

Eelmine nädal

Järgmine nädal

## Grupi Kool-õpilased Nädala menüü

|                         | Söögikord     | Retsept                                                                                                               | Koostisained                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Allergeenid | Kaal                                      | Energia                                                     | Rasvad                                              | Küllastunud rasvhapped                         | Valgud                                             | Süsivesikud                                            | Millest suhkur                                   | Kiudained                                      | Sool                                            | KV                                     | PV                                  | VP                               | MO                               | MA                               | KL                                  | PL                               | LS                               | SL                   | LR             |
|-------------------------|---------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------|------------------------------------------------|----------------------------------------------------|--------------------------------------------------------|--------------------------------------------------|------------------------------------------------|-------------------------------------------------|----------------------------------------|-------------------------------------|----------------------------------|----------------------------------|----------------------------------|-------------------------------------|----------------------------------|----------------------------------|----------------------|----------------|
| esmaspäev<br>23.03.2026 | Lõunasöök     | Herne-läätsesupp<br>Rukkileib<br>Jogurti-marjakreem                                                                   | Sealiha (keskmiselt), Sink (sea, keedu), Hernes (kuivatatud), Läätsed (kuivatatud keskmiselt), Porrusibul, Sibul, Porgand, Toiduõli, Odrakruup, Sool, Vesi, Sink(keedu-viil)<br>Rukkileib<br>Keefir 2,5%, Jogurt 2,2% (maitsestatamata), Vahukoore 35%, Marjad (külmutatud), Suhkur, Joogijogurt 2,5% (laktoosivaba), Kreeka jogurt(maitsestatamata 4%), Marjalisandid (suhkruvabad)                                                                                                              | 1           | 249g<br>30g<br>180g                       | 341Kcal<br>64Kcal<br>218Kcal                                | 14.93g<br>0.27g<br>10.3g                            | 4.38g<br>0.03g<br>6.72g                        | 23.32g<br>2.55g<br>4.3g                            | 24.03g<br>11.83g<br>26.17g                             | 3g<br>1.27g<br>8.39g                             | 8.47g<br>2g<br>1.88g                           | 0.98g<br>0.27g<br>0.13g                         | 0.44g<br>0g<br>0g                      | 0g<br>0g<br>0.66g                   | 0g<br>0g<br>2.31g                | 0g<br>0g<br>0.66g                | 0g<br>0g<br>0g                   | 0g<br>0g<br>0g                      | 0.94g<br>0g<br>0g                | 0g<br>0g<br>0.66g                | 0g<br>0g<br>0g       | 0g<br>0g<br>0g |
|                         |               |                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |             | Kokku:                                    | 459g                                                        | 623Kcal                                             | 25.5g                                          | 11.13g                                             | 30.17g                                                 | 62.03g                                           | 12.66g                                         | 12.35g                                          | 1.38g                                  | 0.44g                               | 0.66g                            | 2.31g                            | 0.66g                            | 0g                                  | 0g                               | 0.94g                            | 0.66g                | 0g             |
|                         | Vitamiinipaus | Porgandi rattad                                                                                                       | Porgand                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |             | 50g                                       | 16Kcal                                                      | 0.1g                                                | 0g                                             | 0.3g                                               | 2.82g                                                  | 2.72g                                            | 1.46g                                          | 0.03g                                           | 0.65g                                  | 0g                                  | 0g                               | 0g                               | 0g                               | 0g                                  | 0g                               | 0g                               | 0g                   | 0g             |
|                         |               |                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Kokku:      | 50g                                       | 16Kcal                                                      | 0.1g                                                | 0g                                             | 0.3g                                               | 2.82g                                                  | 2.72g                                            | 1.46g                                          | 0.03g                                           | 0.65g                                  | 0g                                  | 0g                               | 0g                               | 0g                               | 0g                                  | 0g                               | 0g                               | 0g                   | 0g             |
