

# KOOLITOITLUSTUSE OÜ

## PIKAPÄEVA MENÜÜ

28.aprill-2.mai 2025..a.

Energia    Valgud    Rasvad    Süsivesikud

kcal                    g                    g                    g

|         |                                                                     |         |              |              |              |              |
|---------|---------------------------------------------------------------------|---------|--------------|--------------|--------------|--------------|
| 28.apr. | Kanasupp ürdiklimpidega<br>maisihelbed jogurtiga<br>rukkileib,sepik | 250 g   | 219,6        | 9,75         | 11,12        | 24,16        |
|         |                                                                     | 40/100g | 209,7        | 4,9          | 1,82         | 43,76        |
|         |                                                                     | 30/20g  | 116,1        | 3,23         | 0,94         | 22,23        |
|         |                                                                     |         | <b>545,4</b> | <b>17,88</b> | <b>13,88</b> | <b>90,15</b> |

|         |                                                                                                               |        |              |              |              |             |
|---------|---------------------------------------------------------------------------------------------------------------|--------|--------------|--------------|--------------|-------------|
| 29.apr. | Lihakaste (sealiha) juurviljadega<br>kartuli-porgandipuder<br>tomatisalat<br>tee ja suhkur<br>rukkileib,sepik | 125g   | 209,2        | 10,99        | 15,96        | 5,04        |
|         |                                                                                                               | 150g   | 112,9        | 3,36         | 0,91         | 22,45       |
|         |                                                                                                               | 40g    | 7,9          | 0,28         | 0,08         | 1,48        |
|         |                                                                                                               | 200/5g | 32,5         |              |              | 8           |
|         |                                                                                                               | 30/20g | 116,1        | 3,23         | 0,94         | 22,23       |
|         |                                                                                                               |        | <b>478,6</b> | <b>17,86</b> | <b>17,89</b> | <b>59,2</b> |

|         |                                                                |        |              |              |              |             |
|---------|----------------------------------------------------------------|--------|--------------|--------------|--------------|-------------|
| 30.apr. | Hapukapsasupp sealihaga<br>banaanimagustoit<br>rukkileib,sepik | 250g   | 191,9        | 8,63         | 11,84        | 12,12       |
|         |                                                                | 130g   | 86,7         | 4,35         | 2,4          | 11,77       |
|         |                                                                | 30/20g | 116,9        | 3,66         | 1,03         | 22,31       |
|         |                                                                |        | <b>395,5</b> | <b>16,64</b> | <b>15,27</b> | <b>46,2</b> |

|        |                                                                                     |        |              |              |              |              |
|--------|-------------------------------------------------------------------------------------|--------|--------------|--------------|--------------|--------------|
| 02.mai | Pilaff kanalihast<br>hiinakapsa-õunasalat<br>mustsõstramahlajook<br>rukkileib,sepik | 270g   | 461,6        | 18,12        | 9,74         | 26           |
|        |                                                                                     | 40g    | 27,8         | 0,54         | 1,09         | 3,95         |
|        |                                                                                     | 200g   | 16,5         |              |              | 5,16         |
|        |                                                                                     | 30/20g | 116,9        | 3,66         | 1,03         | 22,31        |
|        |                                                                                     |        | <b>622,8</b> | <b>22,32</b> | <b>11,86</b> | <b>57,42</b> |

Allergeenide kohta toidus saab infot söökla juhatajalt