

|                    | esmaspäev<br>26.02.2024 Allergeen |         | teisipäev<br>27.02.2024 Allergeen |         |
|--------------------|-----------------------------------|---------|-----------------------------------|---------|
| <b>Hommikusöök</b> |                                   |         |                                   |         |
|                    | Kaerakliipuder                    | 1;2     | Rukkihelbepuder                   | 1;2     |
|                    | Või                               | 2       | Või                               | 2       |
|                    | Mustsõstar                        |         | Aedmarjamoos                      |         |
|                    | Pria piimatoode                   | 2       | Pria piimatoode                   | 2       |
|                    | Pria kaalikas                     |         | Pria kapsas                       |         |
| <b>Lõuna</b>       |                                   |         |                                   |         |
|                    | Koorene kanakaste                 | 1;2     | Lihtne kalasupp                   | 4       |
|                    | Keedetud tatar                    |         | Riisipuding                       | 2       |
|                    | Jääkapsasalat tilliga             |         | Marja toormoos                    |         |
|                    | Seemnesegu                        | 11      | Leivatoode                        | 1;11;2  |
|                    | Puuvilja - jogurtikokteil         | 2       |                                   |         |
|                    | Leivatoode                        | 1;11;2  |                                   |         |
| <b>Õhtusöök</b>    |                                   |         |                                   |         |
|                    | Läätse-köögiviljapüreesupp        | 2       | Kalkuni-kartulivormiroog          | 2;3     |
|                    | Rõstitud sepikukuubikud           | 1;2     | Mahlajook                         |         |
|                    | Leivatoode                        | 1;11;2  | Leivatoode                        | 1;11;2  |
|                    | Pria pirn                         |         | Pria õun                          |         |
| <b>Terve päev</b>  |                                   |         |                                   |         |
| vanus 1-2(3)       |                                   |         |                                   |         |
| Energia kcal       |                                   | 921.48  |                                   | 911.96  |
| Valgud ,g          | 37.27 16.18%                      |         | 30.29 13.29%                      |         |
| Rasvad,g           | 39.47 38.55%                      |         | 33.48 33.04%                      |         |
| Süsivesikud,g      | 107.85 46.82%                     |         | 123.21 54.04%                     |         |
| vanus 3-5          |                                   |         |                                   |         |
| Energia kcal       |                                   | 1181.12 |                                   | 1177.14 |
| Valgud ,g          | 48.62 16.47%                      |         | 37.15 12.62%                      |         |
| Rasvad,g           | 46.57 35.49%                      |         | 44.18 33.78%                      |         |
| Süsivesikud,g      | 145.82 49.38%                     |         | 158.38 53.82%                     |         |
| vanus 5-6          |                                   |         |                                   |         |
| Energia kcal       |                                   | 1406.49 |                                   | 1372.72 |
| Valgud ,g          | 55.95 15.91%                      |         | 45.01 13.12%                      |         |
| Rasvad,g           | 56.86 36.38%                      |         | 49.24 32.28%                      |         |
| Süsivesikud,g      | 172.41 49.03%                     |         | 188.68 54.98%                     |         |
| vanus 6-7          |                                   |         |                                   |         |
| Energia kcal       |                                   | 1541.34 |                                   | 1522.63 |
| Valgud ,g          | 59.69 15.49%                      |         | 51.6 13.56%                       |         |
| Rasvad,g           | 60.81 35.51%                      |         | 52.06 30.77%                      |         |
| Süsivesikud,g      | 193.34 50.17%                     |         | 212.75 55.89%                     |         |

|                           | kolmapäev<br>28.02.2024 | Allergeen | neljapäev<br>29.02.2024 | Allergeen |
|---------------------------|-------------------------|-----------|-------------------------|-----------|
| Odrahelbepuder            |                         | 1;2       | Kaheksaviljapuder       | 1;2       |
| Või                       |                         | 2         | Või                     | 2         |
| Jõhvikapüree              |                         |           | Aedmarjamoos            |           |
| Pria piimatoode           |                         | 2         | Pria piimatoode         | 2         |
| Pria kurk                 |                         |           | Pria porgand            |           |
| Makaronid hakklihaga      |                         | 1         | Kanasupp                |           |
| Peedisalat                |                         |           | Keefiritarretis         | 2         |
| Marjakompott              |                         |           | Marjakaste              |           |
| Leivatoode                |                         | 1;11;2    | Leivatoode              | 1;11;2    |
| Värskekapsasupp sealihaga |                         |           | Köögiviljaraguu         |           |
| Leivatoode                |                         | 1;11;2    | Mahlajook               |           |
| Pria pirn                 |                         |           | Leivatoode              | 1;11;2    |
|                           |                         |           | Apelsin                 |           |
|                           | 918.11                  |           | 917.46                  |           |
| 34.52                     | 15.04%                  |           | 29.78                   | 12.98%    |
| 27.91                     | 27.36%                  |           | 32.7                    | 32.08%    |
| 132.16                    | 57.58%                  |           | 127.21                  | 55.46%    |
|                           | 1150.79                 |           | 1168.36                 |           |
| 42.4                      | 14.74%                  |           | 37.59                   | 12.87%    |
| 32.24                     | 25.21%                  |           | 38.25                   | 29.46%    |
| 172.4                     | 59.92%                  |           | 169.12                  | 57.9%     |
|                           | 1391.88                 |           | 1404.6                  |           |
| 52.6                      | 15.12%                  |           | 44.02                   | 12.54%    |
| 37.99                     | 24.56%                  |           | 49.55                   | 31.75%    |
| 209.47                    | 60.2%                   |           | 197.04                  | 56.11%    |
|                           | 1533.62                 |           | 1544.15                 |           |
| 58.1                      | 15.15%                  |           | 47.5                    | 12.3%     |
| 41.82                     | 24.54%                  |           | 52.71                   | 30.72%    |
| 230.34                    | 60.08%                  |           | 221.16                  | 57.29%    |

reede  
01.03.2024 Allergeen Nädala keskmine

Piima-riisisupp 2  
Või 2  
Rukkileib singivõiga 1;2;7  
Pria valge redis

Hautatud kartulid tomati ja sealihaga  
Porgandi ja kaalikasalat  
Kirsikissell  
Leivatoode 1;11;2

Kaneelirull 1;2;3  
Pria piimatoode 2  
Pria õun

|               |        |               |
|---------------|--------|---------------|
|               | 918.92 | 917.586       |
| 24.77 10.78%  |        | 31.326 13.66% |
| 36.03 35.29%  |        | 33.918 33.27% |
| 125.87 54.79% |        | 123.26 53.73% |

|               |         |                |
|---------------|---------|----------------|
|               | 1191.39 | 1173.76        |
| 30.94 10.39%  |         | 39.34 13.41%   |
| 46.5 35.13%   |         | 41.548 31.86%  |
| 164.62 55.27% |         | 162.068 55.23% |

|               |         |                |
|---------------|---------|----------------|
|               | 1404.78 | 1396.094       |
| 36.27 10.33%  |         | 46.77 13.4%    |
| 56.42 36.15%  |         | 50.012 32.24%  |
| 190.68 54.29% |         | 191.656 54.91% |

|               |         |                |
|---------------|---------|----------------|
|               | 1559.58 | 1540.264       |
| 39.41 10.11%  |         | 51.26 13.31%   |
| 64.57 37.26%  |         | 54.394 31.78%  |
| 207.55 53.23% |         | 213.028 55.32% |