

MENÜÜ

03.04-07.04 2023



| | HOMMIKUSÖÖK | LÕUNASÖÖK |
|-----------|-------------------------------|--|
| ESMASPÄEV | Maisimannapuder Moos/või | Frikadellikaste Keedukartul/makaronid Coleslaw salat/peedisalat marineeritud kurgiga Banaan Leiva- ja sepikualik Maitsevesi/piim |
| TEISIPÄEV | Tatrahelbepuder Hapukoor | Kalasupp Maitseroheline Banaani-kohupiimakreem moosiga Pirn Leiva- ja sepikualik, või Maitsevesi/piim |
| KOLMAPÄEV | Hirsihelbepuder Moos/või | Kana-karrikaste Riis/tatar Roheline sibul/tomat/kurk/hiinakapsas Porgand Leiva- ja sepikualik Vaarikasmuuti/maitsevesi/piim |
| NELJAPÄEV | 5-viljahelbepuder Moos/või | Borš kapsa ja kartuliga (lihata) Maitseroheline, hapukoor Maasika panna cotta toormoosiga Õun Leiva- ja sepikualik, munavõi Maitsevesi/piim |
| REEDE | | |



HEAD ISU! :)



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Estonian
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Nutrition
Association

| | Retsept | Kaal | Energia | Rasvad | Valgud | Süivesikud imenduvad (ehk va) | Retsept | Kaal | Energia | Rasvad | Valgud | Süivesikud imenduvad (ehk va) | | | | | | |
|---|---|--|---------|---------|---------|-------------------------------|--------------------|--------|---------|--------|--------|-------------------------------|--------|-------------------|--------|--------|-------|--------|
| Esmaspäev 03.04.2023 | Frikadellikaste 130/150 | 150g | 237Kcal | 15.94g | 14.82g | 8.46g | Banaan 50/80 | 100g | 88Kcal | 0.48g | 1g | 20.01g | | | | | | |
| | Aurutatud kartul 130/150/75 kool | 75g | 60Kcal | 0g | 1.57g | 12.79g | | | | | | | | | | | | |
| | Coleslaw salat | 50g | 32Kcal | 1.97g | 0.57g | 3.04g | | | | | | | | | | | | |
| | Leib 30g | 30g | 67Kcal | 0.48g | 2.1g | 13.6g | | | | | | | | | | | | |
| | Maitsevesi lisandiga (marjad või muu) | 150g | 3Kcal | 0.03g | 0.04g | 0.71g | | | | | | | | | | | | |
| | Piim 3,5% (PRIA) 150 kool | 150g | 95Kcal | 5.26g | 4.81g | 7.06g | | | | | | | | | | | | |
| | Keefir 2,5% (PRIA) | 150g | 75Kcal | 3.76g | 4.36g | 6.01g | | | | | | | | | | | | |
| | Punapeedi-mar.kurgisalat | 50g | 45Kcal | 2.79g | 0.68g | 4.39g | | | | | | | | | | | | |
| | Kokku: | 805g | 614Kcal | 30.23g | 28.95g | 56.06g | | | | | | | Kokku: | 100g | 88Kcal | 0.48g | 1g | 20.01g |
| Teisipäev 04.04.2023 | Kalasupp (selge) 250/300 | 300g | 156Kcal | 4.24g | 13.53g | 15.49g | Pirn (PRIA) 80/100 | 100g | 48Kcal | 0.4g | 0.4g | 10.6g | | | | | | |
| | Maitseroheline (roheline sibul) 5g (Rühma, eraldi kool) | 5g | 2Kcal | 0.03g | 0.14g | 0.19g | | | | | | | | | | | | |
| | Banaani-kohupiimakreem 150 | 150g | 177Kcal | 5.2g | 10.16g | 22.35g | | | | | | | | | | | | |
| | Moos 25/30 | 30g | 51Kcal | 0g | 0.09g | 12.67g | | | | | | | | | | | | |
