

Nädala menüü

|                          | Esmaspäev<br>24.11.2025                                                                                                                                                                                                                                                                                                                               | Teisipäev<br>25.11.2025                                                                                                                                                                                                                                                                                                                         | Kolmapäev<br>26.11.2025                                                                                                                                                                                                                                                                                                                       | Neljapäev<br>27.11.2025                                                                                                                                                                                                                                                                                    | Reede<br>28.11.2025                                                                                                                                                                                                                                                                                                                                                                  |
|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Hommikusöök              | Neljajärljelbepuder 250 g (1,2)<br>Moos 5g<br>Või 5 gr<br>Võileib singiga 50g (1)<br>Tee sidruniga 200 g                                                                                                                                                                                                                                              | Mannapuder 250 gr (1.2)<br>Moos 5g<br>Või 5 gr<br>Võisai juustuga 50 g (1.2)<br>Tee sidruniga 200 g                                                                                                                                                                                                                                             | Kaerahelbepuder 250 g (1,2)<br>Moos 5g<br>Või 5 gr<br>Praesai munaga 50gr (1,4)<br>Tee piimaga 200 g (1)                                                                                                                                                                                                                                      | Maisipuder 250gr (2)<br>Moos 5g<br>Või 5 gr<br>Võileib vorstiga 50 g (1,2)<br>Tee meega 200 g                                                                                                                                                                                                              | Hirsipuder 250 g (2)<br>Moos 5g<br>Või 5 gr<br>Heeringa võileib 50gr<br>Tee 200g                                                                                                                                                                                                                                                                                                     |
| Vitamiinipaus            | Banaan 45<br>Viinamarjad                                                                                                                                                                                                                                                                                                                              | Õun 45<br>Banaan 45                                                                                                                                                                                                                                                                                                                             | Apelsin 45<br>Banaan 45                                                                                                                                                                                                                                                                                                                       | Melon<br>Pirn                                                                                                                                                                                                                                                                                              | Apelsin 45<br>Õun 45                                                                                                                                                                                                                                                                                                                                                                 |
| Lõunasöök 1<br>(hooldus) | Neljajärljelbepuder 250 g (1,2)<br>Kodune kartuli-frikadellisupp 250 gr<br>Hapukoor 20% 20gr (2)<br>Lihapihvid 50 g<br>Makaronid 150gr (1)<br>Tatar 120 g<br>Kohupiim 100gr 2<br>Kurk<br>Paprika<br>Tomat<br>Keefir 150gr(2)<br>Piim 2.5% 150 gr(2)<br>Melissi-sidrunivesi_200gr<br>Piparmündi tee 200 g<br>Leib (keskmiselt) 20g (1)<br>Sai 20 g (1) | Mannapuder 250 gr (1.2)<br>Juurviljasupp 250 g<br>Hapukoor 20% 20gr (2)<br>Kodune kotlet 60 g<br>Makaronid 150gr (1)<br>Kartulipüree 150 g (2)<br>Piimakaste 60gr<br>Kohupiim 100gr 2<br>Kurk<br>Paprika<br>Tomat<br>Keefir 150gr(2)<br>Piim 2.5% 150 gr(2)<br>Melissi-sidrunivesi_200gr<br>Puuvilja segatee 200 g<br>Leib (keskmiselt) 20g (1) | Kaerahelbepuder 250 g (1,2)<br>Kodune peedisupp 250 g<br>Hapukoor 20% 20gr (2)<br>Kanakaste 120 g<br>Makaronid 150gr (1)<br>Keedukartulid 120gr<br>Kohupiim 100gr 2<br>Kurk<br>Paprika<br>Tomat<br>Keefir 150gr(2)<br>Piim 2.5% 150 gr(2)<br>Melissi-sidrunivesi_200gr<br>Puuvilja segatee 200 g<br>Leib (keskmiselt) 20g (1)<br>Sai 20 g (1) | Maisipuder 250gr (2)<br>Kana-nuudlisupp 250g<br>Guljass sealihast120gr<br>Makaronid 150gr (1)<br>Tatar 120 g<br>Kohupiim 100gr 2<br>Kurk<br>Paprika<br>Tomat<br>Keefir 150gr(2)<br>Piim 2.5% 150 gr(2)<br>Melissi-sidrunivesi_200gr<br>Puuvilja segatee 200 g<br>Leib (keskmiselt) 20g (1)<br>Sai 20 g (1) | Hirsipuder 250 g (2)<br>Värskekapsasupp kanalihaga 250 g<br>Hapukoor 20% 20gr (2)<br>Praetud paneeritud kala 87 g 1, 4, 6<br>Makaronid 150gr (1)<br>Kartulipüree 150 g (2)<br>Piimakaste 60gr<br>Kohupiim 100gr 2<br>Kurk<br>Paprika<br>Tomat<br>Keefir 150gr(2)<br>Piim 2.5% 150 gr(2)<br>Melissi-sidrunivesi_200gr<br>Kummeltee 200 g<br>Leib (keskmiselt) 20g (1)<br>Sai 20 g (1) |
| Lõunasöök 2              | Kodune rossolnik 250 g<br>Hapukoor 20% 20gr (2)<br>Kohupiimakreem 100 g 2<br>Maisihelbed 40 g<br>Keefir 150gr(2)<br>Piim 2.5% 150 gr(2)<br>Melissi-sidrunivesi_200gr<br>Piparmündi tee 200 g<br>Leib (keskmiselt) 20g (1)                                                                                                                             | Poola kastmes (saidafilee) 120 g<br>Kartulipüree 150 g (2)<br>Hiinakapsa-paprika tomati salat 90g<br>Keefir 150gr(2)<br>Piim 2.5% 150 gr(2)<br>Melissi-sidrunivesi_200gr<br>Puuvilja segatee 200 g<br>Leib (keskmiselt) 20g (1)                                                                                                                 | Köögiviljaraguu 250gr<br>Hapukoor 20% 20gr (2)<br>Keefir 150gr(2)<br>Piim 2.5% 150 gr(2)<br>Melissi-sidrunivesi_200gr<br>Kibuvitsa-hibiskitee 200 g<br>Leib (keskmiselt) 20g (1)                                                                                                                                                              | Hapukapsabors 250<br>Hapukoor 20% 20gr (2)<br>Porgandikook 100g<br>Keefir 150gr(2)<br>Piim 2.5% 150 gr(2)<br>Melissi-sidrunivesi_200gr<br>Puuvilja segatee 200 g<br>Leib (keskmiselt) 20g (1)                                                                                                              | Pikkpois broilerihakklihast 120g<br>Keedukartulid 120gr<br>Piimakaste 60gr<br>Kurgid konserveeritud 40gr<br>Keefir 150gr(2)<br>Piim 2.5% 150 gr(2)<br>Melissi-sidrunivesi_200gr<br>Kummeltee 200 g<br>Leib (keskmiselt) 20g (1)                                                                                                                                                      |
