

Koolilõuna nädalamenüü

Teemapäevad: Tähed taldrikus YONNA road



Grupp vanus 7-9

| esmaspäev, 8.aprill | Kogus, g | Kcal | Valgud, g | Rasvad, g | Süsivesikud, g | Allergeen |
|---|----------|-------|-----------|-----------|----------------|-----------|
| Lõuna | | | | | | |
| Hakklihakaste veiselihast | 120 | 127 | 8.52 | 7.49 | 6.70 | 1;2 |
| Aurutatud rohelised oad | 40 | 13 | 0.82 | 0.05 | 3.07 | |
| Keedetud tatar | 40 | 48 | 1.67 | 0.56 | 9.28 | |
| Keedetud kartulid | 40 | 42 | 1.06 | 0.06 | 9.46 | |
| Kaalikasalat | 40 | 13 | 0.38 | 0.11 | 3.03 | |
| Peedisalat köömnetega | 40 | 26 | 0.70 | 0.97 | 3.54 | |
| Hiinakapsasalat maisiga | 40 | 27 | 0.70 | 1.74 | 2.28 | |
| Seemnesegu | 15 | 82 | 3.42 | 6.56 | 3.72 | 11 |
| Mahlajook | 130 | 31 | 0.02 | 0.02 | 7.47 | |
| Pria piimatooted | Kuni 250 | | | | | 2 |
| Leivatoodete valik sh rukkileib (5 sorti) | 50 | 144 | 4.10 | 1.68 | 26.62 | 1;11;2 |
| Õun ja valge kapsa snäkid | 150 | 48 | 0.98 | 0.42 | 11.48 | |
| Kokku : | 600 | 22.37 | 19.66 | 86.65 | | |

Lisaroad

| | | | | | | |
|-------------------------|-----|-----|------|------|------|-----|
| Sealiha-köögiviljakaste | 120 | 115 | 7.46 | 6.79 | 6.42 | 1;2 |
| Koorene kanakaste | 120 | 115 | 9.40 | 6.75 | 4.51 | 1;2 |

Taimetoit

| | | | | | | |
|-------------------------|-----|----|------|------|-------|---|
| Kikerhernekaste (vegan) | 120 | 93 | 3.81 | 1.69 | 13.80 | 1 |
|-------------------------|-----|----|------|------|-------|---|

teisipäev, 9.aprill

| Kogus, g | Kcal | Valgud, g | Rasvad, g | Süsivesikud, g | Allergeen | |
|---|------|-----------|-----------|----------------|-----------|--------|
| Lõuna | | | | | | |
| Kanapada | 120 | 87 | 6.11 | 4.73 | 5.87 | 9 |
| Ahjukõrvitsakuubikud | 40 | 20 | 0.38 | 1.26 | 2.23 | |
| Keedetud riis | 40 | 52 | 1.01 | 0.43 | 10.92 | |
| Keedetud kartulid | 40 | 42 | 1.06 | 0.06 | 9.46 | |
| Hapukapsasalat | 40 | 17 | 0.42 | 0.68 | 2.45 | |
| Kapsasalat värskel kurgiga | 40 | 18 | 0.43 | 1.08 | 1.98 | |
| Porrusalat hapukoorega | 40 | 20 | 0.49 | 0.94 | 2.82 | 2 |
| Seemnesegu | 10 | 55 | 2.28 | 4.37 | 2.48 | 11 |
| Maitsevesi | 130 | 2 | 0.09 | 0.12 | 0.62 | |
| Pria piimatooted | 150 | 84 | 5.47 | 3.98 | 6.79 | 2 |
| Leivatoodete valik sh rukkileib (5 sorti) | 40 | 115 | 3.28 | 1.34 | 21.30 | 1;11;2 |
| Apelsin ja porgandi snäkid | 150 | 58 | 1.58 | 0.38 | 13.42 | |
| Kokku : | 570 | 22.60 | 19.37 | 80.34 | | |

Lisaroad

| | | | | | | |
|------------------------|-----|-----|-------|-------|------|-----|
| Magushapu sealihakaste | 120 | 194 | 12.45 | 12.08 | 9.18 | |
| Kana - paprikakaste | 120 | 99 | 7.14 | 5.77 | 5.16 | 1;2 |

Taimetoit

| | | | | | | |
|--------------------------|-----|-----|------|------|-------|--|
| Azuu kartulitega (vegan) | 230 | 242 | 5.28 | 7.29 | 37.60 | |
|--------------------------|-----|-----|------|------|-------|--|

