

| | | esmaspäev 15.05.2023 Allergeen | | teisipäev 16.05.2023 | |
|--------------------|--------------------------|-----------------------------------|-----|--|--|
| Homnikusöök | | | | | |
| | Kiirkaerahelbepuder | | 1,2 | Maisimannapuder | |
| | Või | | 2 | Või | |
| | Marjasegu | | | Aedmarjamoos | |
| | Pria piimatoode | | 2 | Pria piimatoode | |
| | Pria punane kapsas | | | Pria porgand | |
| Lõuna | | | | | |
| | Bolognese kaste | | 1 | Aedviljapüreesupp | |
| | Keedetud spagetid | | 1 | Rõstitud sepikukuubikud | |
| | Porgandisalat hernestega | | | Toorjuustuvaht kaerahelbe ja marjadega | |
| | Seemnesegu | | 11 | Leivatoode | |
| | Kirsi-jogurtikokteil | | 2 | | |
| | Leivatoode | | 1;2 | | |
| Õhtusöök | | | | | |
| | Talupojasupp lihata | | 1 | Kuskuss köögiviljadega | |
| | Hapukoor, R 20 % | | 2 | Külm jogurtikaste | |
| | Leivatoode | | 1;2 | Mahlajook | |
| | Pria pirn | | | Leivatoode | |
| | | | | Pria õun | |
| Terve päev | | | | | |
| vanus 1-2(3) | | | | | |
| Energia kcal | | 905.18 | | 930.67 | |
| Valgud ,g | 30.71 13.57% | | | 26.12 11.23% | |
| Rasvad,g | 32.97 32.78% | | | 31.31 30.28% | |
| Süsivesikud,g | 121 53.47% | | | 136.91 58.84% | |
| vanus 3-5 | | | | | |
| Energia kcal | | 1160.99 | | 1166.28 | |
| Valgud ,g | 40.27 13.87% | | | 33.72 11.56% | |
| Rasvad,g | 40.78 31.61% | | | 36.23 27.96% | |
| Süsivesikud,g | 157.64 54.31% | | | 176.84 60.65% | |
| vanus 5-6 | | | | | |
| Energia kcal | | 1383.75 | | 1413.42 | |
| Valgud ,g | 47.7 13.79% | | | 40.37 11.42% | |
| Rasvad,g | 45.63 29.68% | | | 41.48 26.41% | |
| Süsivesikud,g | 194.32 56.17% | | | 220.54 62.41% | |
| vanus 6-7 | | | | | |
| Energia kcal | | 1509.01 | | 1548.18 | |
| Valgud ,g | 51.12 13.55% | | | 43.92 11.35% | |
| Rasvad,g | 47.96 28.6% | | | 45.2 26.28% | |
| Süsivesikud,g | 216.85 57.48% | | | 242.38 62.62% | |

| Allergeen | | kolmapäev 17.05.2023 | Allergeen | neljapäev 18.05.2023 | Allergeen |
|-----------|-----------------------------|-------------------------|-----------|---------------------------|-----------|
| 2 | Viieviljapuder | | 1,2 | Munapuder | 1,2,3 |
| 2 | Või | | 2 | Võileib lihaga | 1,2 |
| | Aedmarjamoos | | | Pria piimatoode | 2 |
| 2 | Pria piimatoode | | 2 | Pria kurk | |
| | Pria valge redis | | | | |
| | Kanakaste ürtidega | | 1,2 | Lihne hakklihasupp | |
| 1,2 | Ahjukartulid köögiviljadega | | | Kaerahelbe - õunakrõbedik | 1,2 |
| | Hapukapsasalat | | | Vaniljekaste | 2 |
| 1;2 | Mahlakissell | | | Leivatoode | 1;2 |
| | Leivatoode | | 1;2 | | |
| 1 | Sealiha - aedviljasupp | | | Ühepajatoit kanaga | |
| 2 | Leivatoode | | 1;2 | Maitsevesi | |
| | Pria pirn | | | Leivatoode | 1;2 |
| 1;2 | | | | Banaan | |
| | | 902.65 | | 924.76 | |
| | 27.92 12.37% | | | 35.31 15.27% | |
| | 30.14 30.05% | | | 38.97 37.93% | |
| | 129.59 57.43% | | | 110.78 47.92% | |
| | | 1158.5 | | 1192.72 | |
| | 36.69 12.67% | | | 44.07 14.78% | |
| | 36.36 28.25% | | | 48.45 36.56% | |
| | 170.25 58.78% | | | 147.64 49.51% | |
| | | 1373.51 | | 1399.44 | |
| | 44.01 12.82% | | | 52.77 15.08% | |
| | 42 27.52% | | | 55.47 35.67% | |
| | 203.8 59.35% | | | 174.62 49.91% | |
| | | 1503.85 | | 1523.7 | |
| | 48.59 12.92% | | | 58.47 15.35% | |
| | 45.44 27.19% | | | 59.16 34.94% | |
| | 223.75 59.51% | | | 191.89 50.37% | |

reede
19.05.2023 Allergeen Nädala keskmine

| | |
|------------------------------|-------|
| Nisuhelbepuder | 1,2 |
| Või | 2 |
| Maasika toormoos | |
| Pria piimatoode | 2 |
| Pria kapsas | |
| Kalapada | 4 |
| Keedetud riis | |
| Valge redise - porgandisalat | |
| Arooniamorss | |
| Leivatoode | 1;2 |
| Juustusai | 1,2,3 |
| Kummeli tee | |
| Pria õun | |

| | | |
|---------------|--------|----------------|
| | 937.46 | 920.144 |
| 31.35 13.38% | | 30.282 13.16% |
| 30.46 29.24% | | 32.77 32.05% |
| 136.94 58.43% | | 127.044 55.23% |

| | | |
|--------------|---------|----------------|
| | 1176.01 | 1170.9 |
| 39.52 13.44% | | 38.854 13.27% |
| 36.55 27.97% | | 39.674 30.5% |
| 175.3 59.63% | | 165.534 56.55% |

| | | |
|--------------|--------|---------------|
| | 1362.8 | 1386.584 |
| 46.03 13.51% | | 46.176 13.32% |
| 41.44 27.37% | | 45.204 29.34% |
| 205.11 60.2% | | 199.678 57.6% |

| | | |
|---------------|---------|---------------|
| | 1509.17 | 1518.782 |
| 49.33 13.07% | | 50.286 13.24% |
| 48.45 28.89% | | 49.242 29.18% |
| 222.42 58.95% | | 219.458 57.8% |