| Õhtuode                  | Naturaalne omlett 120 g (2,3)<br>Viinerid 50 gr<br>Leib (keskmiselt) 20g (1)<br>Tee meega 200 g                                                                                                                                                                                                                                                       | Kohupiimavorm rosinatega 100 gr 2<br>Kevadkissell 100gr<br>Sai 20 g (1)<br>Küpsis, praäänik 60 g (1)                                                                                                                                                                                                                                            | Pizza hakklihaga 100g<br>Porgandi- pirnisalat 90gr<br>Leib (keskmiselt) 20g (1)<br>Kompott 200 g                                                                                                                                                                                                                                              | Kartulikotlet hakklihaga120g<br>Hapukoor 20% 20gr (2)<br>Kurk<br>Tomat<br>Leib (keskmiselt) 20g (1)<br>Tee sidruniga 200 g                                                                                                                                                                                 | Keedetud makaronid juustuga150<br>Kurk<br>Tomat<br>Leib (keskmiselt) 20g (1)<br>Tee meega 200 g                                                                                                                                                                                                                                                                                      |
| Õhtusöök õpilaskodu, PPR | Risotto kanalihast 250g<br>Porgandi-apelsinisalat 90 g<br>Leib (keskmiselt) 20g (1)<br>Tee 200g                                                                                                                                                                                                                                                       | Läätse- tomatisupp 250 g<br>Kartulisalat 130 gr (2,4,8)<br>Leib (keskmiselt) 20g (1)<br>Tee sidruniga 200 g                                                                                                                                                                                                                                     | Kodune kotlet 60 g<br>Makaronid 150gr (1)<br>Piimakaste 60gr<br>Värske kurgi-tomati salat 90 g<br>Leib (keskmiselt) 20g (1)<br>Tee sidruniga 200 g                                                                                                                                                                                            | Guljass kanalihast120gr<br>Tatar 120 g<br>Kapsa-porgandisalat 90 g<br>Leib (keskmiselt) 20g (1)<br>Kibuvitsa-hibiskitee 200 g                                                                                                                                                                              | Kõrvitsapüreesupp 250g<br>Võileib vorstiga 50 g (1,2)<br>Tee meega 200 g                                                                                                                                                                                                                                                                                                             |

Allergeenid

| 1                                                              | 13                           | 12                                 | 11                                | 10                                 | 9                  | 8                                   | 7                                      | 6                                     | 5                                        | 4                  | 3                  | 2           | 14                                         |
|----------------------------------------------------------------|------------------------------|------------------------------------|-----------------------------------|------------------------------------|--------------------|-------------------------------------|----------------------------------------|---------------------------------------|------------------------------------------|--------------------|--------------------|-------------|--------------------------------------------|
| Teravili (nisu, rukis, oder, kaer) ja neist valmistatud tooted | Vääveldioksiidid ja sulfitid | Lupiin ja neist valmistatud tooted | Sinep ja neist valmistatud tooted | Seller ja neist valmistatud tooted | Pähklid (erinevad) | Sojaoad ja neist valmistatud tooted | Maapähklid ja neist valmistatud tooted | Molluskid ja neist valmistatud tooted | Koorikloomad ja neist valmistatud tooted | Kala ja kalatooted | Muna ja munatooted | Piimatooted | Seesamiseemned ja neist valmistatud tooted |

Toitaineid sööjate gruppide kaupa

