

**KOOLITOITLUSTUSE OÜ**

# MENÜÜ

13.-17.jaanuar 2025.a.

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|          |                                                                                                     |         |       |       |       |        |
|----------|-----------------------------------------------------------------------------------------------------|---------|-------|-------|-------|--------|
| 13.jaan. | Koorene lõhekaste porruga - lõhefilee,porru, õli, toidukoor 20% (laktoos)                           | 130g    | 159.2 | 6.68  | 10.4  | 2.19   |
|          | keedetud makaron (glut.)                                                                            | 75g     | 93.6  | 2.3   | 0.82  | 20.7   |
|          | keedetud riis                                                                                       | 75g     | 74.3  | 1.9   | 0.81  | 20.5   |
|          | Hapukoore-singikaste (laktoos)                                                                      | 130g    | 172.2 | 7.56  | 13.02 | 6.07   |
|          | toorsalatid valikus,seemnesegu                                                                      | 80/10g  | 122.3 | 3.65  | 6.08  | 9.93   |
|          | piparmünditee ja suhkur                                                                             | 200/5g  | 32.5  |       |       | 8      |
|          | piim (laktoos),keefir (laktoos)                                                                     | 200g    | 106   | 6.5   | 5     | 8.9    |
|          | leivatooted (gluteen)                                                                               | 50g     | 163.1 | 5.15  | 1.76  | 29.61  |
|          |                                                                                                     |         | 676.7 | 24.28 | 24.06 | 79.33  |
|          |                                                                                                     |         | 689.7 | 25.16 | 26.68 | 83.21  |
| 14.jaan. | Ahjukaartul talusingiga (kartul,õli,talusink)                                                       | 300g    | 342.9 | 10.07 | 10.44 | 48     |
|          | toorsalatid valikus,seemnesegu                                                                      | 80/10g  | 122.3 | 3.65  | 6.08  | 9.93   |
|          | Paneeritud kala ,hapukoorekaste (laktoos)                                                           | 1tk/35g | 271.5 | 12.64 | 15.45 | 19.38  |
|          | keedetud kartul                                                                                     | 75g     | 78    | 1.2   | 0.11  | 17.8   |
|          | hautatud tatar                                                                                      | 75g     | 80    | 3.12  | 1.05  | 6.63   |
|          | puuvili                                                                                             | 70g     | 44.3  | 0.2   | 0.36  | 9.9    |
|          | tee ja suhkur                                                                                       | 200/5g  | 32.5  |       |       | 8      |
|          | piim (laktoos),keefir (laktoos)                                                                     | 200g    | 106   | 6.5   | 5     | 8.9    |
|          | leivatooted (gluteen)                                                                               | 50g     | 163.1 | 5.15  | 1.76  | 29.61  |
|          |                                                                                                     |         | 811.1 | 25.57 | 23.64 | 114.34 |
|          |                                                                                                     |         | 817.7 | 29.34 | 28.76 | 103.52 |
| 15.jaan. | Hapukapsasupp sealihaga(hapukapsas,sealiha, sibul,kruup (gluteen) )                                 | 300g    | 211.4 | 9.27  | 11.98 | 15.97  |
|          | Juurviljasupp kanalihaga                                                                            | 300g    | 192.4 | 9.71  | 6.17  | 37.2   |
|          | piimakissell - (laktoos) maasika toormoosiga                                                        | 130/20g | 178   | 4.2   | 3.18  | 32.9   |
|          | leivatooted (gluteen)                                                                               | 50g     | 166.3 | 5.6   | 1.63  | 32.73  |
|          | piim (laktoos),keefir (laktoos)                                                                     | 200g    | 108   | 6.6   | 5     | 8.9    |
|          | toores porgand tükina                                                                               | 70g     | 25.1  | 0.64  | 2.59  | 4.97   |
|          |                                                                                                     |         | 688.8 | 26.31 | 24.38 | 95.47  |
|          |                                                                                                     |         | 669.8 | 26.75 | 18.57 | 116.7  |
| 16.jaan. | Hakklihakaste juurviljadega(hakkliha sea-ja veiselih: sibul,õli,jahu (gluteen),hapukoor (laktoos) ) | 130g    | 233.2 | 8.65  | 19.37 | 4.61   |
|          | kartulipuder-kartul,piim (laktoos)                                                                  | 75g     | 68    | 1.18  | 0.33  | 14.4   |
|          | keedetud makaron-(gluteen)                                                                          | 75g     | 93.6  | 2.3   | 0.82  | 20.7   |
|          | Kalafilee-hapukoore-tillikaste (laktoos)                                                            | 130g    | 132.8 | 10.63 | 8.22  | 4      |
|          | toorsalatid valikus,seemnesegu                                                                      | 80/10g  | 122.3 | 3.65  | 6.08  | 9.93   |
|          | mustsõstramahlajook                                                                                 | 200g    | 16.5  |       |       | 5.16   |
|          | piim (laktoos),keefir (laktoos)                                                                     | 200g    | 106   | 6.5   | 5     | 8.9    |
|          | leivatooted (gluteen)                                                                               | 50g     | 166.3 | 5.6   | 1.63  | 32.73  |
|          |                                                                                                     |         | 805.9 | 27.88 | 33.23 | 96.43  |
|          |                                                                                                     |         | 705.5 | 29.86 | 22.08 | 95.82  |
| 17.jaan. | Borš sealiha ja hapukoorega (peet,v.kapsas, kartul,porgand,sibul,õli,sealiha,hapuk.-laktoos )       | 300/3g  | 201.6 | 8.31  | 13.77 | 19.5   |
|          | Koorene kalasupp (laktoos)                                                                          | 300     | 156.6 | 8.84  | 5.68  | 19.06  |
|          | õunakook (gluteen)                                                                                  | 1tk     | 147.8 | 8.04  | 2.53  | 35.48  |
|          | piim (laktoos) , keefir (laktoos)                                                                   | 200g    | 106   | 6.5   | 5     | 8.9    |
|          | leivatooted (gluteen)                                                                               | 50g     | 163.1 | 5.15  | 1.76  | 29.61  |
|          | puuvili                                                                                             | 70g     | 24.2  | 0.22  | 0.19  | 6.31   |
|          |                                                                                                     |         | 642.7 | 28.22 | 23.25 | 99.8   |
|          |                                                                                                     |         | 597.7 | 28.75 | 15.16 | 99.36  |

Allergeenide kohta toidus saab infot söökla juhatajalt