

**Maardu Põhikool**  
**Menüü 08.02.-12.02**

		Energia	Rasvad	Valgud	Süsivesikud
Esmaspäev 08.02.2021	Hakklihakaste 130g	223Kcal	19.13g	8.3g	4.39g
	Tatar 150g	152Kcal	3.03g	4.49g	26.81g
	Hiinakapsasalat redise ja tilliga	23Kcal	0.95g	1.18g	2.18g
	Tee sidruniga 200ml	56Kcal	0g	0.01g	14.1g
	Piim 2.5%/Keefir 2.5% PRIA	109Kcal	5g	6.8g	9.1g
	Leivavalik 50g	112Kcal	0.79g	3.64g	22.66g
	Õun PRIA	39Kcal	0g	0g	8.72g
		714Kcal	28.9g	24.42g	87.96g
Teisipäev 09.02.2021	Rassolnik 280g	234Kcal	11.61g	6.66g	25.64g
	Hapukoor 20% /20g	44Kcal	4.24g	0.66g	0.76g
	Banaani jogurtti magustoit	143Kcal	2.72g	3.85g	25.65g
	Piim 2.5%	111Kcal	5g	6.8g	9.6g
	Leivavalik 50g	112Kcal	0.79g	3.64g	22.66g
	Aedvili 80g	30Kcal	0.32g	0.64g	6.16g
		674Kcal	24.68g	22.25g	90.47g
Kolmapäev 10.02.2021	Guljašš sealihast 130g	178Kcal	12.83g	11.01g	4.64g
	Keedetud kartul 180g	145Kcal	2.34g	2.65g	28.22g
	Hapukapsa - Peedisalat 75g	52Kcal	2.36g	0.97g	6.45g
	Morss 200ml	61Kcal	0g	0.02g	15.24g
	Piim 2.5% PRIA 200ml (L)	111Kcal	5g	6.8g	9.6g
	Leivavalik 50g	112Kcal	0.79g	3.64g	22.66g
	Puuvili 80g	38Kcal	0.32g	0.32g	8.48g
		697Kcal	23.64g	25.41g	95.29g
Neljapäev 11.02.2021	Kala - riisipast 280g	237Kcal	11.74g	10.24g	22.54g
	Kakaokissell moosiga	205Kcal	3.84g	4.9g	37.68g
	Piim 2.5% PRIA 200ml (L)	111Kcal	5g	6.8g	9.6g
	Leivavalik 50g	112Kcal	0.79g	3.64g	22.66g
	Aedvili 80g	30Kcal	0.32g	0.64g	6.16g
			695Kcal	21.69g	26.22g
Reede 12.02.2021	Kana - pastaroog	295Kcal	7.78g	15.81g	40.45g
	Sügisosalat 75g	83Kcal	5.43g	0.6g	8.03g
	Kakao 200 ml	119Kcal	2.92g	3.7g	19.47g
	Piim 2.5% PRIA 200ml (L)	111Kcal	5g	6.8g	9.6g
	Leivavalik 50g	112Kcal	0.79g	3.64g	22.66g
			720Kcal	21.92g	30.55g