| | Leib must 30g | 30g | 67Kcal | 0.48g | 2.1g | 13.6g | | | | | | | | | | | | |
| | Sepik kool 30g | 30g | 68Kcal | 0.45g | 2.37g | 13.52g | | | | | | | | | | | | |
| | Või 5g kool | 5g | 37Kcal | 4.04g | 0.03g | 0.04g | | | | | | | | | | | | |
| | Piim 3,5% (PRIA) 150 kool | 150g | 95Kcal | 5.26g | 4.81g | 7.06g | | | | | | | | | | | | |
| | Kokku: | 700g | 653Kcal | 19.7g | 33.23g | 84.92g | | | | | | | Kokku: | 100g | 48Kcal | 0.4g | 0.4g | 10.6g |
| Kolmapäev 05.04.2023 | Kana karrikastmes 130/150 | 150g | 217Kcal | 11.8g | 17.54g | 10.2g | Porgand (PRIA) | 100g | 38Kcal | 0.4g | 0.8g | 7.7g | | | | | | |
| | Sõmer riis 130/150/75 | 75g | 99Kcal | 1.12g | 1.75g | 20.53g | | | | | | | | | | | | |
| | Vaarikasmuuti 200 | 200g | 131Kcal | 3.52g | 5.06g | 19.75g | | | | | | | | | | | | |
| | Leib 30g | 30g | 67Kcal | 0.48g | 2.1g | 13.6g | | | | | | | | | | | | |
| | Maitsevesi lisandiga (marjad või muu)kool | 150g | 3Kcal | 0.03g | 0.04g | 0.72g | | | | | | | | | | | | |
| | Sepik kool 30g | 30g | 68Kcal | 0.45g | 2.37g | 13.52g | | | | | | | | | | | | |
| | Tatar (sõmer) 130/150 | 75g | 150Kcal | 3.7g | 4.2g | 24.97g | | | | | | | | | | | | |
| | Roheline sibul, hiinakapsas, kurk, tomat eraldi (Kool) | 100g | 18Kcal | 0.17g | 0.79g | 3.41g | | | | | | | | | | | | |
| | Piim 3,5% (PRIA) 150 kool | 150g | 95Kcal | 5.26g | 4.81g | 7.06g | | | | | | | | | | | | |
| | Keefir 2,5% (PRIA) | 150g | 75Kcal | 3.76g | 4.36g | 6.01g | | | | | | | | | | | | |
| | Maitsevesi lisandiga (marjad või muu)kool | 150g | 3Kcal | 0.03g | 0.04g | 0.72g | | | | | | | | | | | | |
| | Kokku: | 1260g | 926Kcal | 30.32g | 43.06g | 120.49g | | | | | | | Kokku: | 100g | 38Kcal | 0.4g | 0.8g | 7.7g |
| | Neljapäev 06.04.2023 | Borš kapsa ja kartuliga (lihata) 200/250 | 300g | 158Kcal | 2.75g | 3.8g | | | | | | | 28.76g | Õun (PRIA) 80/100 | 100g | 44Kcal | 0.36g | 0.2g |
| Maitseroheline (roheline sibul) 5g (Rühma, eraldi kool) | | 5g | 2Kcal | 0.03g | 0.14g | 0.19g | | | | | | | | | | | | |
| Maasika panna cotta 100/150 | | 150g | 291Kcal | 20.84g | 3.75g | 22.06g | | | | | | | | | | | | |
| Toormoos 25/30 | | 30g | 43Kcal | 0.06g | 0.1g | 10.6g | | | | | | | | | | | | |
| Leib 30g | | 30g | 67Kcal | 0.48g | 2.11g | 13.65g | | | | | | | | | | | | |
| Sepik kool 30g | | 30g | 68Kcal | 0.45g | 2.38g | 13.58g | | | | | | | | | | | | |
| Munavõi | | 15g | 72Kcal | 7.63g | 0.85g | 0.1g | | | | | | | | | | | | |
| Piim 3,5% (PRIA) 150 kool | | 150g | 95Kcal | 5.25g | 4.8g | 7.05g | | | | | | | | | | | | |
| Keefir 2,5% (PRIA) | | 150g | 75Kcal | 3.75g | 4.35g | 6g | | | | | | | | | | | | |
| Kokku: | 860g | 871Kcal | 41.24g | 22.28g | 101.99g | Kokku: | 100g | 44Kcal | 0.36g | 0.2g | 9.9g | | | | | | | |