

Grupp vanus 7-9

| esmaspäev, 16.september | Kogus, g | Kcal | Valgud ,g | Rasvad,g | Süsivesik ud,g | Allergeen |
|-------------------------------------------|----------|------|-----------|----------|----------------|-----------|
| Lõuna | | | | | | |
| Kurzeme strooganov | 120 | 156 | 8.14 | 10.86 | 6.94 | 1;2 |
| Aurutatud mais | 40 | 40 | 1.21 | 0.31 | 8.28 | |
| Keedetud tatar | 40 | 48 | 1.67 | 0.56 | 9.28 | |
| Keedetud kartulid | 40 | 42 | 1.06 | 0.06 | 9.46 | |
| Hiinakapsasalat tilliga | 40 | 15 | 0.64 | 0.92 | 1.32 | |
| Peedi - kurgi salat | 40 | 32 | 0.56 | 2.07 | 2.95 | |
| Kaalika - õunasalat | 40 | 15 | 0.30 | 0.12 | 3.65 | |
| Seemnesegu | 10 | 55 | 2.28 | 4.37 | 2.48 | 11 |
| Mahlajook | 130 | 31 | 0.02 | 0.02 | 7.47 | |
| Pria piimatooted | Kuni 250 | | | | | 2 |
| Leivatoodete valik sh rukkileib (5 sorti) | 45 | 129 | 3.69 | 1.51 | 23.96 | 1;11;2 |
| Õun ja kurgi snäkid | 150 | 38 | 0.60 | 0.34 | 9.00 | |
| Kokku : | | 601 | 20.17 | 21.14 | 84.79 | |

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|-------------------------------|-----|-----|-------|-------|------|-----|
| Lisaroad | | | | | | |
| Karrine kalkuni - juustukaste | 120 | 159 | 10.14 | 10.21 | 7.23 | 1;2 |
| Kana pajaroog aedviljadega | 120 | 130 | 7.36 | 8.67 | 7.15 | |

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| Taimetoit | | | | | | |
| Oa- ja aedviljahautis | 120 | 83 | 3.20 | 3.95 | 8.28 | 9 |

| teisipäev, 17.september | Kogus, g | Kcal | Valgud ,g | Rasvad,g | Süsivesik ud,g | Allergeen |
|-------------------------------------------|----------|------|-----------|----------|----------------|-----------|
| Lõuna | | | | | | |
| Hakklihasupp | 230 | 199 | 14.59 | 8.05 | 17.09 | 1;3 |
| Kaerahelbe - õunakrõbedik | 80 | 230 | 3.26 | 8.04 | 36.94 | 1;2 |
| Vaniljekaste | 20 | 26 | 0.60 | 0.50 | 4.65 | 2 |
| Pria piimatooted | Kuni 250 | | | | | 2 |
| Leivatoodete valik sh rukkileib (5 sorti) | 35 | 101 | 2.87 | 1.18 | 18.63 | 1;11;2 |
| Arbuus ja porgandi snäkid | 150 | 51 | 1.12 | 0.52 | 11.18 | |
| Kokku : | | 606 | 22.44 | 18.29 | 88.49 | |

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|---------------------------|-----|-----|-------|-------|-------|----|
| Lisaroad | | | | | | |
| Kanasupp kikerhernestega | 230 | 256 | 10.11 | 16.81 | 16.20 | |
| Värskekapsasupp sealihaga | 230 | 212 | 12.77 | 12.57 | 12.77 | |
| Seemnesegu | 20 | 110 | 4.56 | 8.74 | 4.97 | 11 |

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| Taimetoit | | | | | | |
| Kartuli - läätsesupp | 230 | 216 | 7.05 | 9.80 | 24.39 | |

| kolmapäev, 18.september | Kogus, g | Kcal | Valgud ,g | Rasvad,g | Süsivesik ud,g | Allergeen |
|-------------------------------------------|----------|------|-----------|----------|----------------|-----------|
| Lõuna | | | | | | |
| Kana-lillkapsahautis | 120 | 122 | 10.45 | 6.87 | 5.57 | |
| Ahju-porgandi ribad | 40 | 19 | 0.48 | 0.57 | 3.54 | |
| Keedetud riis kurkumiga | 40 | 52 | 1.01 | 0.43 | 10.92 | |
| Keedetud kartulid | 40 | 42 | 1.06 | 0.06 | 9.46 | |
| Peedisalat jogurtiga | 40 | 18 | 0.70 | 0.17 | 3.30 | 2 |
| Hiinakapsasalat värske kurgiga | 40 | 14 | 0.55 | 0.90 | 1.21 | |
| Porgandi-kaalikasalat | 40 | 32 | 0.38 | 1.74 | 4.26 | |
| Seemnesegu | 15 | 82 | 3.42 | 6.56 | 3.72 | 11 |
| Maitsevesi | 130 | 2 | 0.09 | 0.12 | 0.62 | |
| Pria piimatooted | Kuni 250 | | | | | 2 |
| Leivatoodete valik sh rukkileib (5 sorti) | 60 | 172 | 4.92 | 2.02 | 31.94 | 1;11;2 |
| Õun ja nuikapsa snäkid | 150 | 48 | 0.52 | 0.42 | 11.92 | |
| Kokku : | | 604 | 23.58 | 19.86 | 86.46 | |

