

|                    |                                     | esmaspäev<br>19.09.2022 Allergeen |         | teisipäev<br>20.09.2022 Allergeen |         |
|--------------------|-------------------------------------|-----------------------------------|---------|-----------------------------------|---------|
| <b>Homnikusöök</b> |                                     |                                   |         |                                   |         |
|                    | Odrahelbepuder                      |                                   | 1,2     | Riisipuder                        | 2       |
|                    | Või                                 |                                   | 2       | Või                               | 2       |
|                    | Marjasegu                           |                                   |         | Aedmarjamoos                      |         |
|                    | Pria piimatoode                     |                                   | 2       | Pria piimatoode                   | 2       |
|                    | Pria punane kapsas                  |                                   |         | Pria porgand                      |         |
| <b>Lõuna</b>       |                                     |                                   |         |                                   |         |
|                    | Kanastrooganov                      |                                   | 1,2     | Veisehakklihasupp läätsedega      |         |
|                    | Keedetud tatar                      |                                   |         | Puuviljasalat                     |         |
|                    | Valge redise salat maitserohelisega |                                   |         | Vaniljekaste                      | 2       |
|                    | Maasika jogurtikokteil              |                                   | 2       | Leivatoode                        | 1,2,3,7 |
|                    | Leivatoode                          |                                   | 1,2,3,7 |                                   |         |
| <b>Õhtusöök</b>    |                                     |                                   |         |                                   |         |
|                    | Lillkapsapüreesupp                  |                                   | 2       | Kartulivormiroog                  | 10,2,3  |
|                    | Rõstitud sepikukuubikud             |                                   | 1,2     | Maitsevesi                        |         |
|                    | Leivatoode                          |                                   | 1,2,3,7 | Leivatoode                        | 1,2,3,7 |
|                    | Pria pirn                           |                                   |         | Pria õun                          |         |
| <b>Terve päev</b>  |                                     |                                   |         |                                   |         |
| vanus 1-2(3)       |                                     |                                   |         |                                   |         |
| Energia kcal       |                                     | 900.34                            |         | 911.82                            |         |
| Valgud ,g          | 32.27 14.34%                        |                                   |         | 30.62 13.43%                      |         |
| Rasvad,g           | 28.62 28.61%                        |                                   |         | 34.29 33.85%                      |         |
| Süsivesikud,g      | 130.68 58.06%                       |                                   |         | 122.59 53.78%                     |         |
| vanus 3-5          |                                     |                                   |         |                                   |         |
| Energia kcal       |                                     | 1200.8                            |         | 1180.08                           |         |
| Valgud ,g          | 42.98 14.32%                        |                                   |         | 39.11 13.26%                      |         |
| Rasvad,g           | 35.49 26.6%                         |                                   |         | 39.44 30.08%                      |         |
| Süsivesikud,g      | 179.66 59.85%                       |                                   |         | 169.32 57.39%                     |         |
| vanus 5-6          |                                     |                                   |         |                                   |         |
| Energia kcal       |                                     | 1403.98                           |         | 1416.07                           |         |
| Valgud ,g          | 49.82 14.19%                        |                                   |         | 47.23 13.34%                      |         |
| Rasvad,g           | 41.21 26.42%                        |                                   |         | 45 28.6%                          |         |
| Süsivesikud,g      | 211.42 60.23%                       |                                   |         | 208.33 58.85%                     |         |
| vanus 6-7          |                                     |                                   |         |                                   |         |
| Energia kcal       |                                     | 1535.97                           |         | 1570.12                           |         |
| Valgud ,g          | 52.36 13.64%                        |                                   |         | 52.53 13.38%                      |         |
| Rasvad,g           | 48.49 28.41%                        |                                   |         | 47.57 27.27%                      |         |
| Süsivesikud,g      | 225.63 58.76%                       |                                   |         | 235.56 60.01%                     |         |