|                                         | Esmaspäev         | Teisipäev         | Kolmapäev         | Neljapäev         | Reede             | Laupäev | Pühapäev | Nädala keskmine   | Norm         |
|-----------------------------------------|-------------------|-------------------|-------------------|-------------------|-------------------|---------|----------|-------------------|--------------|
| Personal                                |                   |                   |                   |                   |                   |         |          |                   |              |
| Energia                                 | 606kcal<br>2537kj | 492kcal<br>2060kj | 468kcal<br>1957kj | 711kcal<br>2973kj | 614kcal<br>2568kj |         |          | 578kcal<br>2419kj | 0kcal<br>0kj |
| Valgud                                  | 27.66g<br>18.24%  | 29.61g<br>24.06%  | 22.82g<br>19.52%  | 23.91g<br>13.46%  | 35.30g<br>23.01%  |         |          | 27.86g<br>19.28%  | 0 g          |
| Rasvad                                  | 22.17g<br>32.90%  | 17.88g<br>32.69%  | 22.01g<br>42.36%  | 30.97g<br>39.23%  | 26.88g<br>39.42%  |         |          | 23.98g<br>37.34%  | 0 g          |
| Küllastunud rasvhapped                  | 2.47g 3.67%       | 0.00g 0.00%       | 0.00g 0.00%       | 0.00g 0.00%       | 3.18g 4.67%       |         |          | 1.13g 1.76%       | 0 g          |
| Süivesikud imenduvad (ehk va kiudained) | 74.07g<br>48.86%  | 53.22g<br>43.25%  | 44.57g<br>38.12%  | 84.05g<br>47.31%  | 57.65g<br>37.57%  |         |          | 62.71g<br>43.40%  | 0 g          |
| Suhkrud kokku                           | 14.27g 9.41%      | 0.00g 0.00%       | 0.00g 0.00%       | 0.00g 0.00%       |                   |         |          | 2.85g 1.97%       | 0 g          |
| Kiudained                               |                   |                   |                   |                   |                   |         |          | 0.00g 0.00%       | 0 g          |
| Süivesikud kokku                        | 74.07g<br>48.86%  | 53.22g<br>43.25%  | 44.57g<br>38.12%  | 84.05g<br>47.31%  | 57.65g<br>37.57%  |         |          | 62.71g<br>43.40%  | 0 g          |
| Sool kokku                              | 0.10g             | 0.00g             | 0.00g             | 0.00g             | 0.09g             |         |          | 0.04g             | 0 g          |
| Koka poolt lisatav sool                 |                   |                   |                   |                   |                   |         |          | 0.00g             | 0 g          |
| Õpilased 7-12a                          |                   |                   |                   |                   |                   |         |          |                   |              |
| Energia                                 | 683kcal<br>2859kj | 556kcal<br>2325kj | 527kcal<br>2204kj | 741kcal<br>3099kj | 652kcal<br>2726kj |         |          | 632kcal<br>2643kj | 0kcal<br>0kj |
| Valgud                                  | 28.77g<br>16.84%  | 30.47g<br>21.93%  | 23.90g<br>18.15%  | 24.41g<br>13.18%  | 35.89g<br>22.03%  |         |          | 28.69g<br>18.16%  | 0 g          |

|                                             |                    |                    |                    |                    |                    |  |  |                    |              |
|---------------------------------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--|--|--------------------|--------------|
| Rasvad                                      | 22.36g<br>29.45%   | 17.88g<br>28.96%   | 22.01g<br>37.61%   | 31.06g<br>37.74%   | 26.88g<br>37.13%   |  |  | 24.04g<br>34.23%   | 0 g          |
| Küllastunud rasvhapped                      | 2.49g 3.28%        | 0.00g 0.00%        | 0.00g 0.00%        | 0.00g 0.00%        | 3.18g 4.39%        |  |  | 1.13g 1.62%        | 0 g          |
| Süsivesikud imenduvad (ehk<br>va kiudained) | 91.75g<br>53.71%   | 68.22g<br>49.11%   | 58.25g<br>44.24%   | 90.89g<br>49.08%   | 66.52g<br>40.84%   |  |  | 75.13g<br>47.55%   | 0 g          |
| Suhkrud kokku                               | 14.34g 8.40%       | 0.00g 0.00%        | 0.00g 0.00%        | 0.00g 0.00%        |                    |  |  | 2.87g 1.82%        | 0 g          |
| Kiudained                                   |                    |                    |                    |                    |                    |  |  | 0.00g 0.00%        | 0 g          |
