# Nädala menüü

| | Esmaspäev<br>02.11.2026 | Teisipäev<br>03.11.2026 | Kolmapäev<br>04.11.2026 | Neljapäev<br>05.11.2026 | Reede<br>06.11.2026 |
|---|---|---|---|---|---|
| Hommikusöök | Mannapuder 100 gr (1.2) 250g<br>Moos 5g 5g<br>Või 5 gr 5g<br>Võileib singiga 50g (1) 50g<br>Tee sidruniga 200 g 200g | Hirsipuder 250 g (2) 250g<br>Moos 5g 5g<br>Või 5 gr 5g<br>Võileib juustuga 50 g (1.2) 50g<br>Tee meega 200 g 200g | Neljaviljahelbepuder 250 g (1,2) 250g<br>Moos 5g 5g<br>Või 5 gr 5g<br>Võileib vorstiga 50 g (1,2) 50g<br>Tee sidruniga 200 g 200g | Maisipuder 250gr (2) 250g<br>Moos 5g 5g<br>Või 5 gr 5g<br>Võisai tuunikalaga 50g<br>Tee meega 200 g 200g | Riisipuder 250g (1) 250g<br>Moos 5g 5g<br>Või 5 gr 5g<br>Praesai munaga 50gr (1,4) 50g<br>Tee meega 200 g 200g |
| Vitamiinipaus | Banaan 45 45g, 45g, 45g<br>Viinamarjad 45g, 45g, 45g | Banaan 45 45g, 45g, 45g<br>Hurmaa 45g, 45g, 45g | Apelsin 45 45g, 45g, 45g<br>Pirn 45g, 45g, 45g | Melon 45g, 45g, 45g<br>Õun 45 45g, 45g, 45g | Apelsin 45 45g, 45g, 45g<br>Õun 45 45g, 45g, 45g |
| Lõunasöök 1 (hooldus) | Mannapuder 100 gr (1.2) 250g<br>Kodune kartuli-frikadellisupp 250 gr 250g<br>Sardellid 50 gr 50g<br>Makaronid 150gr (1) 150g<br>Kartulipüree 150 g (2) 150g<br>Koorekaste 60gr (1) 60g<br>Kohupiimapasta vanilje 100 g (2 ) 100g<br>Kurk 45g<br>Paprika 45g<br>Tomat 45g<br>Keefir 150gr(2) 150g<br>Piim 2.5% 150 gr(2) 150g<br>Melissi-sidrunivesi_200gr 200g<br>Kibuvitsa-hibiskitee 200 g 200g<br>Leib (keskmiselt) 20g (1) 20g<br>Sai 20 g (1) 20g | Hirsipuder 250 g (2) 250g<br>Kana-nuudlisupp 250g 250g<br>Hautatud sealiha punases kastmes 120gr 120g<br>Makaronid 150gr (1) 150g<br>Keedukartulid 120gr 120g<br>Kohupiimapasta vanilje 100 g (2 ) 100g<br>Kurk 45g<br>Paprika 45g<br>Tomat 45g<br>Keefir 150gr(2) 150g<br>Piim 2.5% 150 gr(2) 150g<br>Kummelitee 200 g 200g<br>Melissi-sidrunivesi_200gr 200g<br>Leib (keskmiselt) 20g (1) 20g<br>Sai 20 g (1) 20g | Neljaviljahelbepuder 250 g (1,2) 250g<br>Kalasupp 250gr (4) 250g<br>Kanakotlet 60g (2.3) 60g<br>Makaronid 150gr (1) 150g<br>Keedetud riis 120 g 120g<br>Piimakaste 60gr 60g<br>Kohupiimapasta vanilje 100 g (2 ) 100g<br>Kurk 45g<br>Paprika 45g<br>Tomat 45g<br>Keefir 150gr(2) 150g<br>Piim 2.5% 150 gr(2) 150g<br>Puuvilja segatee 200 g 200g<br>Melissi-sidrunivesi_200gr 200g<br>Leib (keskmiselt) 20g (1) 20g<br>Sai 20 g (1) 20g | Maisipuder 250gr (2) 250g<br>Kodune peedisupp 250 g 250g<br>Hapukoor 20% 20gr 20g<br>Hakklihakaste 120 g (1) 