| kolmapäev<br>21.09.2022 |         |         | neljapäev<br>22.09.2022 |         |  | reede<br>23.09.2022      |        |         |
|-------------------------|---------|---------|-------------------------|---------|--|--------------------------|--------|---------|
| Allergeen               |         |         | Allergeen               |         |  |                          |        |         |
| Neljaviiljapuder        | 1,2     |         | Rukkihelbepuder         | 1,2     |  | Piima-makaronisupp       |        |         |
| Või                     | 2       |         | Või                     | 2       |  | Või                      |        |         |
| Maasika toormoos        |         |         | Õunapüree               |         |  | Rukkileib kalavõidega    |        |         |
| Pria piimatoode         | 2       |         | Pria piimatoode         | 2       |  | Pria salatilehed         |        |         |
| Pria valge redis        |         |         | Pria kaalikas           |         |  |                          |        |         |
| Sealihapilaff           |         |         | Selge kalasupp          | 4       |  | Kana-lillkapsahautis     |        |         |
| Hapukapsa - peedisalat  |         |         | Marjatarretis           |         |  | Ahjukartulid ürtidega    |        |         |
| Mustsõstrakissell       |         |         | Vahukoor                | 2       |  | Porgandisalat hernestega |        |         |
| Leivatoode              | 1,2,3,7 |         | Leivatoode              | 1,2,3,7 |  | Õuna - kaneeli kompott   |        |         |
|                         |         |         |                         |         |  | Leivatoode               |        |         |
| Kana - klimbisupp       | 1,2,3   |         | Tatar hakklihaga        |         |  | Kaneelisaia              |        |         |
| Leivatoode              | 1,2,3,7 |         | Külm hapukoorekaste     | 2       |  | Pria piimatoode          |        |         |
| Pria ploom              |         |         | Mahlajook               |         |  | Pria pirn                |        |         |
|                         |         |         | Leivatoode              | 1,2,3,7 |  |                          |        |         |
|                         |         |         | Värske arbuus           |         |  |                          |        |         |
|                         |         | 956.88  |                         | 884.5   |  |                          |        | 950.26  |
| 32.86                   | 13.74%  |         | 29.85                   | 13.5%   |  | 32.64                    | 13.74% |         |
| 29.38                   | 27.63%  |         | 29.96                   | 30.49%  |  | 38.76                    | 36.71% |         |
| 143.04                  | 59.79%  |         | 125.37                  | 56.7%   |  | 120.76                   | 50.83% |         |
|                         |         | 1181.08 |                         | 1161.05 |  |                          |        | 1186.84 |
| 40.14                   | 13.59%  |         | 37.81                   | 13.03%  |  | 41.44                    | 13.97% |         |
| 34.92                   | 26.61%  |         | 38.72                   | 30.01%  |  | 46.11                    | 34.97% |         |
| 179.83                  | 60.9%   |         | 166.66                  | 57.42%  |  | 155.41                   | 52.38% |         |
|                         |         | 1394.41 |                         | 1373.91 |  |                          |        | 1417.48 |
| 48.14                   | 13.81%  |         | 45.51                   | 13.25%  |  | 49.86                    | 14.07% |         |
| 42.99                   | 27.75%  |         | 44.56                   | 29.19%  |  | 53.29                    | 33.84% |         |
| 207.98                  | 59.66%  |         | 199.73                  | 58.15%  |  | 189.17                   | 53.38% |         |
|                         |         | 1555.11 |                         | 1521.44 |  |                          |        | 1530.13 |
| 53.36                   | 13.73%  |         | 49.43                   | 13%     |  | 53.13                    | 13.89% |         |
| 48.17                   | 27.88%  |         | 52.25                   | 30.91%  |  | 58.28                    | 34.28% |         |
| 230.98                  | 59.41%  |         | 215.64                  | 56.69%  |  | 203.09                   | 53.09% |         |

Allergeen Nädala keskmine

1,2,3

2

1,2,4

1,2,3,7

1,2,3

2

920.76  
31.648 13.75%  
32.202 31.48%  
128.488 55.82%

1181.97  
40.296 13.64%  
38.936 29.65%  
170.176 57.59%

1401.17  
48.112 13.73%  
45.41 29.17%  
203.326 58.04%

1542.554  
52.162 13.53%  
50.952 29.73%  
222.18 57.61%