| Süsivesikud kokku                           | 91.75g<br>53.71%   | 68.22g<br>49.11%   | 58.25g<br>44.24%   | 90.89g<br>49.08%   | 66.52g<br>40.84%   |  |  | 75.13g<br>47.55%   | 0 g          |
| Sool kokku                                  | 0.10g              | 0.00g              | 0.00g              | 0.00g              | 0.09g              |  |  | 0.04g              | 0 g          |
| Koka poolt lisatav sool                     |                    |                    |                    |                    |                    |  |  | 0.00g              | 0 g          |
| Õpilased 13-18a                             |                    |                    |                    |                    |                    |  |  |                    |              |
| Energia                                     | 683kcal<br>2859kj  | 556kcal<br>2325kj  | 527kcal<br>2204kj  | 741kcal<br>3099kj  | 652kcal<br>2726kj  |  |  | 632kcal<br>2643kj  | 0kcal<br>0kj |
| Valgud                                      | 28.77g<br>16.84%   | 30.47g<br>21.93%   | 23.90g<br>18.15%   | 24.41g<br>13.18%   | 35.89g<br>22.03%   |  |  | 28.69g<br>18.16%   | 0 g          |
| Rasvad                                      | 22.36g<br>29.45%   | 17.88g<br>28.96%   | 22.01g<br>37.61%   | 31.06g<br>37.74%   | 26.88g<br>37.13%   |  |  | 24.04g<br>34.23%   | 0 g          |
| Küllastunud rasvhapped                      | 2.49g 3.28%        | 0.00g 0.00%        | 0.00g 0.00%        | 0.00g 0.00%        | 3.18g 4.39%        |  |  | 1.13g 1.62%        | 0 g          |
| Süsivesikud imenduvad (ehk<br>va kiudained) | 91.75g<br>53.71%   | 68.22g<br>49.11%   | 58.25g<br>44.24%   | 90.89g<br>49.08%   | 66.52g<br>40.84%   |  |  | 75.13g<br>47.55%   | 0 g          |
| Suhkrud kokku                               | 14.34g 8.40%       | 0.00g 0.00%        | 0.00g 0.00%        | 0.00g 0.00%        |                    |  |  | 2.87g 1.82%        | 0 g          |
| Kiudained                                   |                    |                    |                    |                    |                    |  |  | 0.00g 0.00%        | 0 g          |
| Süsivesikud kokku                           | 91.75g<br>53.71%   | 68.22g<br>49.11%   | 58.25g<br>44.24%   | 90.89g<br>49.08%   | 66.52g<br>40.84%   |  |  | 75.13g<br>47.55%   | 0 g          |
| Sool kokku                                  | 0.10g              | 0.00g              | 0.00g              | 0.00g              | 0.09g              |  |  | 0.04g              | 0 g          |
| Koka poolt lisatav sool                     |                    |                    |                    |                    |                    |  |  | 0.00g              | 0 g          |
| Õpilaskodu                                  |                    |                    |                    |                    |                    |  |  |                    |              |
| Energia                                     | 976kcal<br>4084kj  | 1386kcal<br>5798kj | 1314kcal<br>5498kj | 1153kcal<br>4824kj | 926kcal<br>3873kj  |  |  | 1151kcal<br>4815kj | 0kcal<br>0kj |
| Valgud                                      | 48.36g<br>19.82%   | 47.87g<br>13.82%   | 51.03g<br>15.53%   | 45.84g<br>15.90%   | 23.52g<br>10.16%   |  |  | 43.32g<br>15.06%   | 0 g          |
| Rasvad                                      | 39.60g<br>36.52%   | 54.78g<br>35.58%   | 49.13g<br>33.65%   | 53.57g<br>41.81%   | 53.76g<br>52.27%   |  |  | 50.17g<br>39.23%   | 0 g          |
| Küllastunud rasvhapped                      | 0.04g 0.04%        | 2.34g 1.52%        |                    | 0.00g 0.00%        |                    |  |  | 0.48g 0.37%        | 0 g          |
| Süsivesikud imenduvad (ehk<br>va kiudained) | 106.54g<br>43.66%  | 175.28g<br>50.60%  | 166.93g<br>50.81%  | 121.89g<br>42.29%  | 86.94g<br>37.57%   |  |  | 131.52g<br>45.71%  | 0 g          |
| Suhkrud kokku                               | 0.42g 0.17%        | 13.50g 3.90%       |                    | 0.00g 0.00%        |                    |  |  | 2.79g 0.97%        | 0 g          |
| Kiudained                                   |                    |                    |                    |                    |                    |  |  | 0.00g 0.00%        | 0 g          |
| Süsivesikud kokku                           | 106.54g<br>43.66%  | 175.28g<br>50.6%   | 166.93g<br>50.81%  | 121.89g<br>42.29%  | 86.94g<br>37.57%   |  |  | 131.52g<br>45.71%  | 0 g          |
| Sool kokku                                  | 0.00g              | 0.09g              |                    | 0.00g              |                    |  |  | 0.02g              | 0 g          |
