

| 09.11.20                            | Energia | Rasvad | Valgud | Süsivesikud |
|-------------------------------------|---------|--------|--------|-------------|
| Hakkliha kaste 130g                 | 190     | 15.92  | 7.37   | 4.29        |
| Sõmer riis 150g                     | 141     | 1.65   | 2.48   | 29.18       |
| Paprika-tomatisalat 75g             | 59      | 3.13   | 0.54   | 7.14        |
| Õunamahl 200ml                      | 98      | 0.2    | 2      | 22          |
| PIIM 2,5% PRIA 200ml(L)             | 111     | 5      | 6.8    | 9.6         |
| Leivavalik 50g                      | 112     | 0.79   | 3.64   | 22.61       |
| Kokku                               | 711kcal | 26.69g | 22.83g | 94.82g      |
| 10.11.20                            |         |        |        |             |
| Borš 280g                           | 180     | 8.64   | 8      | 17.54       |
| Pannkoogid moosiga 120g             | 248     | 9.31   | 7.59   | 33.59       |
| Piim 2.5% PRIA 200ml(L)             | 50      | 2.27   | 3.09   | 4.36        |
| Rukkileib 35g                       | 109     | 0.4    | 3.2    | 23.25       |
| Sepik 15g                           | 77      | 0.51   | 2.69   | 15.34       |
| Puuvili 80g PRIA                    | 35      | 0.29   | 0.16   | 7.92        |
| Kokku                               | 699kcal | 21.42g | 24.73g | 102g        |
| 11.11.20                            |         |        |        |             |
| Küpsetatud kana                     | 221     | 18.86  | 12.75  | 0           |
| Keedetud kartul 180g                | 120     | 1.06   | 2.37   | 25.27       |
| Peedisalat 75g                      | 53      | 3.07   | 0.91   | 5.34        |
| Mustsõstrajook 200ml                | 52      | 0.01   | 0.01   | 12.93       |
| Piim 2.5% PRIA 200ml(L)             | 50      | 2.27   | 3.09   | 4.36        |
| Sepik 15g                           | 113     | 0.75   | 3.95   | 22.5        |
| Rukkileib 35g                       | 109     | 0.4    | 3.2    | 23.25       |
| Mandarin 80                         | 34      | 0.08   | 0.88   | 6.8         |
| Kokku                               | 752kcal | 26.5g  | 27.16g | 100.45      |
| 12.11.20                            |         |        |        |             |
| Kala-riisisupp 280g                 | 208     | 10.46  | 5.91   | 22.53       |
| Karamellkissell moosiga 150g        | 127     | 1.7    | 2.45   | 25.51       |
| Piim 2.5%/Keefir 2.5% PRIA 200ml(L) | 109     | 5      | 6.8    | 9.1         |
| Rukkileib 35g                       | 109     | 0.4    | 3.2    | 23.25       |
| Sepik 15g                           | 77      | 0.51   | 2.69   | 15.34       |
| Puuvili 80g                         | 35      | 0.29   | 0.16   | 7.92        |
| Kokku                               | 665kcal | 18.36g | 21.21g | 103.65g     |
| 13.11.20                            |         |        |        |             |
| Kureme strooganov 130g              | 192     | 14.7   | 9.08   | 5.73        |
| Tatar 150g                          | 153     | 3.08   | 4.5    | 26.81       |
| Värskekapsasalat tilliga 75g        | 34      | 1.64   | 0.86   | 4.05        |
| Mahlajook 200ml                     | 95      | 0      | 0.02   | 23.71       |
| Piim 2.5%/Keefir 2.5% PRIA 200ml(L) | 111     | 5      | 6.8    | 9.6         |
| Leib 50g                            | 102     | 0.73   | 3.18   | 20.59       |
| Puuvili 80g                         | 35      | 0.29   | 0.16   | 7.92        |
| Kokku                               | 722kcal | 25.44g | 24.6g  | 98.41g      |
| Nädala keskmine                     | 725kcal | 24.88g | 24.67g | 100.81      |