**Koolilõuna kalkulatsioon 19-23.03 OÜ Orfeum**

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| **Esmaspäev 19.03** |  | Põhikool I | | | | Põhikool II | | | | |  | Põhikool III | | | | Gümnaasium | | | | |
| g | Energia  kcal | SV,  g | Rasvad  g | Valgud  g | g | Energia  kcal | SV,  g | Rasvad  g | Valgud,  g | g | Energia  kcal | SV,  g | Rasvad  g | Valgud,  g | g | Energia  kcal | SV,  g | Rasvad  g | Valgud,  g |
| Pilaff kanaga | 280 | 290 | 40.3 | 8.62 | 14.5 | 300 | 310 | 43.2 | 9.24 | 15.5 | 320 | 331 | 46.0 | 9.86 | 16.5 | 340 | 352 | 48.9 | 10.5 | 17.6 |
| Hautatud köögiviljad | 50 | 32.2 | 5.08 | 1.14 | 1.14 | 60 | 38.6 | 6.10 | 1.37 | 1.37 | 75 | 48.2 | 7.62 | 1.72 | 1.71 | 75 | 48.2 | 7.62 | 1.72 | 1.71 |
| Kapsa-paprikasalat | 50 | 30.9 | 2.99 | 2.09 | 0.523 | 60 | 37.0 | 3.59 | 2.51 | 0.627 | 75 | 46.3 | 4.49 | 3.14 | 0.784 | 75 | 46.3 | 4.49 | 3.14 | 0.784 |
| Baieri leib | 20 | 49.8 | 8.36 | 0.400 | 1.70 | 20 | 49.8 | 8.36 | 0.400 | 1.70 | 20 | 49.8 | 8.36 | 0.400 | 1.70 | 20 | 49.8 | 8.36 | 0.400 | 1.70 |
| Sepik | 20 | 57.0 | 8.90 | 1.56 | 1.84 | 20 | 57.0 | 8.90 | 1.56 | 1.84 | 30 | 85.5 | 13.4 | 2.34 | 2.76 | 30 | 85.5 | 13.4 | 2.34 | 2.76 |
| Piparmündi tee | 200 | 3.32 | 0.596 | 0.0376 | 0.15 | 200 | 3.32 | 0.596 | 0.0376 | 0.15 | 200 | 3.32 | 0.596 | 0.0376 | 0.15 | 200 | 3.32 | 0.596 | 0.0376 | 0.15 |
| Suhkur | 5 | 20,25 | 4,99 | 0 | 0 | 5 | 20,25 | 4,99 | 0 | 0 | 5 | 20,25 | 4,99 | 0 | 0 | 5 | 20,25 | 4,99 | 0 | 0 |
| Koolipiim R2,5% | 200 | 116 | 10,6 | 5,2 | 6,6 | 200 | 116 | 10,6 | 5,2 | 6,6 | 200 | 116 | 10,6 | 5,2 | 6,6 | 250 | 145 | 13,3 | 6,5 | 8,25 |
| Õun | 80 | 36.3 | 9.68 | 0 | 0 | 100 | 45.4 | 12.1 | 0 | 0 | 120 | 54.5 | 14.5 | 0 | 0 | 150 | 68.1 | 18.2 | 0 | 0 |
| Kokku,g | - | 616 | 86,9 | 19,0 | 26,3 | - | 658 | 93.8 | 20.3 | 27.6 | - | 735 | 106 | 22.7 | 30.1 | - | 798 | 115 | 24.6 | 32.8 |