| teisipäev<br>24.03.2026 | Lõunasöök     | Hautatud värske kapsas õunte ja sealihaga<br>Keedetud kartulid<br>Tomatisalat<br>hapukoorega Leib<br>Sepik<br>Banaan  | Sealiha (keskmiselt), Valge peakapsas, Õun, Sool, Vesi, Hiinakapsas<br>Kooritud kartul vees, Kartul, Sool<br>Tomat, Porrusibul, Hapukoore 20%, Hapukoore(laktoosivaba), Sool, Maitseained (keskmiselt)<br>Leib (keskmiselt), Leib (seemne), Rukkileib<br>Sepik, Sai (keskmiselt)<br>Banaan                                                                                                                                                                                                        | 1           | 199g<br>180g<br>80g<br>30g<br>30g<br>120g | 210Kcal<br>142Kcal<br>37Kcal<br>64Kcal<br>78Kcal<br>109Kcal | 11.38g<br>0.19g<br>2.19g<br>0.27g<br>0.85g<br>0.24g | 4.47g<br>0g<br>1.64g<br>0.03g<br>0.09g<br>0.1g | 15.92g<br>3.67g<br>0.84g<br>2.55g<br>2.4g<br>1.44g | 9.17g<br>29.97g<br>2.86g<br>11.83g<br>14.71g<br>24.36g | 9.17g<br>1.16g<br>2.76g<br>1.27g<br>0g<br>21.72g | 3.7g<br>2.71g<br>0.99g<br>2g<br>0.82g<br>1.68g | 1.85g<br>6.42g<br>0.18g<br>0.27g<br>0.33g<br>0g | 0.58g<br>0g<br>0.58g<br>0g<br>0g<br>0g | 0g<br>0g<br>0.23g<br>0g<br>0g<br>0g | 0g<br>0g<br>0g<br>0g<br>0g<br>0g | 0g<br>0g<br>0g<br>0g<br>0g<br>0g | 0g<br>0g<br>0g<br>0g<br>0g<br>0g | 0.29g<br>0g<br>0g<br>0g<br>0g<br>0g | 0g<br>0g<br>0g<br>0g<br>0g<br>0g | 0g<br>0g<br>0g<br>0g<br>0g<br>0g |                      |                |
|                         |               |                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |             | Kokku:                                    | 639g                                                        | 640Kcal                                             | 15.13g                                         | 6.33g                                              | 26.81g                                                 | 92.9g                                            | 36.09g                                         | 11.9g                                           | 9.06g                                  | 1.16g                               | 1.08g                            | 0.23g                            | 0g                               | 0g                                  | 0g                               | 0.29g                            | 0g                   | 0g             |
|                         |               |                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |             |                                           |                                                             |                                                     |                                                |                                                    |                                                        |                                                  |                                                |                                                 |                                        |                                     |                                  |                                  |                                  |                                     |                                  |                                  |                      |                |
| kolmapäev<br>25.03.2026 | Lõunasöök     | Kartuli-klimbisupp<br>Leib<br>Õuna-ploomikrõbedik<br>Vaniljekaste                                                     | Sealiha (keskmiselt), Vesi, Kartul, Kooritud kartul vees, Porgand, Sibul, Porrusibul, Nisujahu, Muna, Sool, Maitseained (keskmiselt), Till, Maitseroheline Leib (keskmiselt), Leib (seemne), Rukkileib<br>Nisujahu, Nisujahu (täistera), Või 80%, Suhkur, Õun, Kaneel, Sidrunhape, Vaniljesuhkur, Kaerajahu, Marjad (külmutatud)<br>Piim 2,5%, Vaniljekastme pulber, Piim 3,5                                                                                                                     | 1<br>1      | 250g<br>30g<br>180g<br>30g                | 221Kcal<br>63Kcal<br>556Kcal<br>43Kcal                      | 8.13g<br>0.27g<br>23.68g<br>0.81g                   | 2.94g<br>0.03g<br>14.92g<br>0.42g              | 13.12g<br>2.51g<br>6.5g<br>0.77g                   | 22.84g<br>11.65g<br>75.51g<br>8.2g                     | 1.52g<br>1.25g<br>8.56g<br>1.18g                 | 2.04g<br>1.97g<br>7.5g<br>0g                   | 0.36g<br>0.27g<br>0g<br>0.03g                   | 0.44g<br>0g<br>0g<br>0g                | 0g<br>0g<br>1.26g<br>0g             | 0g<br>0g<br>0g<br>0g             | 0g<br>0g<br>0g<br>0g             | 0g<br>0g<br>0g<br>0g             | 0g<br>0g<br>0g<br>0g                | 0.28g<br>0g<br>0.66g<br>0g       | 0g<br>0g<br>0g<br>0g             | 0g<br>0g<br>0g<br>0g |                |
|                         |               |                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |             | Kokku:                                    | 490g                                                        | 883Kcal                                             | 32.9g                                          | 18.32g                                             | 22.9g                                                  | 118.2g                                           | 12.51g                                         | 11.51g                                          | 0.66g                                  | 0.44g                               | 1.26g                            | 0g                               | 0g                               | 0g                                  | 0.28g                            | 0.66g                            | 0g                   | 0g             |
