

|                            | esmaspäev<br>07.04.2025 Allergeen |         | teisipäev<br>08.04.2025 Allergeen |         |
|----------------------------|-----------------------------------|---------|-----------------------------------|---------|
| Hommikusöök                |                                   |         |                                   |         |
|                            | Täisterakaerahelbepuder           | 1;2     | Rukkihelbepuder                   | 1;2     |
|                            | Või                               | 2       | Või                               | 2       |
|                            | Kirss                             |         | Aedmarjamoos                      |         |
|                            | Pria piim, R 2.5 %                | 2       | Pria piim, R 2.5 %                | 2       |
|                            | Pria porgand                      |         | Pria valge redis                  |         |
| Lõuna                      |                                   |         |                                   |         |
|                            | Kanastrooganov                    | 1;2     | Kreemine püreesupp kalkunilihaga  | 2       |
|                            | Keedetud pärl kuskuss             | 1       | Rõstitud sepikukuubikud           | 1;2     |
|                            | Kaalika - õunasalat               |         | Kakao - jogurtidessert            | 2       |
|                            | Seemnesegu                        | 11      | Marja toormoos                    |         |
|                            | Maasika-keefirikokteil            | 2       | Leivatoode                        | 1;11;2  |
|                            | Leivatoode                        | 1;11;2  |                                   |         |
| Õhtusöök                   |                                   |         |                                   |         |
|                            | Värskekapsasupp lihata            |         | Tatrapuder                        |         |
|                            | Leivatoode                        | 1;11;2  | Hapukoor, R 20 %                  | 2       |
|                            | Pria pirn                         |         | Mahlajook                         |         |
|                            |                                   |         | Leivatoode                        | 1;11;2  |
|                            |                                   |         | Pria õun                          |         |
| Terve päev<br>vanus 1-2(3) |                                   |         |                                   |         |
| Energia kcal               |                                   | 902.71  |                                   | 946.83  |
| Valgud ,g                  | 31.84 14.11%                      |         | 34.78 14.69%                      |         |
| Rasvad,g                   | 29.95 29.86%                      |         | 26.93 25.6%                       |         |
| Süsivesikud,g              | 130.2 57.69%                      |         | 141.95 59.97%                     |         |
| vanus 3-5                  |                                   |         |                                   |         |
| Energia kcal               |                                   | 1152.12 |                                   | 1179.26 |
| Valgud ,g                  | 40.49 14.06%                      |         | 41.5 14.08%                       |         |
| Rasvad,g                   | 36.48 28.5%                       |         | 34.85 26.6%                       |         |
| Süsivesikud,g              | 169.81 58.96%                     |         | 175.49 59.53%                     |         |
| vanus 5-6                  |                                   |         |                                   |         |
| Energia kcal               |                                   | 1419.36 |                                   | 1403.64 |
| Valgud ,g                  | 48.82 13.76%                      |         | 50.58 14.41%                      |         |
| Rasvad,g                   | 43.15 27.36%                      |         | 35.76 22.93%                      |         |
| Süsivesikud,g              | 213.41 60.14%                     |         | 220.47 62.83%                     |         |
| vanus 6-7                  |                                   |         |                                   |         |
| Energia kcal               |                                   | 1520.67 |                                   | 1529.85 |
| Valgud ,g                  | 51.13 13.45%                      |         | 54.42 14.23%                      |         |
| Rasvad,g                   | 46 27.22%                         |         | 37.59 22.11%                      |         |
| Süsivesikud,g              | 230.13 60.53%                     |         | 244.05 63.81%                     |         |

kolmapäev  
09.04.2025 Allergeen

neljapäev  
10.04.2025 Allergeen

|                              |         |                                |         |
|------------------------------|---------|--------------------------------|---------|
| Piima-riisisupp              | 2       | Maisimannapuder                | 2       |
| Või                          | 2       | Või                            | 2       |
| Rukkileib ahjukalaga         | 1;2     | Marja toormoos                 |         |
| Pria kaalikas                |         | Pria piim, R 2.5 %             | 2       |
|                              |         | Pria nuikapsas                 |         |
| Pikkpoiss veiselihast        | 1;3     | Kala - köögiviljasupp          | 4       |
| Valge kaste maitserohelisega | 1;2     | Kama- kohupiimakreem marjadega | 1;2     |
| Kartulipuder                 | 2       | Leivatoode                     | 1;11;2  |
| Peedi - küüslaugusalat       |         |                                |         |
| Puuviljakissell              |         |                                |         |
| Leivatoode                   | 1;11;2  |                                |         |
| Kana-läätsesupp              |         | Makaronid sealihaga            | 1       |
| Leivatoode                   | 1;11;2  | Mahlajook                      |         |
| Apelsin                      |         | Leivatoode                     | 1;11;2  |
|                              |         | Pria õun                       |         |
|                              | 911.65  |                                | 950.78  |
| 26.88 11.79%                 |         | 33.41 14.06%                   |         |
| 39.17 38.67%                 |         | 28.77 27.23%                   |         |
| 113.39 49.75%                |         | 138.54 58.28%                  |         |
|                              | 1170.1  |                                | 1201.64 |
| 34.31 11.73%                 |         | 40.28 13.41%                   |         |
| 49.85 38.34%                 |         | 37.36 27.98%                   |         |
| 146.41 50.05%                |         | 174.64 58.13%                  |         |
|                              | 1391.97 |                                | 1409.88 |
| 43.49 12.5%                  |         | 49.96 14.17%                   |         |
| 52.93 34.22%                 |         | 36.27 23.15%                   |         |
| 185.22 53.23%                |         | 218.91 62.11%                  |         |
|                              | 1564.99 |                                | 1545.62 |
| 48.99 12.52%                 |         | 54.59 14.13%                   |         |
| 59.41 34.17%                 |         | 39.37 22.92%                   |         |
| 208.17 53.21%                |         | 240.8 62.32%                   |         |

reede  
11.04.2025 Allergeen Nädala keskmine

Piima - lõuna - eesti tangusupp 1;2  
Või 2  
Sepik juustuvõiga 1;2  
Värske kapsas

Sealihapilaff  
Redisesalat jogurtiga 2  
Rabarberi-maasika smuuti  
Leivatoode 1;11;2

Purukook õuntega 1;2;3  
Pria piim, R 2.5 % 2  
Banaan

|               |        |                |         |
|---------------|--------|----------------|---------|
|               | 932.22 |                | 928.838 |
| 27.68 11.88%  |        | 30.918 13.31%  |         |
| 38.06 36.74%  |        | 32.576 31.56%  |         |
| 120.74 51.81% |        | 128.964 55.54% |         |

|               |         |               |          |
|---------------|---------|---------------|----------|
|               | 1171.76 |               | 1174.976 |
| 33.48 11.43%  |         | 38.012 12.94% |          |
| 48.8 37.48%   |         | 41.468 31.76% |          |
| 150.75 51.46% |         | 163.42 55.63% |          |

|               |         |               |         |
|---------------|---------|---------------|---------|
|               | 1373.05 |               | 1399.58 |
| 40.35 11.75%  |         | 46.64 13.33%  |         |
| 51.84 33.98%  |         | 43.99 28.29%  |         |
| 187.11 54.51% |         | 205.024 58.6% |         |

|               |         |                |          |
|---------------|---------|----------------|----------|
|               | 1506.98 |                | 1533.622 |
| 43.63 11.58%  |         | 50.552 13.18%  |          |
| 59.18 35.34%  |         | 48.31 28.35%   |          |
| 200.64 53.26% |         | 224.758 58.62% |          |