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|---------------------------|-----|----|------|------|------|-----|
| Lisaroad | | | | | | |
| Hakklihakarri | 120 | 90 | 9.95 | 3.22 | 5.89 | |
| Sealiha - šampinjonikaste | 120 | 85 | 4.58 | 5.21 | 5.26 | 1;2 |

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| Taimetoit | | | | | | |
| Läätssepikkpoiss | 40 | 72 | 3.02 | 1.76 | 11.22 | 1 |

| neljapäev, 19.september | Kogus, g | Kcal | Valgud ,g | Rasvad,g | Süsivesik ud,g | Allergeen |
|-------------------------------------------|----------|------|-----------|----------|----------------|-----------|
| Lõuna | | | | | | |
| Ukraina Borš sealihaga | 230 | 188 | 8.10 | 9.64 | 17.64 | |
| Hapukoor, R 20 % | 20 | 41 | 0.56 | 4.00 | 0.72 | 2 |
| Õuna - odravaht | 80 | 98 | 0.88 | 0.29 | 23.16 | 1 |
| Pria piimatooted | 150 | 84 | 5.47 | 3.98 | 6.79 | 2 |
| Leivatoodete valik sh rukkileib (5 sorti) | 30 | 86 | 2.46 | 1.01 | 15.97 | 1;11;2 |
| Banaan ja redise snäkid | 150 | 101 | 1.65 | 0.45 | 23.70 | |
| Kokku : | | 598 | 19.12 | 19.37 | 87.98 | |

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| Lisaroad | | | | | | |
| Kanasupp spinatiga | 230 | 265 | 9.13 | 19.90 | 13.89 | |
| Hernesupp sealihaga | 230 | 227 | 12.18 | 9.58 | 24.92 | 1 |
| Seemnesegu | 15 | 82 | 3.42 | 6.56 | 3.72 | 11 |

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| Taimetoit | | | | | | |
| Minestroone supp (lihata) | 230 | 159 | 2.64 | 9.53 | 16.71 | 1;9 |

| reede, 20.september | Kogus, g | Kcal | Valgud ,g | Rasvad,g | Süsivesik ud,g | Allergeen |
|-------------------------------------------|----------|------|-----------|----------|----------------|-----------|
| Lõuna | | | | | | |
| Kala-koorekaste | 120 | 105 | 8.85 | 5.29 | 5.62 | 1;2;4 |
| Röstitud juurseller | 40 | 23 | 0.65 | 1.31 | 2.80 | 9 |
| Keedetud kartulid | 40 | 42 | 1.06 | 0.06 | 9.46 | |
| Keedetud makaronid | 40 | 64 | 1.66 | 1.18 | 11.44 | 1 |
| Porgandisalat hernestega | 40 | 29 | 0.48 | 1.76 | 3.45 | |
| Kapsa-porgandi salat | 40 | 22 | 0.48 | 0.92 | 3.45 | |
| Peedisalat köömnetega | 40 | 26 | 0.70 | 0.97 | 3.54 | |
| Seemnesegu | 15 | 82 | 3.42 | 6.56 | 3.72 | 11 |
| Piparmündi tee | 130 | 16 | 0 | 0 | 3.89 | |
| Pria piimatooted | Kuni 250 | | | | | 2 |
| Leivatoodete valik sh rukkileib (5 sorti) | 50 | 144 | 4.10 | 1.68 | 26.62 | 1;11;2 |
| Õun ja kaalika snäkid | 150 | 53 | 0.90 | 0.50 | 12.90 | |
| Kokku : | | 605 | 22.30 | 20.23 | 86.89 | |

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| Lisaroad | | | | | | |
| Kalaguljašš | 120 | 146 | 6.93 | 7.92 | 11.92 | 1;2;4 |
| Kala-köögivilja pajaroog | 120 | 118 | 9.00 | 7.18 | 5.45 | 4 |

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| Taimetoit | | | | | | |
| Pasta köögiviljadega (vegan) | 230 | 323 | 8.97 | 9.46 | 50.33 | 1 |

Nädala keskmine : **603 21.52 19.78 86.92**