| Koka poolt lisatav sool                     |                    |                    |                    |                    |                    |  |  | 0.00g              | 0 g          |
| Pikkapäevarühm                              |                    |                    |                    |                    |                    |  |  |                    |              |
| Energia                                     | 350kcal<br>1463kj  | 422kcal<br>1767kj  | 457kcal<br>1912kj  | 344kcal<br>1440kj  | 214kcal<br>895kj   |  |  | 357kcal<br>1495kj  | 0kcal<br>0kj |
| Valgud                                      | 20.81g<br>23.80%   | 17.60g<br>16.67%   | 19.22g<br>16.82%   | 22.72g<br>26.40%   | 4.01g 7.51%        |  |  | 16.87g<br>18.90%   | 0 g          |
| Rasvad                                      | 5.55g 14.27%       | 17.16g<br>36.58%   | 15.53g<br>30.59%   | 9.80g 25.62%       | 13.75g<br>57.90%   |  |  | 12.36g<br>31.16%   | 0 g          |
| Küllastunud rasvhapped                      | 0.04g 0.11%        |                    |                    | 0.00g 0.00%        |                    |  |  | 0.01g 0.02%        | 0 g          |
| Süsivesikud imenduvad (ehk<br>va kiudained) | 54.14g<br>61.93%   | 49.36g<br>46.76%   | 60.07g<br>52.58%   | 41.29g<br>47.98%   | 18.49g<br>34.59%   |  |  | 44.67g<br>50.05%   | 0 g          |
| Suhkrud kokku                               | 0.42g 0.48%        |                    |                    | 0.00g 0.00%        |                    |  |  | 0.09g 0.10%        | 0 g          |
| Kiudained                                   |                    |                    |                    |                    |                    |  |  | 0.00g 0.00%        | 0 g          |
| Süsivesikud kokku                           | 54.14g<br>61.93%   | 49.36g<br>46.76%   | 60.07g<br>52.58%   | 41.29g<br>47.98%   | 18.49g<br>34.59%   |  |  | 44.67g<br>50.05%   | 0 g          |
| Sool kokku                                  | 0.00g              |                    |                    | 0.00g              |                    |  |  | 0.00g              | 0 g          |
| Koka poolt lisatav sool                     |                    |                    |                    |                    |                    |  |  | 0.00g              | 0 g          |
| Õpilased (hooldus)                          |                    |                    |                    |                    |                    |  |  |                    |              |
| Energia                                     | 1221kcal<br>5109kj | 1325kcal<br>5545kj | 1204kcal<br>5036kj | 1274kcal<br>5332kj | 1367kcal<br>5719kj |  |  | 1278kcal<br>5348kj | 0kcal<br>0kj |
| Valgud                                      | 58.88g<br>19.29%   | 61.21g<br>18.47%   | 62.79g<br>20.87%   | 60.47g<br>18.98%   | 56.70g<br>16.59%   |  |  | 60.01g<br>18.78%   | 0 g          |
| Rasvad                                      | 37.15g<br>27.38%   | 48.92g<br>33.23%   | 34.18g<br>25.56%   | 43.99g<br>31.07%   | 54.17g<br>35.67%   |  |  | 43.68g<br>30.76%   | 0 g          |
| Küllastunud rasvhapped                      | 2.60g 1.92%        | 2.60g 1.77%        | 2.60g 1.95%        | 2.60g 1.84%        | 3.28g 2.16%        |  |  | 2.74g 1.93%        | 0 g          |
| Süsivesikud imenduvad (ehk<br>va kiudained) | 162.81g<br>53.33%  | 160.01g<br>48.30%  | 161.19g<br>53.57%  | 159.15g<br>49.95%  | 163.13g<br>47.74%  |  |  | 161.26g<br>50.47%  | 0 g          |
| Suhkrud kokku                               | 15.00g 4.91%       | 15.00g 4.53%       | 15.00g 4.99%       | 15.00g 4.71%       | 15.23g 4.46%       |  |  | 15.05g 4.71%       | 0 g          |
| Kiudained                                   |                    |                    |                    |                    |                    |  |  | 0.00g 0.00%        | 0 g          |
| Süsivesikud kokku                           | 162.81g<br>53.33%  | 160.01g<br>48.3%   | 161.19g<br>53.57%  | 159.15g<br>49.95%  | 163.13g<br>47.74%  |  |  | 161.26g<br>50.47%  | 0 g          |
| Sool kokku                                  | 0.10g              | 0.10g              | 0.10g              | 0.10g              | 0.92g              |  |  | 0.26g              | 0 g          |
| Koka poolt lisatav sool                     |                    |                    |                    |                    |                    |  |  | 0.00g              | 0 g          |