2        |
| Ahjukartulid ürtidega         |            |
| Valge redise - hapukooresalat | 2          |
| Ploomikompott                 |            |
| Leivatoode                    | 1;11;2     |
| Kodune marjakook              | 1;2;3      |
| Piparmündi tee                |            |
| Pria õun                      |            |

|               |        |        |         |
|---------------|--------|--------|---------|
|               | 950.05 |        | 932.242 |
| 24.19 10.18%  |        | 30.684 | 13.17%  |
| 28.49 26.99%  |        | 32.962 | 31.82%  |
| 149.92 63.12% |        | 129.29 | 55.47%  |

|               |         |         |          |
|---------------|---------|---------|----------|
|               | 1191.65 |         | 1179.636 |
| 30.3 10.17%   |         | 37.784  | 12.81%   |
| 36.11 27.27%  |         | 41.408  | 31.59%   |
| 187.57 62.96% |         | 165.028 | 55.96%   |

|               |         |         |          |
|---------------|---------|---------|----------|
|               | 1400.51 |         | 1386.578 |
| 35.6 10.17%   |         | 44.894  | 12.95%   |
| 41.26 26.51%  |         | 46.866  | 30.42%   |
| 223.06 63.71% |         | 197.514 | 56.98%   |

|               |         |         |          |
|---------------|---------|---------|----------|
|               | 1504.36 |         | 1526.944 |
| 37.72 10.03%  |         | 49.206  | 12.89%   |
| 44.11 26.39%  |         | 50.762  | 29.92%   |
| 240.47 63.94% |         | 219.238 | 57.43%   |