

## Nädala menüü

	Esmaspäev 01.12.2025	Teisipäev 02.12.2025	Kolmapäev 03.12.2025	Neljapäev 04.12.2025	Reede 05.12.2025
Lõunasöök	Risotto kanalihaga Salativalik 80/100/120 2, 11, 3, 4, 6, 7, 9, 14, 10, 1, 8 Leib 20 1 Piim 150 2 Koolipiim 2	Frikadellisupp 200/250/300 1, 2, 3, 8, 10 Marjakissell 150 Krutoonide ja pähkli segu 40 7, 9, 14, 1 Leib 20 1 Pirn Piim 150 2 Koolipiim 2	Keedetud kartul 100/150/200 Böfstrooganov 150/200/200 2, 11, 1 Salativalik 80/100/120 2, 11, 3, 4, 6, 7, 9, 14, 10, 1, 8 Leib 20 1 Piim 150 2 Koolipiim 2	Külasupp 200/250/300 10, 1, 11, 8 Hapukoor 30 2 Tarretis Toorjuustu- laimikreem 2 Puuvili Leib 20 1 Piim 150 2 Koolipiim 2	Keedetud tatar 80/120/150 Ahjukala 4 Vahukoore kaste 2, 1, 8, 10 Salativalik 80/100/120 2, 11, 3, 4, 6, 7, 9, 14, 10, 1, 8 Leib 20 1 Piim 150 2 Koolipiim 2

## Allergeenid

1	13	12	11	10	9	8	7	6	5	4	3	2	14
Teravili (nisu, 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

## Toitaineid sööjate gruppide kaupa

	Esmaspäev	Teisipäev	Kolmapäev	Neljapäev	Reede	Laupäev	Pühapäev	Nädala keskmine	Norm
1,-3, klass									
<b>Energia</b>	<b>597kcal</b> <b>2497kj</b>	<b>595kcal</b> <b>2491kj</b>	<b>608kcal</b> <b>2544kj</b>	<b>602kcal</b> <b>2519kj</b>	<b>594kcal</b> <b>2486kj</b>			<b>599kcal</b> <b>2508kj</b>	0kcal 0kj
<b>Valgud</b>	<b>19.78g</b> 13.26%	<b>22.90g</b> 15.38%	<b>20.29g</b> 13.34%	<b>20.61g</b> 13.69%	<b>34.44g</b> 23.18%			<b>23.60g</b> 15.76%	0 g
<b>Rasvad</b>	<b>24.37g</b> 36.75%	<b>20.32g</b> 30.72%	<b>29.39g</b> 43.49%	<b>31.29g</b> 46.78%	<b>22.95g</b> 34.76%			<b>25.66g</b> 38.56%	0 g
Küllastunud rasvhapped	2.35g 3.54%	4.26g 6.43%	4.39g 6.50%	9.68g 14.47%	4.02g 6.08%			4.94g 7.42%	0 g
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>69.13g</b> 46.33%	<b>75.50g</b> 50.72%	<b>61.77g</b> 40.63%	<b>55.67g</b> 36.99%	<b>58.19g</b> 39.18%			<b>64.05g</b> 42.77%	0 g
Suhkrud kokku	4.22g 2.82%	14.90g 10.01%	4.23g 2.78%	4.99g 3.32%	4.23g 2.85%			6.51g 4.35%	0 g
<b>Kiudained</b>	<b>10.94g</b> 3.67%	<b>9.45g</b> 3.18%	<b>7.71g</b> 2.54%	<b>7.64g</b> 2.54%	<b>8.54g</b> 2.87%			<b>8.86g</b> 2.96%	0 g
<b>Süsivesikud kokku</b>	<b>80.07g</b> 50%	<b>84.95g</b> 53.9%	<b>69.48g</b> 43.17%	<b>63.31g</b> 39.53%	<b>66.73g</b> 42.05%			<b>72.91g</b> 45.73%	0 g
Sool kokku	7.17g	2.75g	3.72g	4.55g	6.35g			4.91g	0 g
Koka poolt lisatav sool	6.61g	1.04g	2.96g	3.91g	5.79g			4.06g	0 g
4,-9, klass									
<b>Energia</b>	<b>706kcal</b> <b>2956kj</b>	<b>711kcal</b> <b>2976kj</b>	<b>702kcal</b> <b>2939kj</b>	<b>708kcal</b> <b>2960kj</b>	<b>744kcal</b> <b>3115kj</b>			<b>714kcal</b> <b>2989kj</b>	0kcal 0kj
<b>Valgud</b>	<b>22.58g</b> 12.78%	<b>29.48g</b> 16.57%	<b>23.35g</b> 13.30%	<b>23.38g</b> 13.22%	<b>39.72g</b> 21.34%			<b>27.70g</b> 15.52%	0 g
<b>Rasvad</b>	<b>29.07g</b> 37.03%	<b>25.47g</b> 32.22%	<b>36.54g</b> 46.82%	<b>39.17g</b> 49.83%	<b>32.84g</b> 39.70%			<b>32.62g</b> 41.12%	0 g
Küllastunud rasvhapped	2.92g 3.72%	6.06g 7.67%	5.75g 7.37%	11.39g 14.49%	9.71g 11.74%			7.17g 9.04%	0 g
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>82.06g</b> 46.46%	<b>85.98g</b> 48.35%	<b>65.86g</b> 37.50%	<b>61.14g</b> 34.57%	<b>68.11g</b> 36.60%			<b>72.63g</b> 40.69%	0 g
Suhkrud kokku	5.27g 2.98%	14.90g 8.38%	5.29g 3.01%	4.99g 2.82%	5.29g 2.84%			7.15g 4.00%	0 g
<b>Kiudained</b>	<b>13.17g</b> 3.73%	<b>10.15g</b> 2.85%	<b>8.33g</b> 2.37%	<b>8.45g</b> 2.39%	<b>8.78g</b> 2.36%			<b>9.78g</b> 2.74%	0 g
<b>Süsivesikud kokku</b>	<b>95.23g</b> 50.19%	<b>96.13g</b> 51.2%	<b>74.19g</b> 39.87%	<b>69.59g</b> 36.96%	<b>76.89g</b> 38.96%			<b>82.41g</b> 43.43%	0 g

