

<b>Maardu Põhikool</b>						
<b>Menüü 01.02.-05.02</b>						
Esmaspäev 01.02.2021	Makaronid hakklihaga 250g	250g	414Kcal	16.3g	15.51g	51.2g
	Värskekapsa - porgandisalat 75g	75g	49Kcal	3.13g	0.73g	4.53g
	Tee 200g	200g	8Kcal	0g	0g	1.98g
	Piim 2.5% PRIA 200ml (L)	200g	111Kcal	5g	6.8g	9.6g
	Leivavalik 50g	50g	112Kcal	0.78g	3.64g	22.6g
	Õun PRIA	80g	39Kcal	0g	0g	8.71g
	<b>Kokku</b>	<b>855g</b>	<b>733Kcal</b>	<b>25.21g</b>	<b>26.68g</b>	<b>98.62g</b>
Teisipäev 02.02.2021	Kodune seljanka 280g	280g	202Kcal	9.9g	7.52g	20.71g
	Kohuke	150g	467Kcal	23.75g	16.94g	46.5g
	Leivavalik 50g	50g	112Kcal	0.78g	3.64g	22.6g
	Piim 2.5% PRIA 200ml (L)	200g	111Kcal	5g	6.8g	9.6g
	<b>Kokku</b>	<b>680g</b>	<b>892Kcal</b>	<b>39.43g</b>	<b>34.9g</b>	<b>99.41g</b>
Kolmapäev 03.02.2021	Maksastrooganov	130g	171Kcal	9.83g	13.22g	7.38g
	Kartulipüree 180g (L)	150g	160Kcal	5.72g	3.27g	23.75g
	Mahlajook 200g	200g	95Kcal	0g	0.02g	23.71g
	Piim 2.5% PRIA 200ml (L)	200g	111Kcal	5g	6.8g	9.6g
	Leivavalik 50g	50g	112Kcal	0.79g	3.64g	22.61g
	Aedvili 80g	80g	30Kcal	0.32g	0.64g	6.16g
	Hiinakapsa-kurgi-tomatisalat	75g	36Kcal	2.45g	0.93g	2.35g
	<b>Kokku</b>	<b>885g</b>	<b>715Kcal</b>	<b>24.11g</b>	<b>28.52g</b>	<b>95.56g</b>
Neljapäev 04.02.2021	Kartuli - frikadellisupp 250g	280g	182Kcal	5.35g	6.35g	26.92g
	Helbed piimaga	150g	273Kcal	2.91g	7.8g	52.37g
	Piim 2.5% PRIA 200ml (L)	200g	111Kcal	5g	6.8g	9.6g
	Leivavalik 50g	50g	112Kcal	0.78g	3.64g	22.6g
	Puuvili 80g	80g	38Kcal	0.32g	0.32g	8.47g
	<b>Kkokku</b>	<b>760g</b>	<b>716Kcal</b>	<b>14.36g</b>	<b>24.91g</b>	<b>119.96g</b>
Reede 05.02.2021	Hautatud kala tomatikastmes 130g	80g	87Kcal	4.99g	6.31g	4.22g
	Sõmer riis 150g	150g	141Kcal	1.56g	2.49g	29.28g
	Sügisalat 75g	75g	82Kcal	5.42g	0.59g	7.84g
	Soe mahlajook 200g	200g	69Kcal	0.1g	1g	15.95g
	Leivavalik 50g	50g	112Kcal	0.78g	3.64g	22.6g
	Piim 2.5% PRIA 200ml (L)	200g	111Kcal	5g	6.8g	9.6g
	Puuvili 80g	80g	38Kcal	0.32g	0.32g	8.47g
	<b>Kokku</b>	<b>835g</b>	<b>640Kcal</b>	<b>18.17g</b>	<b>21.15g</b>	<b>97.96g</b>