

|                                                |        | JÕHVI PÕHIKOOL |        |          |             |         |        |           |  |
|------------------------------------------------|--------|----------------|--------|----------|-------------|---------|--------|-----------|--|
| Esmaspäev 27.oktoober                          | GR/ML  | KCAL           | Rasvad | Kül rasv | Süsivesikud | Suhkrud | Valgud | Soola ekv |  |
| <b>Hommikusöök:</b>                            |        |                |        |          |             |         |        |           |  |
| Kiirkaerahelbepuder                            | 200    | 198.8          | 3.78   | 1.16     | 32.4        | 11.82   | 7.28   | 0.102     |  |
| Moos                                           | 10     | 16.8           | 0      | 0        | 4.09        | 4.06    | 0.06   | 0.009     |  |
|                                                |        |                |        |          |             |         |        |           |  |
| <b>Lõunasöök:</b>                              |        |                |        |          |             |         |        |           |  |
| Kanapasta                                      | 250    | 337.5          | 8.6    | 3.22     | 44          | 2.77    | 19.47  | 0.14      |  |
| Värske salat keskmine                          | 40     | 13.42          | 0.78   | 0.66     | 0.9         | 0.88    | 0.509  | 0.07      |  |
| Kikerhernes/kidney/herned/läätsed*             | 40     | 43.78          | 0.464  | 1        | 5.52        | 0.625   | 3.18   | 0.196     |  |
| Tomat/porgand/riivpeet/kaalikas***             | 40     | 39.85          | 0.32   | 0.024    | 6.64        | 6.44    | 3.56   | 2.27      |  |
| Melon                                          | 70     | 18.69          | 0.07   | 0        | 3.85        | 3.85    | 0.42   | 0.042     |  |
| Tee                                            | 200    | 16.9           | 1.46   | 0.2      | 0           | 0       | 0.24   | 0.25      |  |
| Laktoosivaba piim                              | 150    | 58.65          | 2.25   | 1.2      | 4.65        | 4.65    | 4.95   | 0.15      |  |
| Koolipiim/keefir keskmine                      | 150    | 81.22          | 3.78   | 2.31     | 6.85        | 12.7    | 4.93   | 0.28      |  |
| Leib                                           | 30     | 66             | 0.33   | 0.03     | 13.4        | 1.04    | 1.56   | 0.3       |  |
| Sai                                            | 20     | 53.4           | 0.84   | 0.1      | 9.3         | 0.71    | 1.8    | 0.22      |  |
|                                                | KOKKU: | 729.41         | 18.894 | 8.744    | 95.11       | 33.665  | 40.619 | 3.918     |  |
| <b>Oode:</b>                                   |        |                |        |          |             |         |        |           |  |
| Võileib juustuga                               | 50     | 166            | 9.35   | 5.9      | 13.55       | 0.465   | 6.45   | 0.283     |  |
| Smuuti banaani ja marjadega                    | 200    | 67.6           | 0.378  | 0.052    | 14.06       | 11.96   | 0.898  | 0.014     |  |
|                                                |        |                |        |          |             |         |        |           |  |
| <b>Teisipäev 28.oktoober</b>                   |        |                |        |          |             |         |        |           |  |
| <b>Hommikusöök:</b>                            |        |                |        |          |             |         |        |           |  |
| Mannapuder                                     | 200    | 212            | 2.6    | 1.616    | 38.8        | 4.44    | 7.54   | 0.107     |  |
| Apelsin                                        | 50     | 21.35          | 0.05   | 0        | 4.25        | 4.1     | 0.55   | 0.006     |  |
| Sink2tk/juust2tk/või/sai keskmine              | 13.25  | 37.82          | 2.13   | 4.08     | 9.64        | 0.82    | 2.12   | 0.187     |  |
|                                                |        |                |        |          |             |         |        |           |  |
| <b>Lõunasöök:</b>                              |        |                |        |          |             |         |        |           |  |
| Tatar                                          | 150    | 119.7          | 0.75   | 0.12     | 22.65       | 0.15    | 4.47   | 0.015     |  |
