

# 5 - 9 . MAI 2025

## JÕHVI PÕHIKOO

### KOOLILÕUNA TOITUMISALANE TEAVE



| Esmaspäev<br>5.mai                                                 | GR/ML  | KCAL   | Rasvad | Kül rasv | Süsivesikud | Suhkrud | Valgud | Soola ekv |
|--------------------------------------------------------------------|--------|--------|--------|----------|-------------|---------|--------|-----------|
| Makaronid                                                          | 150    | 222    | 4.69   | 0.394    | 37.8        | 0.262   | 0.014  | 0         |
| Kreemine<br>kanakaste                                              | 100    | 191    | 13     | 6.07     | 1.94        | 1.8     | 16.6   | 0.27      |
| Värske salat<br>keskmine                                           | 100    | 33.57  | 1.95   | 1.65     | 2.25        | 2.2     | 1.273  | 0.176     |
| Kooliõun                                                           | 50     | 24.15  | 0      | 0        | 5.45        | 5.25    | 0      | 0         |
| Tee                                                                | 200    | 16.9   | 1.46   | 0.2      | 0           | 0       | 0.24   | 0.25      |
| Koolipiim/keefir<br>keskmine                                       | 200    | 108.3  | 5.04   | 3.08     | 9.15        | 16.94   | 6.58   | 0.375     |
| 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: | 715.32 | 27.31  | 11.524   | 79.29       | 28.202  | 28.067 | 1.591     |
| Teisipäev 6.mai                                                    |        |        |        |          |             |         |        |           |
| Kartulipüree                                                       | 150    | 140.7  | 3.855  | 2.4      | 22.2        | 2.25    | 3.57   | 0.37      |
| Kapsa-<br>hakklihahautis                                           | 100    | 150    | 11.6   | 3.41     | 3.73        | 3.62    | 6.85   | 0.057     |
| Värske salat<br>keskmine                                           | 100    | 33.57  | 1.95   | 1.65     | 2.25        | 2.2     | 1.273  | 0.176     |
| Banaan                                                             | 50     | 45.3   | 0.1    | 0.004    | 10.15       | 9.05    | 0.6    | 0         |
| Morss                                                              | 200    | 105.4  | 0.05   | 0        | 26.2        | 26      | 0.05   | 0.014     |
| Koolipiim/keefir<br>keskmine                                       | 200    | 108.3  | 5.04   | 3.08     | 9.15        | 16.94   | 6.58   | 0.375     |
| 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: | 702.67 | 23.765 | 10.674   | 96.38       | 61.81   | 22.283 | 1.512     |
| Kolmapäev<br>7.mai                                                 |        |        |        |          |             |         |        |           |
| Riis                                                               | 150    | 195    | 0.375  | 0.067    | 43.2        | 0.57    | 4.44   | 0.019     |
| Vormitud<br>kalapala                                               | 80     | 181.6  | 7.6    | 0.504    | 18.88       | 0.216   | 8.96   | 0.8       |
| Soe valge kaste                                                    | 30     | 45     | 2.84   | 1.87     | 3.42        | 1.779   | 1.374  | 0.038     |
| Värske salat<br>keskmine                                           | 100    | 33.57  | 1.95   | 1.65     | 2.25        | 2.2     | 1.273  | 0.176     |
| Morss                                                              | 200    | 105.4  | 0.05   | 0        | 26.2        | 26      | 0.05   | 0.014     |
| Koolipiim/keefir<br>keskmine                                       | 200    | 108.3  | 5.04   | 3.08     | 9.15        | 16.94   | 6.58   | 0.375     |
| 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: | 788.27 | 19.025 | 7.501    | 125.8       | 49.455  | 26.037 | 1.942     |
| Neljapäev 8.mai                                                    |        |        |        |          |             |         |        |           |
| Tatrapada<br>hakklihaga                                            | 250    | 200.25 | 3.97   | 0.297    | 24.57       | 3.55    | 14.52  | 1.17      |
| Külm kaste                                                         | 30     | 62.4   | 4.89   | 0.72     | 4.32        | 0.25    | 0.19   | 0.51      |
| Värske salat<br>keskmine                                           | 100    | 33.57  | 1.95   | 1.65     | 2.25        | 2.2     | 1.273  | 0.176     |
| Banaan                                                             | 50     | 45.3   | 0.1    | 0.004    | 10.15       | 9.05    | 0.6    | 0         |
| Joogijogurt                                                        | 200    | 164    | 3      | 1.6      | 26          | 26      | 7.6    | 0.24      |
| Koolipiim/keefir<br>keskmine                                       | 200    | 108.3  | 5.04   | 3.08     | 9.15        | 16.94   | 6.58   | 0.375     |
| 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: | 733.22 | 20.12  | 7.481    | 99.14       | 59.74   | 34.123 | 2.991     |
| Reede 9.mai                                                        |        |        |        |          |             |         |        |           |
| Borš sealihaga                                                     | 250    | 136    | 3.85   | 0.587    | 14.25       | 6.625   | 9.82   | 0.102     |
| Hapukoor                                                           | 20     | 44.4   | 4.3    | 3.08     | 0.76        | 0.76    | 0.66   | 0.021     |
| Pannkook                                                           | 63     | 116.55 | 3.15   | 0.378    | 17.64       | 5.04    | 4.41   | 0.63      |
| Moos                                                               | 20     | 33.6   | 0      | 0        | 8.18        | 8.12    | 0.06   | 0.019     |
| Kakao                                                              | 200    | 127.2  | 4.34   | 2.56     | 16.66       | 16.08   | 4.82   | 0.144     |
| Koolipiim/keefir<br>keskmine                                       | 200    | 108.3  | 5.04   | 3.08     | 9.15        | 16.94   | 6.58   | 0.375     |
| 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: | 685.45 | 21.85  | 9.815    | 89.34       | 55.315  | 29.71  | 1.811     |
| Menüü väliselt<br>on olemas<br>sööklas ka<br>laktoosivaba<br>piim. |        |        |        |          |             |         |        |           |