120g<br>Makaronid 150gr (1) 150g<br>Keedukartulid 120gr 120g<br>Kohupiimapasta vanilje 100 g (2 ) 100g<br>Kurk 45g<br>Paprika 45g<br>Tomat 45g<br>Keefir 150gr(2) 150g<br>Piim 2.5% 150 gr(2) 150g<br>Melissi-sidrunivesi_200gr 200g<br>Piparmündi tee 200 g 200g<br>Leib (keskmiselt) 20g (1) 20g<br>Sepik 20g (1) 20g | Riisipuder 250g (1) 250g<br>Köögivilja püreesupp 250gr 250g<br>Kanakaste 120 g (1,2 ) 120g<br>Makaronid 150gr (1) 150g<br>Tatar 120 g 120g<br>Kohupiimapasta vanilje 100 g (2 ) 100g<br>Kurk 45g<br>Paprika 45g<br>Tomat 45g<br>Keefir 150gr(2) 150g<br>Piim 2.5% 150 gr(2) 150g<br>Melissi-sidrunivesi_200gr 200g<br>Kompott 200 g 200g<br>Leib (keskmiselt) 20g (1) 20g<br>Sepik 20g (1) 20g |
| Lõunasöök 2 | Kalasupp koorega250gr 250g, 250g, 250g<br>Kohupiimakreem kakaoga 100 gr(2)_ 100g, 100g, 100g (2)<br>Keefir 150gr(2) 150g, 150g, 150g<br>Piim 2.5% 150 gr(2) 150g, 150g, 150g<br>Kibuvitsa-hibiskitee 200 g 200g, 200g, 200g<br>Melissi-sidrunivesi_200gr 200g, 200g, 200g<br>Leib (keskmiselt) 20g (1) 20g, 20g, 20g<br>Sai 20 g (1) 20g, 20g, 20g | Kanakotlet 60g (2.3) 60g, 60g, 60g<br>Kartulipüree 150 g (2) 150g, 150g, 150g<br>Peedi-marineeritud kurgisalat 90 g 90g, 90g, 90g<br>Keefir 150gr(2) 150g, 150g, 150g<br>Piim 2.5% 150 gr(2) 150g, 150g, 150g<br>Kummelitee 200 g 200g, 200g, 200g<br>Melissi-sidrunivesi_200gr 200g, 200g, 200g<br>Leib (keskmiselt) 20g (1) 20g, 20g, 20g<br>Sai 20 g (1) 20g, 20g, 20g | Kalkuniliha guljass 120gr 120g, 120g, 120g<br>Tatar 120 g 120g, 120g, 120g<br>Hiinakapsa-paprika kurgisalat 90 90g, 90g, 90g<br>Keefir 150gr(2) 150g, 150g, 150g<br>Piim 2.5% 150 gr(2) 150g, 150g, 150g<br>Melissi-sidrunivesi_200gr 200g, 200g, 200g<br>Puuvilja segatee 200 g 200g, 200g, 200g<br>Leib (keskmiselt) 20g (1) 20g, 20g, 20g<br>Sai 20 g (1) 20g, 20g, 20g | Hapukapsabors 250 250g, 250g, 250g<br>Hapukoor 20% 20gr 20g, 20g, 20g<br>Porgandikook 100g 100g, 100g, 100g<br>Keefir 150gr(2) 150g, 150g, 150g<br>Piim 2.5% 150 gr(2) 150g, 150g, 150g<br>Melissi-sidrunivesi_200gr 200g, 200g, 200g<br>Kibuvitsa-hibiskitee 200 g 200g, 200g, 200g<br>Leib (keskmiselt) 20g (1) 20g, 20g, 20g<br>Sai 20 g (1) 20g, 20g, 20g | Chakhokhbili 120gr 120g, 120g, 120g<br>Keedetud riis 120 g 120g, 120g, 120g<br>Redisesalat hapukoorega 90 g 90g, 90g, 90g<br>Keefir 150gr(2) 150g, 150g, 150g<br>Piim 2.5% 150 gr(2) 150g, 150g, 150g<br>Melissi-sidrunivesi_200gr 200g, 200g, 200g<br>Kirsikompott 200 g 200g, 200g, 200g<br>Leib (keskmiselt) 20g (1) 20g, 20g, 20g<br>Sai 20 g (1) 20g, 20g, 20g |