| Sealihastrooganov                              | 100    | 185            | 14.7   | 5.15     | 2.05        | 1.31    | 10.8   | 0.284     |  |
| Hiinakapsa-maisi-paprikasalat                  | 40     | 30.32          | 1.72   | 0.26     | 2.75        | 1.61    | 0.71   | 0.096     |  |
| Kodujuust                                      | 40     | 41.2           | 1.76   | 1.128    | 1           | 1       | 5.32   | 0.35      |  |
| Kikerhernes/kidney/herned/läätsed*             | 40     | 43.78          | 0.464  | 1        | 5.52        | 0.625   | 3.18   | 0.196     |  |
| Värske kurk/paprika/lillk/brokoli/mais/redis** | 40     | 13.52          | 0.173  | 0.03     | 1.878       | 1.134   | 0.73   | 0.036     |  |
| Laktoosivaba piim                              | 150    | 58.65          | 2.25   | 1.2      | 4.65        | 4.65    | 4.95   | 0.15      |  |
| Koolipiim/keefir keskmine                      | 150    | 81.22          | 3.78   | 2.31     | 6.85        | 12.7    | 4.93   | 0.28      |  |
| Leib                                           | 30     | 66             | 0.33   | 0.03     | 13.4        | 1.04    | 1.56   | 0.3       |  |
| Sai                                            | 20     | 53.4           | 0.84   | 0.1      | 9.3         | 0.71    | 1.8    | 0.22      |  |
|                                                | KOKKU: | 692.79         | 26.767 | 11.328   | 70.048      | 24.929  | 38.45  | 1.927     |  |
| <b>Oode:</b>                                   |        |                |        |          |             |         |        |           |  |
| Munapuder                                      | 150    | 352            | 19.95  | 5.16     | 19.65       | 3.15    | 23.1   | 0.604     |  |
| Värsked köögiviljad                            | 80     | 24.83          | 0.32   | 0.08     | 4.72        | 4.72    | 5.92   | 4.326     |  |
|                                                |        |                |        |          |             |         |        |           |  |
| <b>Kolmapäev 29.oktoober</b>                   |        |                |        |          |             |         |        |           |  |
| <b>Hommikusöök:</b>                            |        |                |        |          |             |         |        |           |  |
| Neljaviiljahelbepuder                          | 200    | 171.8          | 31.4   | 1.45     | 27.6        | 4.82    | 6.04   | 0.104     |  |
| Kiivi                                          | 50     | 28.85          | 0.3    | 0.06     | 5.5         | 4.55    | 0.43   | 0.001     |  |
|                                                |        |                |        |          |             |         |        |           |  |
| <b>Lõunasöök:</b>                              |        |                |        |          |             |         |        |           |  |
| Keedukartul                                    | 150    | 112.05         | 15.15  | 0        | 24          | 0.927   | 2.94   | 0.004     |  |
| Forellipihv                                    | 60     | 163.2          | 11.52  | 8.32     | 18.11       | 1.46    | 21.86  | 1.46      |  |
| Soe valge kaste                                | 30     | 45             | 2.84   | 1.87     | 3.42        | 1.779   | 1.374  | 0.038     |  |
| Värskekapsa-kurgisalat                         | 40     | 5.72           | 0.224  | 0.014    | 0.588       | 0.572   | 0.194  | 0.002     |  |
| Kikerhernes/kidney/herned/läätsed*             | 40     | 43.78          | 0.464  | 1        | 5.52        | 0.625   | 3.18   | 0.196     |  |
| Värske kurk/paprika/lillk/brokoli/mais/redis** | 40     | 13.52          | 0.173  | 0.03     | 1.878       | 1.134   | 0.73   | 0.036     |  |
| Tomat/porgand/riivpeet/kaalikas***             | 40     | 39.85          | 0.32   | 0.024    | 6.64        | 6.44    | 3.56   | 2.27      |  |
| Banaan                                         | 70     | 63.42          | 0.14   | 0.4      | 14.21       | 12.67   | 0.84   | 0         |  |
| Laktoosivaba piim                              | 150    | 58.65          | 2.25   | 1.2      | 4.65        | 4.65    | 4.95   | 0.15      |  |
| Koolipiim/keefir keskmine                      | 150    | 81.22          | 3.78   | 2.31     | 6.85        | 12.7    | 4.93   | 0.28      |  |
| Leib                                           | 30     | 66             | 0.33   | 0.03     | 13.4        | 1.04    | 1.56   | 0.3       |  |
| Sai                                            | 20     | 53.4           | 0.84   | 0.1      | 9.3         | 0.71    | 1.8    | 0.22      |  |
