

KOOLITOITLUSTUSE OÜ

| PIKAPÄEVA MENÜÜ | | | Energia | Valgud | Rasvad | Süsivesikud |
|------------------------|---|---------|--------------|--------------|--------------|--------------|
| 19.-22.jaanuar 2026.a. | | | kcal | g | g | g |
| 19.jaan. | Kanasupp ürdiklimpidega maisihelbed jogurtiga 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 |
| | | | 545.4 | 17.88 | 13.88 | 90.15 |
| 20.jaan. | Lihakaste (sealiha) juurviljadega kartuli-porgandipuder tomatisalat tee ja suhkur 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 |
| | | | 478.6 | 17.86 | 17.89 | 59.2 |
| 21.jaan. | Hapukapsasupp sealihaga banaanimagustoit 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 |
| | | | 395.5 | 16.64 | 15.27 | 46.2 |
| 22.jaan. | Pilaff kanalihast hiinakapsa-õunasalat mustsõstramahlajook 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 |
| | | | 622.8 | 22.32 | 11.86 | 57.42 |
| 23.jaan. | Makaronid hakklihaga (sealiha50%-veiseliha50%) porgandisalat tee ja suhkur rukkileib,sepik | 250g | 442.1 | 15.82 | 18.12 | 54.31 |
| | | 40g | 33.3 | 0.48 | 1.15 | 5.21 |
| | | 200/5g | 32.5 | | | 8 |
| | | 30/20g | 116.1 | 3.23 | 0.94 | 22.23 |
| | | | 624 | 19.53 | 20.21 | 89.75 |

Allergeenide kohta toidus saab infot söökla juhatajalt