Sool kokku	8.83g	3.80g	4.20g	6.52g	6.99g			6.07g	0 g
Koka poolt lisatav sool	8.26g	1.56g	3.42g	5.86g	6.26g			5.07g	0 g
10.-12.klass									
<b>Energia</b>	<b>855kcal</b> <b>3579kj</b>	<b>856kcal</b> <b>3580kj</b>	<b>810kcal</b> <b>3390kj</b>	<b>856kcal</b> <b>3581kj</b>	<b>851kcal</b> <b>3560kj</b>			<b>846kcal</b> <b>3538kj</b>	0kcal 0kj
<b>Valgud</b>	<b>26.87g</b> 12.57%	<b>35.97g</b> 16.82%	<b>25.84g</b> 12.76%	<b>26.99g</b> 12.61%	<b>41.41g</b> 19.47%			<b>31.42g</b> 14.85%	0 g
<b>Rasvad</b>	<b>36.57g</b> 38.48%	<b>31.81g</b> 33.46%	<b>38.94g</b> 43.26%	<b>48.16g</b> 50.65%	<b>35.33g</b> 37.37%			<b>38.16g</b> 40.60%	0 g
Küllastunud rasvhapped	10.17g 10.70%	10.98g 11.55%	9.66g 10.73%	16.09g 16.92%	11.43g 12.09%			11.66g 12.41%	0 g
<b>Süsivesikud imenduvad (ehk va kiudained)</b>	<b>96.83g</b> 45.28%	<b>100.20g</b> 46.84%	<b>83.41g</b> 41.18%	<b>72.98g</b> 34.11%	<b>85.62g</b> 40.25%			<b>87.81g</b> 41.52%	0 g
Suhkrud kokku	5.27g 2.46%	14.90g 6.96%	5.29g 2.61%	4.99g 2.33%	5.29g 2.49%			7.15g 3.38%	0 g
<b>Kiudained</b>	<b>15.75g</b> 3.68%	<b>12.32g</b> 2.88%	<b>11.38g</b> 2.81%	<b>11.22g</b> 2.62%	<b>12.40g</b> 2.91%			<b>12.61g</b> 2.98%	0 g
<b>Süsivesikud kokku</b>	<b>112.58g</b> 48.96%	<b>112.52g</b> 49.72%	<b>94.79g</b> 43.99%	<b>84.2g</b> 36.73%	<b>98.02g</b> 43.16%			<b>100.42g</b> 44.50%	0 g
Sool kokku	10.58g	5.02g	5.00g	8.74g	8.81g			7.63g	0 g
Koka poolt lisatav sool	9.79g	2.08g	3.89g	7.81g	7.84g			6.29g	0 g