|                                                | KOKKU: | 745.81         | 38.031 | 15.298   | 108.566     | 44.707  | 47.918 | 4.956     |  |
| <b>Oode:</b>                                   |        |                |        |          |             |         |        |           |  |
| Kartuli-hakklihavorm                           | 100    | 151            | 7.84   | 2.19     | 14.3        | 1.67    | 5.33   | 0.0534    |  |
| Külm kaste                                     | 30     | 62.4           | 4.89   | 0.72     | 4.32        | 0.25    | 0.19   | 0.51      |  |
| Värsked köögiviljad                            | 80     | 24.83          | 0.32   | 0.08     | 4.72        | 4.72    | 5.92   | 4.326     |  |
|                                                |        |                |        |          |             |         |        |           |  |
| <b>Neljapäev 30.oktoober</b>                   |        |                |        |          |             |         |        |           |  |
| <b>Hommikusöök:</b>                            |        |                |        |          |             |         |        |           |  |
| Seitsmeviljapuder                              | 200    | 171            | 3.46   | 2.04     | 31          | 4.84    | 6.86   | 0.152     |  |
| Külm. vaarikad                                 | 20     | 7.46           | 0.1    | 0        | 1.08        | 0.41    | 0.2    | 0         |  |
| Keedumuna 1tk                                  | 50     | 72             | 5.15   | 1.35     | 0.15        | 0.15    | 6.25   | 0.184     |  |
|                                                |        |                |        |          |             |         |        |           |  |
| <b>Lõunasöök:</b>                              |        |                |        |          |             |         |        |           |  |

|                                                                           |        |        |        |       |         |        |        |       |
|---------------------------------------------------------------------------|--------|--------|--------|-------|---------|--------|--------|-------|
| Riis                                                                      | 150    | 195    | 0.375  | 0.067 | 43.2    | 0.57   | 4.44   | 0.019 |
| Küpsetatud poolkoib                                                       | 110    | 129.8  | 5.06   | 1.32  | 8       | 8      | 21.12  | 0.19  |
| Soe valge kaste                                                           | 30     | 45     | 2.84   | 1.87  | 3.42    | 1.779  | 1.374  | 0.038 |
| Värske salat keskmine                                                     | 40     | 13.42  | 0.78   | 0.66  | 0.9     | 0.88   | 0.509  | 0.07  |
| Kikerhernes/kidney/herned/läätsed*                                        | 40     | 43.78  | 0.464  | 1     | 5.52    | 0.625  | 3.18   | 0.096 |
| Värske kurk/paprika/lillk/brokoli/mais/redis**                            | 40     | 13.52  | 0.173  | 0.03  | 1.878   | 1.134  | 0.73   | 0.036 |
| Tomat/porgand/riivpeet/kaalikas***                                        | 40     | 39.85  | 0.32   | 0.024 | 6.64    | 6.44   | 3.56   | 2.27  |
| Tee                                                                       | 200    | 16.9   | 1.46   | 0.2   | 0       | 0      | 0.24   | 0.25  |
| Laktoosivaba piim                                                         | 150    | 58.65  | 2.25   | 1.2   | 4.65    | 4.65   | 4.95   | 0.15  |
| Koolipiim/keefir keskmine                                                 | 150    | 81.22  | 3.78   | 2.31  | 6.85    | 12.7   | 4.93   | 0.28  |
| Leib                                                                      | 30     | 66     | 0.33   | 0.03  | 13.4    | 1.04   | 1.56   | 0.3   |
| Sai                                                                       | 20     | 53.4   | 0.84   | 0.1   | 9.3     | 0.71   | 1.8    | 0.22  |
|                                                                           | KOKKU: | 756.54 | 18.672 | 8.811 | 103.758 | 38.528 | 48.393 | 4.019 |
| Oode:                                                                     |        |        |        |       |         |        |        |       |
| Keedetud pelmeenid                                                        | 150    | 303    | 13.2   | 4.09  | 33.15   | 0.285  | 11.4   | 1.38  |
