

## MENÜÜ

26.-30.jaanuar 2026.a.

		Energia Valgud Rasvadiüsesil				
		kcal	g	g	g	
26.jaan.	Pasta bolognese kastmes (täisteramakaron ( <b>gluteen</b> ), sibul, hakkliha, pur.tomat,tomatipasta,porgand,juurseller)	<b>280g</b>	531.3	12.7	15.33	78.37
	Kala hapukoore -tillikastmes (kalafilee, hapukoore- <b>laktoos</b> , till, jahu- <b>gluteen</b> )	<b>130g</b>	182.8	1.63	7.26	5.21
	keedetud makaron ( <b>glut.</b> )	<b>75g</b>	93.6	2.3	0.82	20.7
	keedetud riis	<b>75g</b>	74.3	1.9	0.81	20.5
	toorsalatid valikus,seemnesegu	<b>80/10g</b>	122.3	3.65	6.08	9.93
	vesi sidruniga	<b>200g</b>				
	piim ( <b>laktoos</b> ),keefir ( <b>laktoos</b> )	<b>200g</b>	106	6.5	5	8.9
	leivatooted- <b>gluteen</b> , puuvili	<b>50/70g</b>	196.9	5.43	2.04	37.03
			<b>956.5</b>	<b>28.28</b>	<b>28.45</b>	<b>134.23</b>
			<b>878.2</b>	<b>24.65</b>	<b>24.48</b>	<b>107.87</b>
27.jaan.	Seljanka hapukoorega(sealiha,sink (kartul,sibul,kons.kurk,tom.pasta,hapukoore ( <b>lakt.</b> ))	<b>300/3g</b>	216.8	10.59	11.61	18.87
	Hakkliha-juurviljasupp(hakkl.sibul,porg,hern,õli,kart) õunasupp vahukoorega <b>lakt.</b> (õun,suhkur,tärklis, leivatooted- <b>gluteen</b> )	<b>300g</b> <b>150/15g</b> <b>50g</b>	249.3 193.1 163.1	9.85 0.53 5.15	15.56 4.49 1.76	18.4 37.09 29.61
	piim ( <b>laktoos</b> ),keefir ( <b>laktoos</b> )	<b>200g</b>	106	6.5	5	8.9
	toores porgand tükina	<b>70g</b>	25.1	0.64	0.26	4.97
			<b>704.1</b>	<b>23.41</b>	<b>23.12</b>	<b>99.44</b>
			<b>736.6</b>	<b>22.67</b>	<b>27.07</b>	<b>98.97</b>
28.jaan.	Kanaliha rõsakoorekastmes (toidukoore- <b>laktoos</b> ) Paneeritud kala ( <b>glut.</b> ),hapukoorekaste( <b>lakt.glut.</b> )	<b>150g</b> <b>1tk</b>	188.1 269	11.15 12.4	13.6 13.71	2 18.56
	kartulipuder (kartul,piim- <b>laktoos</b> )	<b>75g</b>	68	1.18	0.33	14.4
	keedetud riis	<b>75g</b>	74.3	1.9	0.81	20.5
	toorsalatid valikus,seemnesegu	<b>80/10g</b>	122.3	3.65	6.08	9.93
	puuviljatee ja suhkur	<b>200/5g</b>	32.5			8
	piim ( <b>laktoos</b> ),keefir ( <b>laktoos</b> )	<b>200g</b>	106	6.5	5	8.9
	leivatooted ( <b>gluteen</b> )	<b>50g</b>	166.3	4.3	1.19	31.87
			<b>683.2</b>	<b>26.78</b>	<b>26.2</b>	<b>75.1</b>
			<b>764.1</b>	<b>28.03</b>	<b>26.31</b>	<b>91.66</b>
29.jaan.	Peedisupp hapukoorega (peet,kartul,porgand,õli,sealiha,hapukoore- <b>lakt.</b> )	<b>300/3g</b>	218.1	8.4	10.79	16.76
	Kuldne kalasupp	<b>300g</b>	140.1	7.97	2.65	26.21
	kakaokissell maasikatoormoosiga (piim ( <b>laktoos</b> ),kacao,suhkur,tärklis)	<b>130/20g</b>	178	4.2	3.18	32.9
	leivatooted ( <b>gluteen</b> )	<b>50g</b>	166.3	5.6	1.63	30.73
	piim ( <b>laktoos</b> ),keefir ( <b>laktoos</b> )	<b>200g</b>	106	6.5	5	8.9
	puuvili	<b>70g</b>	32.5	0.49	0.42	6.58
			<b>700.9</b>	<b>25.19</b>	<b>21.02</b>	<b>95.87</b>
			<b>622.9</b>	<b>24.76</b>	<b>12.88</b>	<b>105.32</b>
30.jaan.	Kodused kalapihvid ( <b>gluteen</b> )	<b>60g</b>	217.8	7.32	17.58	6.12
	hapukoore ( <b>lakt.</b> )-majoneesi ( <b>lakt.</b> ) ürdikaste	<b>35g</b>	112.6	0.37	11.3	11.35
	keedetud.kartul	<b>75g</b>	78	1.2	0.11	17.8
	keedetud makaron- <b>gluteen</b>	<b>75g</b>	93.6	2.3	0.82	20.7
	Värskekapsa -hakklihahautis ( <b>jahu-glut.</b> )	<b>150</b>	138.1	9.52	6.66	9.63
	toorsalatid valikus,seemnesegu	<b>80/10g</b>	122.3	3.65	6.08	9.93
	piim,keefir( <b>laktoos</b> )	<b>200g</b>	106	6.5	5	8.9
	mustsõstramahlajook	<b>200g</b>	122.5	0	0	14.06
	leivatooted ( <b>gluteen</b> )	<b>50g</b>	163.1	5.15	1.76	29.61
			<b>896.4</b>	<b>20.28</b>	<b>37.06</b>	<b>105.05</b>
			<b>704.1</b>	<b>22.11</b>	<b>14.84</b>	<b>97.21</b>

Allergeenide kohta toidus saab infot söökla juhatajalt

