

| | esmaspäev 08.04.2024 Allergeen | | teisipäev 09.04.2024 Allergeen | |
|----------------------------|-----------------------------------|---------|-----------------------------------|---------|
| Homnikusöök | | | | |
| | Täisterakaerahelbepuder | 1;2 | Riisipuder | 2 |
| | Või | 2 | Või | 2 |
| | Marjasegu | | Õunamoos | |
| | Pria piimatoode | 2 | Pria piimatoode | 2 |
| | Pria kapsas | | Pria porgand | |
| Lõuna | | | | |
| | Hakklihakaste veiselihast | 1;2 | Läätsesupp kanalihaga | 2 |
| | Keedetud tatar | | Marja- rukkivaht | 1 |
| | Kaalikasalat | | Piim, R 2,5% | 2 |
| | Maasika-keefirikokteil | 2 | Leivatoode | 1;11;2 |
| | Leivatoode | 1;11;2 | | |
| Õhtusöök | | | | |
| | Lillkapsapüreesupp | 2 | Mulgipuder | 1;2 |
| | Rõstitud sepikukuubikud | 1;2 | Hapukoor, R 20 % | 2 |
| | Leivatoode | 1;11;2 | Mahlajook | |
| | Pria õun | | Leivatoode | 1;11;2 |
| | | | Apelsin | |
| Terve päev vanus 1-2(3) | | | | |
| Energia kcal | | 928.7 | | 934.2 |
| Valgud ,g | 32.54 14.02% | | 30.49 13.06% | |
| Rasvad,g | 33.07 32.05% | | 30.1 29% | |
| Süsivesikud,g | 127.42 54.88% | | 136.56 58.47% | |
| vanus 3-5 | | | | |
| Energia kcal | | 1164.71 | | 1189.55 |
| Valgud ,g | 41.29 14.18% | | 37 12.44% | |
| Rasvad,g | 39.08 30.2% | | 34.79 26.32% | |
| Süsivesikud,g | 164.67 56.55% | | 183.22 61.61% | |
| vanus 5-6 | | | | |
| Energia kcal | | 1362.04 | | 1400.86 |
| Valgud ,g | 48 14.1% | | 43.36 12.38% | |
| Rasvad,g | 44.68 29.52% | | 41.67 26.77% | |
| Süsivesikud,g | 195.41 57.39% | | 214.97 61.38% | |
| vanus 6-7 | | | | |
| Energia kcal | | 1511 | | 1577.72 |
| Valgud ,g | 51.99 13.76% | | 47.89 12.14% | |
| Rasvad,g | 48.16 28.69% | | 45.31 25.85% | |
| Süsivesikud,g | 220.34 58.33% | | 245.86 62.33% | |

| | kolmapäev 10.04.2024 Allergeen | | neljapäev 11.04.2024 Allergeen | |
|--|-----------------------------------|--|-----------------------------------|--|
| Rukkihelbepuder | 1;2 | Omlett | 2;3 | |
| Või | 2 | Sepik kanavõidega | 1;2 | |
| Aedmarjamoos | | Pria piimatoode | 2 | |
| Pria piimatoode | 2 | Pria kaalikas | | |
| Pria tomat | | | | |
| Hautatud sealihatükid praeleemekastmes | | Kalaseljanka | 4 | |
| Ahjukartulid ürtidega | | Hapukoor, R 20 % | 2 | |
| Peedisalat õliga | | Kohupiima leivapuru magustoit apelsiniga | 1;2 | |
| Kirsikissell | | Leivatoode | 1;11;2 | |
| Leivatoode | 1;11;2 | | | |
| Kalkuni - klimbisupp | 1;2;3 | Makaronid hakklihaga | 1 | |
| Leivatoode | 1;11;2 | Mahlajook | | |
| Pria õun | | Leivatoode | 1;11;2 | |
| | | Pria pirn | | |
| | 927.5 | | 910.12 | |
| 32.54 14.03% | | 41.14 18.08% | | |
| 31.2 30.27% | | 34.44 34.06% | | |
| 130.97 56.48% | | 108.08 47.5% | | |
| | 1161.99 | | 1198.85 | |
| 41.37 14.24% | | 52.64 17.56% | | |
| 37.34 28.92% | | 42.54 31.94% | | |
| 167.22 57.56% | | 149.47 49.87% | | |
| | 1383.33 | | 1369.99 | |
| 50.68 14.65% | | 59.91 17.49% | | |
| 39.13 25.46% | | 46.5 30.55% | | |
| 209.27 60.51% | | 175.69 51.3% | | |
| | 1562.96 | | 1522.48 | |
| 56.2 14.38% | | 66.21 17.4% | | |
| 46.17 26.59% | | 50.67 29.95% | | |
| 232.21 59.43% | | 197.24 51.82% | | |

reede
12.04.2024 Allergeen Nädala keskmine

| | |
|-----------------------------------|--------|
| Kaheksaviljapuder | 1;2 |
| Või | 2 |
| Aedmarjamoos | |
| Pria piimatoode | 2 |
| Pria lillkapsas | |
| Röstitud köögivilja risoto kanaga | 2 |
| Valge redise - hapukooresalat | 2 |
| Seemnesegu | 11 |
| Jõhvikamorss | |
| Leivatoode | 1;11;2 |
| Kodune marjakook | 1;2;3 |
| Piparmündi tee | |
| Pria õun | |

| | | |
|--------------|--------|----------------|
| | 909.76 | 922.056 |
| 29.61 13.02% | | 33.264 14.43% |
| 36.42 36.03% | | 33.046 32.26% |
| 118 51.88% | | 124.206 53.88% |

| | | |
|---------------|---------|----------------|
| | 1156.86 | 1174.392 |
| 36.88 12.75% | | 41.836 14.25% |
| 43.31 33.69% | | 39.412 30.2% |
| 156.91 54.25% | | 164.298 55.96% |

| | | |
|---------------|---------|----------------|
| | 1393.65 | 1381.974 |
| 43.65 12.53% | | 49.12 14.22% |
| 52.69 34.03% | | 44.934 29.26% |
| 188.32 54.05% | | 196.732 56.94% |

| | | |
|---------------|---------|----------------|
| | 1524.78 | 1539.788 |
| 46.96 12.32% | | 53.85 13.99% |
| 57.74 34.08% | | 49.61 29% |
| 206.88 54.27% | | 220.506 57.28% |