

|               |                                            | esmaspäev<br>27.03.2023 |       | Allergeen |                           | teisipäev<br>28.03.2023 |  |
|---------------|--------------------------------------------|-------------------------|-------|-----------|---------------------------|-------------------------|--|
| Homnikusöök   |                                            |                         |       |           |                           |                         |  |
|               | Nisuhelbepuder                             |                         | 1,2   |           | Kiirkaerahelbepuder       |                         |  |
|               | Või                                        |                         | 2     |           | Või                       |                         |  |
|               | Mustsõstar                                 |                         |       |           | Aedmarjamoos              |                         |  |
|               | Pria piimatoode                            |                         | 2     |           | Pria piimatoode           |                         |  |
|               | Pria kaalikas                              |                         |       |           | Pria kapsas               |                         |  |
| Lõuna         |                                            |                         |       |           |                           |                         |  |
|               | Hautatud kapsad sealiha ja seentega /Bigos |                         |       |           | Kalasupp poola moodi      |                         |  |
|               | Keedetud makaronid                         |                         | 1     |           | Riis õuntega              |                         |  |
|               | Porrusalat hapukoorega                     |                         | 2     |           | Leivatoode                |                         |  |
|               | Seemnesegu                                 |                         | 11    |           |                           |                         |  |
|               | Marja-keefirikokteil                       |                         | 2     |           |                           |                         |  |
|               | Leivatoode                                 |                         | 1,2,7 |           |                           |                         |  |
| Õhtusöök      |                                            |                         |       |           |                           |                         |  |
|               | Peedisupp                                  |                         |       |           | Tatra - köögiviljasegadik |                         |  |
|               | Hapukoor, R 20 %                           |                         | 2     |           | Külm hapukoorekaste       |                         |  |
|               | Leivatoode                                 |                         | 1,2,7 |           | Mahlajook                 |                         |  |
|               | Pria pirn                                  |                         |       |           | Leivatoode                |                         |  |
|               |                                            |                         |       |           | Apelsin                   |                         |  |
| Terve päev    |                                            |                         |       |           |                           |                         |  |
| vanus 1-2(3)  |                                            |                         |       |           |                           |                         |  |
| Energia kcal  |                                            | 945.95                  |       |           |                           | 934.29                  |  |
| Valgud ,g     | 29.82 12.61%                               |                         |       | 27.59     | 11.81%                    |                         |  |
| Rasvad,g      | 34.55 32.87%                               |                         |       | 36.58     | 35.24%                    |                         |  |
| Süsivesikud,g | 131.82 55.74%                              |                         |       | 123.58    | 52.91%                    |                         |  |
| vanus 3-5     |                                            |                         |       |           |                           |                         |  |
| Energia kcal  |                                            | 1199.09                 |       |           |                           | 1186.57                 |  |
| Valgud ,g     | 37.96 12.66%                               |                         |       | 35        | 11.8%                     |                         |  |
| Rasvad,g      | 40.79 30.62%                               |                         |       | 44.38     | 33.66%                    |                         |  |
| Süsivesikud,g | 173.55 57.89%                              |                         |       | 160.94    | 54.25%                    |                         |  |
| vanus 5-6     |                                            |                         |       |           |                           |                         |  |
| Energia kcal  |                                            | 1415.85                 |       |           |                           | 1408.14                 |  |
| Valgud ,g     | 44.2 12.49%                                |                         |       | 41.19     | 11.7%                     |                         |  |
| Rasvad,g      | 46.55 29.59%                               |                         |       | 52.07     | 33.28%                    |                         |  |
| Süsivesikud,g | 208.99 59.04%                              |                         |       | 193.21    | 54.88%                    |                         |  |
| vanus 6-7     |                                            |                         |       |           |                           |                         |  |
| Energia kcal  |                                            | 1553.98                 |       |           |                           | 1574.14                 |  |
| Valgud ,g     | 47.5 12.23%                                |                         |       | 45.7      | 11.61%                    |                         |  |
| Rasvad,g      | 50.18 29.06%                               |                         |       | 56.2      | 32.13%                    |                         |  |
| Süsivesikud,g | 231.83 59.67%                              |                         |       | 220.87    | 56.12%                    |                         |  |