| Hapukoor                                                                  | 20     | 44.4   | 4.3    | 3.08  | 0.76    | 0.76   | 0.66   | 0.021 |
| Laktoosivaba hapukoor                                                     | 20     | 44.4   | 4.3    | 3.08  | 0.76    | 0.76   | 0.66   | 0.02  |
|                                                                           |        |        |        |       |         |        |        |       |
| Reede 31.oktoober                                                         |        |        |        |       |         |        |        |       |
| Hommikusöök:                                                              |        |        |        |       |         |        |        |       |
| Hirsipuder                                                                | 200    | 220    | 3.52   | 1.82  | 38.4    | 4.54   | 7.88   | 0.11  |
| Rosinad                                                                   | 20     | 56.6   | 0.2    | 0.03  | 12.52   | 12.02  | 0.6    | 0.007 |
|                                                                           |        |        |        |       |         |        |        |       |
| Lõunasöök:                                                                |        |        |        |       |         |        |        |       |
| Hernesupp sealihaga                                                       | 250    | 322.5  | 12.97  | 2.62  | 27.5    | 2.16   | 20.3   | 0.15  |
| Hapukoor                                                                  | 20     | 44.4   | 4.3    | 3.08  | 0.76    | 0.76   | 0.66   | 0.021 |
| Laktoosivaba hapukoor                                                     | 20     | 44.4   | 4.3    | 3.08  | 0.76    | 0.76   | 0.66   | 0.02  |
| Kooliporgand                                                              | 60     | 19.44  | 0.15   | 0     | 0       | 0      | 3.36   | 3.24  |
| Värske kurk                                                               | 60     | 2.94   | 0      | 0     | 0.42    | 0.42   | 0.21   | 0.001 |
| Ploom                                                                     | 70     | 31.99  | 4.2    | 0     | 7.07    | 5.74   | 0.35   | 0.004 |
| Tee                                                                       | 200    | 16.9   | 1.46   | 0.2   | 0       | 0      | 0.24   | 0.25  |
| Laktoosivaba piim                                                         | 150    | 58.65  | 2.25   | 1.2   | 4.65    | 4.65   | 4.95   | 0.15  |
| Koolipiim/keefir keskmine                                                 | 150    | 81.22  | 3.78   | 2.31  | 6.85    | 12.7   | 4.93   | 0.28  |
| Leib                                                                      | 30     | 66     | 0.33   | 0.03  | 13.4    | 1.04   | 1.56   | 0.3   |
| Sai                                                                       | 20     | 53.4   | 0.84   | 0.1   | 9.3     | 0.71   | 1.8    | 0.22  |
|                                                                           | KOKKU: | 741.84 | 34.58  | 12.62 | 70.71   | 28.94  | 39.02  | 4.636 |
| Oode:                                                                     |        |        |        |       |         |        |        |       |
| Kohupiimavorm                                                             | 100    | 128    | 3.64   | 1.19  | 12.7    | 9.1    | 11     | 0.163 |
| Kirsikssell                                                               | 200    | 124    | 0.14   | 0.3   | 29.2    | 24.2   | 0.32   | 0.1   |
|                                                                           |        |        |        |       |         |        |        |       |
| Menüü väliselt on olemas sööklas ka laktoosivaba piim.                    |        |        |        |       |         |        |        |       |
| / (kaldrkiips) tähistab seda, mida on tootlustaja tellinud antud päevaks. |        |        |        |       |         |        |        |       |
| *Kaunviljade valikus on vähemalt üks nendest toiduainetest.               |        |        |        |       |         |        |        |       |
| **Kõõgiviljade valikus on vähemalt üks nendest toiduainetest.             |        |        |        |       |         |        |        |       |
| ***Kõõgiviljade valikus on vähemalt üks nendest toiduainetest.            |        |        |        |       |         |        |        |       |
| Joogivesi on sööklas iga toidukord olemas.                                |        |        |        |       |         |        |        |       |