

Koolieine menüü 04.11-08.11.2024

Dussmann

FOOD SERVICES

Esmaspäev

| Koolieine | Kogus, g | Energia, kcal | Süsivesikud, g | Rasvad, g | Valgud, g |
|-------------------------------|---------------------|--------------------------|---------------------------|----------------------|----------------------|
| Piima-makaronisupp | 200.00 | 179.00 | 38.20 | 4.36 | 8.54 |
| Rukkisepik juustu ja tomatiga | 80.00 | 203.60 | 28.02 | 2.12 | 5.46 |
| Õun | 100.00 | 48.30 | 10.90 | 0.00 | 0.00 |
| Toidukord kokku | | 430.90 | 77.12 | 6.48 | 14.00 |

Teisipäev

| Koolieine | Kogus, g | Energia, kcal | Süsivesikud, g | Rasvad, g | Valgud, g |
|------------------------|---------------------|--------------------------|---------------------------|----------------------|----------------------|
| Tatar, aurutatud | 140.00 | 111.80 | 23.22 | 0.70 | 4.12 |
| Hakklihakaste | 120.00 | 248.02 | 19.69 | 11.99 | 11.39 |
| Peedisalat | 100.00 | 56.24 | 8.54 | 5.52 | 1.08 |
| Leib | 40.00 | 84.20 | 19.32 | 0.48 | 2.80 |
| Toidukord kokku | | 500.26 | 70.77 | 18.69 | 19.39 |

Kolmapäev

| Koolieine | Kogus, g | Energia, kcal | Süsivesikud, g | Rasvad, g | Valgud, g |
|--------------------------------|---------------------|--------------------------|---------------------------|----------------------|----------------------|
| Värskekapsasupp veiselihaga | 200.00 | 214.00 | 18.32 | 7.24 | 9.00 |
| Mustika-kaera smuuti keefiriga | 100.00 | 92.30 | 15.20 | 1.95 | 2.92 |
| Leib | 40.00 | 84.20 | 19.32 | 0.48 | 2.80 |
| Pirn | 100.00 | 46.40 | 10.20 | 0.00 | 0.30 |
| Toidukord kokku | | 436.90 | 63.04 | 9.67 | 15.02 |

Neljapäev

| Koolieine | Kogus, g | Energia, kcal | Süsivesikud, g | Rasvad, g | Valgud, g |
|-------------------------|---------------------|--------------------------|---------------------------|----------------------|----------------------|
| Ahjukartulid sealihaga | 200.00 | 292.00 | 31.80 | 11.26 | 13.88 |
| Tomatisalat hapukoorega | 100.00 | 49.80 | 2.66 | 5.60 | 1.14 |
| Mustsõstra mahlajook | 200.00 | 38.20 | 11.15 | 0.08 | 0.22 |
| Leib | 40.00 | 84.20 | 19.32 | 0.48 | 2.80 |
| Toidukord kokku | | 464.20 | 64.93 | 17.42 | 18.04 |

Reede

| Koolieine | Kogus, g | Energia, kcal | Süsivesikud, g | Rasvad, g | Valgud, g |
|-------------------------------|---------------------|--------------------------|---------------------------|----------------------|----------------------|
| Õuna-kohupiimakook | 150.00 | 378.00 | 36.60 | 19.35 | 11.76 |
| Piparmünditee | 200.00 | 38.80 | 21.10 | 0.00 | 0.10 |
| Toidukord kokku | | 416.80 | 57.70 | 19.35 | 11.86 |
| NÄDALA KESKMINE KOKKU: | | 449.81 | 66.71 | 14.32 | 15.66 |

Menüü kaloraaž on arvestatud I vanuseastmele.