| Õhtuoode | Keedetud muna 50gr 50g<br>Külmkaste 20g 60g<br>Kurk 45g<br>Tomat 45g<br>Võileib vorstiga 50 g (1,2) 50g<br>Tee sidruniga 200 g 200g | Kuskus hakklihaga 250 250g<br>Kurk 45g<br>Tomat 45g<br>Leib (keskmiselt) 20g (1) 20g<br>Kakao 200 g (2) 200g | Kartulikotlet 120g 120g<br>Hapukoor 20% 20gr 20g<br>Kurk 45g<br>Tomat 45g<br>Leib (keskmiselt) 20g (1) 20g<br>Tee 200g 200g<br>Küpsis 65 g (1) 60g | Makaronid singiga 250g 250g<br>Kurk 45g<br>Tomat 45g<br>Leib (keskmiselt) 20g (1) 20g<br>Kakao 200 g (2) 200g | Pitsa singiga 100 gr (1) 100g<br>Kurgid konserveeritud 40gr 40g<br>Tee meega 200 g 200g<br>Küpsis 65 g (1) 60g |
| Õhtusöök õpilaskodu, PPR | Hautatud sealiha sinepikastmes 120 g 120g, 120g<br>Tatar 120 g 120g, 120g<br>Porgandi-apelsinisalat 90 g 90g, 90g<br>Leib (keskmiselt) 20g (1) 20g, 20g<br>Kompott 200 g 200g, 200g | Hakklihakaste tomatiga120 g 120g, 120g<br>Makaronid 150gr (1) 150g, 150g<br>Värske kapsa-porgandisalat 90 g 90g, 90g<br>Leib (keskmiselt) 20g (1) 20g, 20g<br>Kompott 200 g 200g, 200g | Köögivilja püreesupp 250gr 250g, 250g<br>Pannkoogid 100 g 100g, 100g<br>Hapukoor 20% 20gr 20g, 20g<br>Moos 5g 5g, 5g<br>Leib (keskmiselt) 20g (1) 20g, 20g<br>Kakao 200 g (2) 200g, 200g | Kapsahautis hakklihaga 150gr 150g, 150g<br>Keedukartulid 120gr 120g, 120g<br>Leib (keskmiselt) 20g (1) 20g, 20g<br>Kompott 200 g 200g, 200g | Kodused lihapallid(sea/veise) 60g 60g<br>Keedukartulid 120gr 120g<br>Värske kurgi-tomati salat 90 g 90g<br>Leib (keskmiselt) 20g (1) 20g<br>Kakao 200 g (2) 200g |

**Allergeenid**

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

**Toitaineid sööjate gruppide kaupa**

| | Esmaspäev | Teisipäev | Kolmapäev | Neljapäev | Reede | Laupäev | Pühapäev | Nädala keskmine | 2 nädala keskmine |
|---|---|---|---|---|---|---|---|---|---|
| Personal | | | | | | | | | 5 |
| **Energia** | **573.38kcal 2399.02kj** | **575.96kcal 2409.82kj** | **616.26kcal 2578.45kj** | **755.21kcal 3159.82kj** | **606.78kcal 2538.78kj** | | | **625.52kcal 2617.18kj** | 625.52kcal 2617.18kj |
| **Rasvad** | **21.32g** 33.46% | **20.20g** 31.56% | **24.38g** 35.60% | **31.87g** 37.98% | **18.18g** 26.96% | | | **23.19g** 33.34% | 23.19g |
| Küllastunud rasvhapped | 12.63g 19.83% | 9.19g 14.36% | 8.44g 12.32% | 12.40g 14.77% | 9.64g 14.30% | | | 10.46g 15.04% | 10.46g |
| **Valgud** | **36.22g** 25.27% | **28.88g** 20.06% | **35.36g** 22.95% | **27.89g** 14.77% | **36.82g** 24.27% | | | **33.03g** 21.11% | 33.03g |