kolmapäev, 10.aprill

| Kogus, g | Kcal | Valgud, g | Rasvad, g | Süsivesikud, g | Allergeen | |
|---|----------|-----------|-----------|----------------|-----------|--------|
| Lõuna | | | | | | |
| Hautatud sealihatükid praeleemekastmes | 120 | 138 | 10.98 | 9.26 | 2.93 | |
| Küpsetatud kaalikapulgad | 40 | 22 | 0.49 | 0.95 | 3.55 | |
| Ahjukartulid ürtidega | 40 | 52 | 1.14 | 1.09 | 9.65 | |
| Keedetud tatar | 40 | 48 | 1.67 | 0.56 | 9.28 | |
| Peedisalat õliga | 40 | 25 | 0.67 | 0.88 | 3.65 | |
| Kirju punasekapsasalat | 40 | 20 | 0.45 | 1.10 | 2.55 | |
| Valge redise salat maitserohelisega | 40 | 15 | 0.41 | 1.04 | 1.39 | |
| Seemnesegu | 5 | 27 | 1.14 | 2.19 | 1.24 | 11 |
| Punasesõstramorss | 130 | 69 | 0.46 | 0.23 | 16.52 | |
| Pria piimatooted | Kuni 250 | | | | | 2 |
| Leivatoodete valik sh rukkileib (5 sorti) | 45 | 129 | 3.69 | 1.51 | 23.96 | 1;11;2 |
| Õun ja tomati snäkid | 150 | 44 | 0.68 | 0.43 | 10.20 | |
| Kokku : | 590 | 21.78 | 19.24 | 84.92 | | |

Lisaroad

| | | | | | | |
|----------------------------|-----|-----|------|-------|------|-----|
| Kurzeme strooganov | 120 | 156 | 8.14 | 10.86 | 6.94 | 1;2 |
| Kalkunipada köögiviljadega | 120 | 120 | 8.42 | 7.59 | 5.04 | 2 |

Taimetoit

| | | | | | | |
|--------------------------|-----|----|------|------|-------|--|
| Herne- ja aedviljahautis | 120 | 93 | 3.75 | 3.30 | 13.50 | |
|--------------------------|-----|----|------|------|-------|--|

neljapäev, 11.aprill

| Kogus, g | Kcal | Valgud, g | Rasvad, g | Süsivesikud, g | Allergeen | |
|---|----------|-----------|-----------|----------------|-----------|--------|
| Lõuna | | | | | | |
| Kalaseljanka | 230 | 193 | 8.61 | 9.44 | 18.91 | 4 |
| Hapukoor, R 20 % | 10 | 20 | 0.28 | 2.00 | 0.36 | 2 |
| Kohupiima leivapuru magustoit apelsiniga | 110 | 218 | 10.97 | 6.44 | 29.67 | 1;2 |
| Pria piimatooted | Kuni 250 | | | | | 2 |
| Leivatoodete valik sh rukkileib (5 sorti) | 40 | 115 | 3.28 | 1.34 | 21.30 | 1;11;2 |
| Pirn ja kaalika snäkid | 150 | 55 | 1.05 | 0.52 | 13.42 | |
| Kokku : | 601 | 24.19 | 19.74 | 83.66 | | |

Lisaroad

| | | | | | | |
|------------------|-----|-----|-------|-------|-------|-----|
| Selge kalasupp | 230 | 166 | 8.57 | 8.57 | 14.51 | 4 |
| Koorene kalasupp | 230 | 217 | 12.33 | 14.07 | 10.99 | 2;4 |
| Seemnesegu | 20 | 110 | 4.56 | 8.74 | 4.97 | 11 |

Taimetoit

| | | | | | | |
|-----------------|-----|-----|------|------|-------|--|
| Seljanka lihata | 230 | 173 | 2.19 | 9.27 | 21.06 | |
|-----------------|-----|-----|------|------|-------|--|

reede, 12.aprill

| Kogus, g | Kcal | Valgud, g | Rasvad, g | Süsivesikud, g | Allergeen | |
|---|----------|-----------|-----------|----------------|-----------|--------|
| Lõuna | | | | | | |
| Kanakaste ürtidega | 120 | 115 | 9.40 | 6.75 | 4.51 | 1;2 |
| Aurutatud mais | 40 | 40 | 1.21 | 0.31 | 8.28 | |
| Keedetud riis | 40 | 52 | 1.01 | 0.43 | 10.92 | |
| Keedetud kartulid | 40 | 42 | 1.06 | 0.06 | 9.46 | |
| Valge redise - hapukoorealat | 40 | 18 | 0.52 | 1.24 | 1.45 | 2 |
| Kaalika-rosinasalat | 40 | 29 | 0.41 | 1.31 | 4.40 | |
| Porgandisalat apelsinidega | 40 | 30 | 0.42 | 1.72 | 3.65 | |
| Seemnesegu | 10 | 55 | 2.28 | 4.37 | 2.48 | 11 |
| Hibiskuse 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 lillkapsa snäkid | 150 | 47 | 1.35 | 0.42 | 10.88 | |
| Kokku : | 586 | 21.76 | 18.29 | 86.54 | | |

Lisaroad

| | | | | | | |
|---------------------------------|-----|-----|-------|------|------|-----|
| Kreekapärane kana tomatikastmes | 120 | 124 | 13.16 | 6.02 | 4.53 | |
| Tomatine sealihakaste | 120 | 131 | 6.94 | 7.59 | 8.97 | 1;2 |

Taimetoit

| | | | | | | |
|------------------|-----|-----|------|-------|-------|--|
| Köögiviljarisoto | 230 | 323 | 5.69 | 10.15 | 53.04 | |
|------------------|-----|-----|------|-------|-------|--|

Nädala keskmine : **589** **22.54** **19.26** **84.42**