| Allergeen |                          | kolmapäev<br>29.03.2023 | Allergeen | neljapäev<br>30.03.2023            | Allergeen |
|-----------|--------------------------|-------------------------|-----------|------------------------------------|-----------|
| 1,2       | Viieviljapuder           |                         | 1,2       | Keedetud muna                      | 3         |
| 2         | Või                      |                         | 2         | Sepik maksapasteediga              | 1,2,3,7   |
|           | Jõhvikapüree             |                         |           | Pria piimatoode                    | 2         |
| 2         | Pria piimatoode          |                         | 2         | Pria porgand                       |           |
|           | Pria lillkapsas          |                         |           |                                    |           |
| 4         | Kalkun mädarõikakastmes  |                         | 1;2       | Oasupp kanaga                      | 1         |
| 2         | Keedetud riis            |                         |           | Poola juustukook punase sõstradega | 1;2;3     |
| 1,2,7     | Punasekapsasalat õuntega |                         |           | Leivatoode                         | 1,2,7     |
|           | Rabarberi-maasikasupp    |                         |           |                                    |           |
|           | Leivatoode               |                         | 1,2,7     |                                    |           |
|           |                          |                         |           |                                    |           |
|           | Hakklihasupp             |                         |           | Mulgipuder sealihaga               | 1,2       |
| 2         | Leivatoode               |                         | 1,2,7     | Külm jogurtikaste                  | 2         |
|           | Pria õun                 |                         |           | Mahlajook                          |           |
| 1,2,7     |                          |                         |           | Leivatoode                         | 1,2,7     |
|           |                          |                         |           | Pria pirn                          |           |
|           |                          |                         |           |                                    |           |
|           |                          | 910.01                  |           | 931.71                             |           |
| 33.01     | 14.51%                   |                         | 43.72     | 18.77%                             |           |
| 27.29     | 26.99%                   |                         | 31.13     | 30.07%                             |           |
| 133.03    | 58.47%                   |                         | 120.21    | 51.61%                             |           |
|           |                          |                         |           |                                    |           |
|           |                          | 1153.81                 |           | 1177.98                            |           |
| 41.95     | 14.54%                   |                         | 54.61     | 18.54%                             |           |
| 32.71     | 25.51%                   |                         | 36.65     | 28%                                |           |
| 172.63    | 59.85%                   |                         | 158.13    | 53.7%                              |           |
|           |                          |                         |           |                                    |           |
|           |                          | 1361.1                  |           | 1385.27                            |           |
| 50.85     | 14.94%                   |                         | 63.84     | 18.43%                             |           |
| 37.31     | 24.67%                   |                         | 43.52     | 28.27%                             |           |
| 205.03    | 60.25%                   |                         | 185.69    | 53.62%                             |           |
|           |                          |                         |           |                                    |           |
|           |                          | 1529.37                 |           | 1560.13                            |           |
| 57.67     | 15.08%                   |                         | 72.2      | 18.51%                             |           |
| 40.3      | 23.72%                   |                         | 47.93     | 27.65%                             |           |
| 233.28    | 61.01%                   |                         | 211.38    | 54.2%                              |           |

reede  
31.03.2023 Allergeen Nädala keskmine

Odrahelbepuder 1,2  
Või 2  
Õunapüree  
Pria piimatoode 2  
Pria valge redis

Kartulikook hakklihaga 1;3  
Poola porgandisalat  
Kirsikompott  
Leivatoode 1,2,7

Juustusai 1,2,3  
Piparmündi tee  
Pria õun

|               |                |
|---------------|----------------|
| 942.26        | 932.844        |
| 30.47 12.93%  | 32.922 14.12%  |
| 28.87 27.58%  | 31.684 30.57%  |
| 142.47 60.48% | 130.222 55.84% |

|               |                |
|---------------|----------------|
| 1152.19       | 1173.928       |
| 37.19 12.91%  | 41.342 14.09%  |
| 35.32 27.59%  | 37.97 29.11%   |
| 174.46 60.57% | 167.942 57.22% |

|              |                |
|--------------|----------------|
| 1407.23      | 1395.518       |
| 45.99 13.07% | 49.214 14.11%  |
| 42.92 27.45% | 44.474 28.68%  |
| 213 60.54%   | 201.184 57.67% |

|               |                |
|---------------|----------------|
| 1518.04       | 1547.132       |
| 49.24 12.97%  | 54.462 14.08%  |
| 45.86 27.19%  | 48.094 27.98%  |
| 230.71 60.79% | 225.614 58.33% |