

| | 18.01.21 | Energia | Rasvad | Valgud | Süsivesikud |
|-------------------------------------|----------|---------|--------|--------|-------------|
| Bolognese kaste 130g | | 173 | 12.13 | 8.01 | 7.91 |
| Keedetud makaronid 150g | | 220 | 4.81 | 6.46 | 37.75 |
| Hiinakapsa-porrusalat 75g | | 39 | 2.51 | 1.25 | 2.66 |
| Tee sidruniga 200ml | | 57 | 0 | 0.01 | 14.12 |
| PIIM 2,5% PRIA 200ml(L) | | 111 | 5 | 6.8 | 9.6 |
| Leivavalik 50g | | 112 | 0.79 | 3.64 | 22.61 |
| Kokku | | 712kcal | 25.24g | 26.17g | 94.65g |
| | 19.01.21 | | | | |
| Borš 280g | | 192 | 9.99 | 8.17 | 17.31 |
| Kohupiima-mangokreem 120g(L) | | 223 | 6.82 | 12.45 | 27.92 |
| Piim 2.5% PRIA 200ml(L) | | 111 | 5 | 6.8 | 9.6 |
| Rukkileib 35g | | 109 | 0.4 | 3.2 | 23.25 |
| Õun PRIA | | 39 | 0 | 0 | 8.72 |
| Kokku | | 674kcal | 21.21g | 30.62g | 86.8g |
| | 20.01.21 | | | | |
| Kanakaste 130g(L) | | 130 | 8.66 | 10.14 | 2.96 |
| Tatar 150g | | 153 | 3.08 | 4.49 | 26.78 |
| Sügisosalat 75g | | 83 | 5.45 | 0.59 | 7.87 |
| Mustsõstrajook 200ml | | 54 | 0.01 | 0.02 | 13.36 |
| Piim 2.5%/Keefir PRIA 200ml(L) | | 109 | 5 | 6.8 | 9.1 |
| Leivavalik 75g | | 112 | 0.79 | 3.64 | 22.61 |
| Puuvili 80g | | 38 | 0.32 | 0.32 | 8.48 |
| Kokku | | 679kcal | 23.31g | 26g | 91.16g |
| | 21.01.21 | | | | |
| Kalaburger 80g | | 197 | 11.51 | 10.78 | 12.45 |
| Kartulipüree 180g(L) | | 153 | 4.6 | 3.16 | 24.85 |
| Värskekapsasalat tilliga 75g | | 56 | 4.02 | 0.86 | 4.04 |
| Soe mahlajook 200ml | | 69 | 0.1 | 1 | 16 |
| Piim 2.5%/Keefir 2.5% PRIA 200ml(L) | | 111 | 5 | 6.8 | 9.6 |
| Leivavalik 50g | | 112 | 0.79 | 3.64 | 22.61 |
| Banaan 80g | | 73 | 0.24 | 0.96 | 16.24 |
| Kokku | | 771kcal | 26.26g | 27.2g | 105.79g |
| | 22.01.21 | | | | |
| Gulašš 130g | | 179 | 12.94 | 10.99 | 4.62 |
| Sõmer riis 150g | | 141 | 1.65 | 2.48 | 29.18 |
| Peedi-küüslaugusalat 75g | | 102 | 7.19 | 1.17 | 8.22 |
| Kirsimahl 200ml | | 89 | 0.06 | 1 | 21 |
| Piim 2.5% PRIA 200ml(L) | | 111 | 5 | 6.8 | 9.6 |
| Leivavalik 50g | | 112 | 0.79 | 3.64 | 22.61 |
| Kokku | | 734kcal | 27.63g | 26.08g | 95.23g |
| Nädala keskmine | | 715kcal | 27.25g | 25.17g | 94.57g |