| **Süsivesikud** | **57.19g** 39.89% | **66.41g** 46.12% | **60.45g** 39.24% | **85.37g** 45.22% | **70.28g** 46.33% | | | **67.94g** 43.41% | 67.94g |

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| **Kiudained** | **3.95g** 1.38% | **6.52g** 2.26% | **6.80g** 2.21% | **7.67g** 2.03% | **7.41g** 2.44% | | | **6.47g** 2.07% | 6.47g |
| **Süsivesikud kokku** | **61.13g** 41.27% | **72.93g** 48.38% | **67.25g** 41.45% | **93.04g** 47.25% | **77.69g** 48.77% | | | **74.41g** 0.00% | 74.41g |
| Sool | 1.24g | 3.16g | 1.63g | 1.28g | 1.70g | | | 1.80g 0.00% | 1.80g |
| Köögiviljad ja kaunviljad | | | | | | | | | |
| Puuviljad-marjad | | | | | | | | | |
| Vedelad piimatooted | | | | | | | | | |
| Moos, marjapüree, puuviljahoidis | | | | | | | | | |
| Mahl ja mahla-konsentraadist valmistatud jook | | | | | | | | | |
| Kala, mereannid | | | | | | | | | |
| Liha | | | | | | | | | |
| Koka poolt lisatav suhkur | | | | | | | | | |
| Koka poolt lisatav sool | 0.28g | 1.66g | 0.58g | | 0.58g | | | 0.62g | 0.62g |
| Lisatavad rasvad õli, või, avokaado, oliivid | | | | | | | | | |
| Õpilased 7-12a | | | | | | | | | 5 |
| **Energia** | **636.24kcal 2662.03kj** | **635.89kcal 2660.56kj** | **649.43kcal 2717.23kj** | **784.75kcal 3283.40kj** | **642.40kcal 2687.82kj** | | | **669.74kcal 2802.21kj** | 669.74kcal 2802.21kj |
| **Rasvad** | **21.59g** 30.54% | **20.29g** 28.71% | **24.42g** 33.85% | **31.92g** 36.61% | **18.22g** 25.53% | | | **23.29g** 31.28% | 23.29g |
| Küllastunud rasvhapped | 12.70g 17.97% | 9.24g 13.07% | 8.44g 11.69% | 12.40g 14.22% | 9.64g 13.51% | | | 10.48g 14.08% | 10.48g |
| **Valgud** | **36.85g** 23.17% | **29.63g** 18.64% | **35.86g** 22.09% | **28.07g** 14.31% | **37.18g** 23.15% | | | **33.52g** 20.01% | 33.52g |
| **Süsivesikud** | **71.14g** 44.73% | **79.52g** 50.02% | **67.27g** 41.43% | **91.80g** 46.79% | **77.87g** 48.49% | | | **77.52g** 46.28% | 77.52g |
| **Kiudained** | **4.98g** 1.57% | **8.36g** 2.63% | **8.56g** 2.64% | **9.00g** 2.29% | **9.11g** 2.84% | | | **8.00g** 2.39% | 8.00g |
| **Süsivesikud kokku** | **76.13g** 46.29% | **87.87g** 52.65% | **75.83g** 44.07% | **100.81g** 49.09% | **86.98g** 51.32% | | | **85.52g** 0.00% | 85.52g |
| Sool | 1.25g | 3.16g | 1.63g | 1.30g | 1.70g | | | 1.81g 0.00% | 1.81g |
| Köögiviljad ja kaunviljad | | | | | | | | | |
| Puuviljad-marjad | | | | | | | | | |
| Vedelad piimatooted | | | | | | | | | |
