

KOOLITOITLUSTUSE OÜ

PIKAPÄEVA MENÜÜ

16.-20.veebruar 2026.a.

| | | Energia | Valgud | Rasvad | Süsivesikud |
|--|---------|--------------|--------------|--------------|--------------|
| | | kcal | g | g | g |
| 16.veebr. Guljašš sealihast kartulipuder porgandisalat mustsõstramahajook täisterarukkileib,sepik | 125g | 269.3 | 12.35 | 20 | 6.26 |
| | 150g | 119.3 | 1.54 | 0.76 | 24.19 |
| | 40g | 33.6 | 0.5 | 1.16 | 5.28 |
| | 200g | 16.5 | | | 5.16 |
| | 30/20g | 163.1 | 5.15 | 1.76 | 29.61 |
| | | 601.8 | 19.54 | 23.68 | 70.5 |
| 17.veebr. Hakklihakaste(seal.50%.veisel.50%) juurviljadega ,keedetud makaron toorsalat kakao täisterarukkileib,sepik | 125g | 229.6 | 8.56 | 20.33 | 4.44 |
| | 150g | 216.6 | 5.46 | 5.25 | 36.14 |
| | 40g | 31.3 | 0.32 | 1.09 | 5.02 |
| | 200g | 89.6 | 3.74 | 2.76 | 12.58 |
| | 30/20g | 163.1 | 5.15 | 1.76 | 29.61 |
| | | 730.2 | 23.23 | 31.19 | 87.79 |
| 18.veebr. Peedisupp kanalihaga pannkoogid toormoosiga täisterarukkileib,sepik | 250g | 327.4 | 17.82 | 9.01 | 35.29 |
| | 60/20g | 188.4 | 3.63 | 5.01 | 25.95 |
| | 30/20g | 166.3 | 5.6 | 1.63 | 30.73 |
| | | 682.1 | 27.05 | 15.65 | 91.97 |
| 19.veebr. Kanakaste keedetud riis peedi-mar.kurgisalat tee ja suhkur rukkileib,sepik | 125g | 146.6 | 13.54 | 9.05 | 2.39 |
| | 150g | 226.4 | 3.56 | 4.54 | 42 |
| | 40g | 36.6 | 0.73 | 1.09 | 5.9 |
| | 200/5g | 32.5 | | | 8 |
| | 30/20g | 166.3 | 5.6 | 1.63 | 30.73 |
| | | 608.4 | 23.43 | 16.31 | 89.02 |
| 20.veebr. Värskekapsasupp sealihaga kohupiimakreem puuviljadega täisterarukkileib,sepik | 250g | 176.3 | 7.84 | 9.76 | 13.76 |
| | 100/30g | 143.5 | 8.25 | 2.71 | 21.81 |
| | 30/20g | 163.1 | 5.15 | 1.76 | 29.61 |
| | | 482.9 | 21.24 | 14.23 | 65.18 |

Allergeenide kohta toidus saab infot söökla juhatajalt