|                         |               |                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |             |                                           |                                                             |                                                     |                                                |                                                    |                                                        |                                                  |                                                |                                                 |                                        |                                     |                                  |                                  |                                  |                                     |                                  |                                  |                      |                |
| neljapäev<br>26.03.2026 | Lõunasöök     | Hautatud kana brokkoli ja porgandiga<br>Tatar roheliste aedubadega<br>Kapsa-peedi-õunasalat<br>Leib<br>Pirni sektorid | Kanakintsuliha nahata,kondita, Porgand, Brokkoli (külmutatud), Külmutatud juurviljasegu(keskmiselt), Toidukoore 20%, Sulatatud juust (keskmise rasvasusega), Nisujahu, Sool, Maitseained (keskmiselt), Vesi<br>Tatratangud, Vesi, Või 80%, Sool, Maitseained (keskmiselt), Aedoad-külmutatud, Oad(konserveeritud), Külmutatud juurviljasegu(keskmiselt)<br>Valge peakapsas, Hiinakapsas, Punane peet, Õun, Suhkur, Oliivõli-extra virgin 100% Leib (keskmiselt), Leib (seemne), Rukkileib<br>Pirn | 1           | 180g<br>179g<br>80g<br>30g<br>50g         | 225Kcal<br>213Kcal<br>38Kcal<br>63Kcal<br>22Kcal            | 12.58g<br>3.25g<br>1.17g<br>0.27g<br>0.2g           | 3.31g<br>1.53g<br>0.16g<br>0.03g<br>0g         | 20.99g<br>7.62g<br>0.73g<br>2.51g<br>0.2g          | 5.8g<br>35.98g<br>5.32g<br>11.66g<br>4g                | 4.59g<br>1.14g<br>5.05g<br>1.26g<br>4g           | 2.17g<br>4.75g<br>1.83g<br>1.97g<br>1.95g      | 0.6g<br>0.62g<br>0.03g<br>0.27g<br>0g           | 1.12g<br>1.12g<br>1.12g<br>0g<br>0g    | 0g<br>0g<br>0.56g<br>0g<br>0.53g    | 0g<br>0g<br>0g<br>0g<br>0g       | 0g<br>0g<br>0g<br>0g<br>0g       | 0g<br>0g<br>0g<br>0g<br>0g       | 0g<br>0g<br>0.56g<br>0g<br>0g       | 0g<br>0g<br>0g<br>0g<br>0g       | 0g<br>0g<br>0g<br>0g<br>0g       |                      |                |
|                         |               |                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |             | Kokku:                                    | 519g                                                        | 561Kcal                                             | 17.46g                                         | 5.03g                                              | 32.05g                                                 | 62.75g                                           | 16.03g                                         | 12.67g                                          | 1.52g                                  | 3.35g                               | 1.09g                            | 0g                               | 0g                               | 0g                                  | 0g                               | 0.56g                            | 0g                   | 0g             |
|                         |               |                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |             |                                           |                                                             |                                                     |                                                |                                                    |                                                        |                                                  |                                                |                                                 |                                        |                                     |                                  |                                  |                                  |                                     |                                  |                                  |                      |                |

## Allergeenid

| 1                                                              | 13                           | 12                                 | 11                                | 10                                 | 9                  | 8                                   | 7                                      | 6                                     | 5                                        | 4                  | 3                  | 2           | 14                                         |
|----------------------------------------------------------------|------------------------------|------------------------------------|-----------------------------------|------------------------------------|--------------------|-------------------------------------|----------------------------------------|---------------------------------------|------------------------------------------|--------------------|--------------------|-------------|--------------------------------------------|
| Teravili (nisu, rukis, oder, kaer) ja neist valmistatud tooted | Vääveldioksiidid ja sulfitid | Lupiin ja neist valmistatud tooted | Sinep ja neist valmistatud tooted | Seller ja neist valmistatud tooted | Pähklid (erinevad) | Sojaoad ja neist valmistatud tooted | Maapähklid ja neist valmistatud tooted | Molluskid ja neist valmistatud tooted | Koorikloomad ja neist valmistatud tooted | Kala ja kalatooted | Muna ja munatooted | Piimatooted | Seesamiseemned ja neist valmistatud tooted |