| Moos, marjapüree, puuviljahoidis | | | | | | | | | |
| Mahl ja mahla-konsentraadist valmistatud jook | | | | | | | | | |
| Kala, mereannid | | | | | | | | | |
| Liha | | | | | | | | | |
| Koka poolt lisatav suhkur | | | | | | | | | |
| Koka poolt lisatav sool | 0.28g | 1.66g | 0.58g | | 0.58g | | | 0.62g | 0.62g |
| Lisatavad rasvad õli, või, avokaado, oliivid | | | | | | | | | |
| Õpilased 13-18a | | | | | | | | | 5 |
| **Energia** | **636.24kcal 2662.03kj** | **635.89kcal 2660.56kj** | **649.43kcal 2717.23kj** | **784.75kcal 3283.40kj** | **642.40kcal 2687.82kj** | | | **669.74kcal 2802.21kj** | 669.74kcal 2802.21kj |
| **Rasvad** | **21.59g** 30.54% | **20.29g** 28.71% | **24.42g** 33.85% | **31.92g** 36.61% | **18.22g** 25.53% | | | **23.29g** 31.28% | 23.29g |
| Küllastunud rasvhapped | 12.70g 17.97% | 9.24g 13.07% | 8.44g 11.69% | 12.40g 14.22% | 9.64g 13.51% | | | 10.48g 14.08% | 10.48g |
| **Valgud** | **36.85g** 23.17% | **29.63g** 18.64% | **35.86g** 22.09% | **28.07g** 14.31% | **37.18g** 23.15% | | | **33.52g** 20.01% | 33.52g |
| **Süsivesikud** | **71.14g** 44.73% | **79.52g** 50.02% | **67.27g** 41.43% | **91.80g** 46.79% | **77.87g** 48.49% | | | **77.52g** 46.28% | 77.52g |
| **Kiudained** | **4.98g** 1.57% | **8.36g** 2.63% | **8.56g** 2.64% | **9.00g** 2.29% | **9.11g** 2.84% | | | **8.00g** 2.39% | 8.00g |
| **Süsivesikud kokku** | **76.13g** 46.29% | **87.87g** 52.65% | **75.83g** 44.07% | **100.81g** 49.09% | **86.98g** 51.32% | | | **85.52g** 0.00% | 85.52g |
| Sool | 1.25g | 3.16g | 1.63g | 1.30g | 1.70g | | | 1.81g 0.00% | 1.81g |
| Köögiviljad ja kaunviljad | | | | | | | | | |
| Puuviljad-marjad | | | | | | | | | |
| Vedelad piimatooted | | | | | | | | | |
| Moos, marjapüree, puuviljahoidis | | | | | | | | | |
| Mahl ja mahla-konsentraadist valmistatud jook | | | | | | | | | |
| Kala, mereannid | | | | | | | | | |
| Liha | | | | | | | | | |
| Koka poolt lisatav suhkur | | | | | | | | | |
| Koka poolt lisatav sool | 0.28g | 1.66g | 0.58g | | 0.58g | | | 0.62g | 0.62g |
| Lisatavad rasvad õli, või, avokaado, oliivid | | | | | | | | | |
| Õpilaskodu | | | | | | | | | 5 |
| **Energia** | **1121.03kcal 4690.38kj** | **1471.38kcal 6156.24kj** | **1399.94kcal 5857.37kj** | **1314.80kcal 5501.11kj** | **872.44kcal 3650.28kj** | | | **1235.92kcal 5171.08kj** | 1235.92kcal 5171.08kj |
| **Rasvad** | **53.12g** 42.64% | **50.40g** 30.83% | **63.86g** 41.05% | **45.08g** 30.86% | **38.55g** 39.77% | | | **50.20g** 36.55% | 50.20g |
| Küllastunud rasvhapped | 23.76g 19.07% | 21.86g 13.37% | 29.17g 18.75% | 19.88g 13.61% | 18.84g 19.43% | | | 22.70g 16.53% | 22.70g |
| **Valgud** | **43.20g** 15.41% | **60.86g** 16.55% | **37.53g** 10.72% | **51.55g** 15.68% | **25.78g** 11.82% | | | **43.78g** 14.17% | 43.78g |

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| **Süsivesikud** | **111.82g** 39.90% | **184.81g** 50.24% | **163.73g** 46.78% | **169.28g** 51.50% | **103.35g** 47.38% | | | **146.60g** 47.44% | 146.60g |
| **Kiudained** | **11.45g** 2.04% | **17.54g** 2.38% | **10.09g** 1.44% | **12.88g** 1.96% | **4.48g** 1.03% | | | **11.29g** 1.83% | 11.29g |
| **Süsivesikud kokku** | **123.28g** 41.94% | **202.35g** 52.62% | **173.82g** 48.22% | **182.16g** 53.46% | **107.83g** 48.41% | | | **157.89g** 0.00% | 157.89g |
| Sool | 4.17g | 2.55g | 4.30g | 2.40g | 3.45g | | | 3.37g 0.00% | 3.37g |
| Köögiviljad ja kaunviljad | | | | | | | | | |
| Puuviljad-marjad | | | | | | | | | |
| Vedelad piimatooted | | | | | | | | | |
| Moos, marjapüree, puuviljahoidis | | | | | | | | | |
| Mahl ja mahla-konsentraadist valmistatud jook | | | | | | | | | |
| Kala, mereannid | | | | | | | | | |
| Liha | | | | | | | | | |
| Koka poolt lisatav suhkur | | | | | | | | | |
| Koka poolt lisatav sool | 1.86g | 1.00g | 1.27g | 1.10g | 1.23g | | | 1.29g | 1.29g |
| Lisatavad rasvad õli, või, avokaado, oliivid | | | | | | | | | |
| Pikkapäevarühm | | | | | | | | | 5 |
| **Energia** | **444.36kcal 1859.22kj** | **520.65kcal 2178.41kj** | **473.59kcal 1981.51kj** | **332.86kcal 1392.69kj** | **377.25kcal 1578.42kj** | | | **429.74kcal 1798.05kj** | 429.74kcal 1798.05kj |
| **Rasvad** | **17.91g** 36.27% | **18.79g** 32.47% | **21.59g** 41.02% | **12.15g** 32.86% | **15.40g** 36.75% | | | **17.17g** 35.93% | 17.17g |
| Küllastunud rasvhapped | 4.69g 9.50% | 6.44g 11.14% | 9.93g 18.87% | 4.64g 12.55% | 6.51g 15.53% | | | 6.44g 13.48% | 6.44g |
| **Valgud** | **17.53g** 15.78% | **22.26g** 17.10% | **15.53g** 13.12% | **13.94g** 16.76% | **19.36g** 20.53% | | | **17.73g** 16.49% | 17.73g |
| **Süsivesikud** | **49.43g** 44.49% | **62.40g** 47.94% | **52.38g** 44.24% | **39.52g** 47.49% | **38.02g** 40.31% | | | **48.35g** 44.98% | 48.35g |
| **Kiudained** | **7.66g** 3.45% | **6.47g** 2.49% | **3.83g** 1.62% | **4.81g** 2.89% | **4.56g** 2.42% | | | **5.47g** 2.54% | 5.47g |
| **Süsivesikud kokku** | **57.09g** 47.94% | **68.87g** 50.43% | **56.21g** 45.86% | **44.33g** 50.38% | **42.58g** 42.73% | | | **53.82g** 0.00% | 53.82g |
| Sool | 0.97g | 1.18g | 1.53g | 1.25g | 1.65g | | | 1.32g 0.00% | 1.32g |
| Köögiviljad ja kaunviljad | | | | | | | | | |
| Puuviljad-marjad | | | | | | | | | |
| Vedelad piimatooted | | | | | | | | | |
| Moos, marjapüree, puuviljahoidis | | | | | | | | | |
| Mahl ja mahla-konsentraadist valmistatud jook | | | | | | | | | |
| Kala, mereannid | | | | | | | | | |
| Liha | | | | | | | | | |
| Koka poolt lisatav suhkur | | | | | | | | | |
| Koka poolt lisatav sool | 0.60g | 0.75g | | 0.90g | 1.16g | | | 0.68g | 0.68g |
| Lisatavad rasvad õli, või, avokaado, oliivid | | | | | | | | | |
| Õpilased (hooldus) | | | | | | | | | 5 |
| **Energia** | **1317.44kcal 5512.18kj** | **1195.68kcal 5002.74kj** | **1219.38kcal 5101.88kj** | **1256.35kcal 5256.55kj** | **1232.19kcal 5155.47kj** | | | **1244.21kcal 5205.76kj** | 1244.21kcal 5205.76kj |
| **Rasvad** | **43.97g** 30.04% | **34.23g** 25.76% | **30.63g** 22.61% | **41.02g** 29.38% | **31.73g** 23.17% | | | **36.31g** 26.27% | 36.31g |
| Küllastunud rasvhapped | 21.78g 14.88% | 15.75g 11.86% | 14.72g 10.87% | 20.91g 14.98% | 16.64g 12.15% | | | 17.96g 12.99% | 17.96g |
| **Valgud** | **56.10g** 17.03% | **58.11g** 19.44% | **63.35g** 20.78% | **58.91g** 18.76% | **54.72g** 17.76% | | | **58.24g** 18.73% | 58.24g |
| **Süsivesikud** | **168.70g** 51.22% | **157.81g** 52.79% | **165.99g** 54.45% | **156.61g** 49.86% | **174.60g** 56.68% | | | **164.74g** 52.97% | 164.74g |
| **Kiudained** | **11.27g** 1.71% | **11.98g** 2.00% | **13.18g** 2.16% | **12.55g** 2.00% | **14.70g** 2.39% | | | **12.73g** 2.05% | 12.73g |
| **Süsivesikud kokku** | **179.97g** 52.93% | **169.79g** 54.80% | **179.17g** 56.61% | **169.16g** 51.86% | **189.29g** 59.06% | | | **177.47g** 0.00% | 177.47g |
| Sool | 3.53g | 3.04g | 4.83g | 2.15g | 3.20g | | | 3.35g 0.00% | 3.35g |
| Köögiviljad ja kaunviljad | | | | | | | | | |
| Puuviljad-marjad | | | | | | | | | |
| Vedelad piimatooted | | | | | | | | | |
| Moos, marjapüree, puuviljahoidis | | | | | | | | | |
| Mahl ja mahla-konsentraadist valmistatud jook | | | | | | | | | |
| Kala, mereannid | | | | | | | | | |
| Liha | | | | | | | | | |
| Koka poolt lisatav suhkur | | | | | | | | | |
| Koka poolt lisatav sool | 1.48g | 1.90g | 3.48g | 0.88g | 2.01g | | | 1.95g | 1.95g |
| Lisatavad rasvad õli, või, avokaado, oliivid | | | | | | | | | |