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| **Teisipäev 20.03** |  | Põhikool I | | | | Põhikool II | | | | |  | Põhikool III | | | | Gümnaasium | | | | |
| G | Energia  kcal | SV  g | Rasvad  g | Valgud, | g | Energia  kcal | SV  g | Rasvad  g | Valgud  g | g | Energia  kcal | SV  g | Rasvad  g | Valgud  g | g | Energia  kcal | SV  g | Rasvad  g | Valgud  g |
| Seljanka kalaga | 260 | 228 | 19.4 | 13.4 | 8.58 | 280 | 246 | 20.9 | 14.4 | 9.24 | 300 | 263 | 22.4 | 15.4 | 9.90 | 330 | 289 | 24.6 | 16.9 | 10.9 |
| Hapukoor R20% | 10 | 21.9 | 0.380 | 2.12 | 0.330 | 10 | 21.9 | 0.380 | 2.12 | 0.330 | 15 | 32.9 | 0.570 | 3.18 | 0.495 | 15 | 32.9 | 0.57 | 3.18 | 0.495 |
| Mannavaht | 100 | 124 | 28,9 | 2,12 | 0,33 | 110 | 136 | 31,8 | 0,21 | 2,00 | 110 | 136 | 31,8 | 0,21 | 2,00 | 130 | 161 | 37,5 | 0,25 | 2,36 |
| Piim R2,5% | 100 | 57,8 | 5,30 | 2,6 | 3,3 | 110 | 63,6 | 5,83 | 2,86 | 3,63 | 110 | 63,6 | 5,83 | 2,86 | 3,63 | 130 | 75,1 | 6,89 | 3,38 | 4,29 |
| Sepik | 20 | 49.8 | 8.36 | 0.400 | 1.70 | 20 | 49.8 | 8.36 | 0.400 | 1.70 | 20 | 49.8 | 8.36 | 0.400 | 1.70 | 20 | 49.8 | 8.36 | 0.400 | 1.70 |
| Rukkileib | 20 | 45.0 | 8.80 | 0.200 | 1.28 | 20 | 45.0 | 8.80 | 0.200 | 1.28 | 30 | 67.5 | 13.2 | 0.300 | 1.92 | 30 | 67.5 | 13.2 | 0.300 | 1.92 |
| Banaan | 80 | 82.0 | 19.4 | 0.240 | 0.960 | 100 | 103 | 24.3 | 0.300 | 1.20 | 120 | 123 | 29.2 | 0.360 | 1.44 | 150 | 154 | 36.5 | 0.450 | 1.80 |
| Kokku,g | - | 608 | 90,5 | 19,1 | 18 | - | 664 | 100 | 20,5 | 19,4 |  | 786 | 124 | 22,6 | 21 |  | 829 | 128 | 24,9 | 23,5 |

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| **Kolmapäev 21.03** |  | Põhikool I | | | | | Põhikool II | | | | |  | Põhikool III | | | | Gümnaasium | | | | |
| g | | Energia  kcal | SV  ,g | Rasvad,g | Valgud  g | g | Energia  kcal | SV,  g | Rasvad  g | Valgud  g | g | Energia  kcal | SV  g | Rasvad  g | Valgud  g | g | Energia  kcal | SV,  g | Rasvad, g | Valgud  g |
| Hakklihakaste | 90 | | 183 | 2.63 | 15.3 | 8.78 | 100 | 203 | 2.92 | 17.0 | 9.76 | 110 | 224 | 3.21 | 18.7 | 10.7 | 120 | 244 | 3.50 | 20.4 | 11.7 |
| Pasta | 160 | | 220 | 36,4 | 5,42 | 6,4 | 160 | 220 | 36,4 | 5,42 | 6,4 | 180 | 248 | 40,8 | 6,2 | 7,18 | 200 | 276 | 44,14 | 7,9 | 7,99 |
| Kartul | 160 | | 122 | 27 | 0.16 | 3.04 | 170 | 129 | 28.7 | 0.17 | 3.23 | 180 | 137 | 30.4 | 0.18 | 3.42 | 200 | 152 | 33.8 | 0.2 | 3.8 |
| Peedi-õunasalat | 50 | | 20.5 | 5.11 | 0.0700 | 0.417 | 60 | 24.6 | 6.13 | 0.0840 | 0.500 | 75 | 30.8 | 7.66 | 0.105 | 0.625 | 75 | 30.8 | 7.66 | 0.105 | 0.625 |
| V.kapsa-porgandisalat | 50 | | 37.3 | 4.72 | 2.09 | 0.443 | 60 | 44.7 | 5.66 | 2.51 | 0.531 | 75 | 55.9 | 7.08 | 3.13 | 0.664 | 75 | 55.9 | 7.08 | 3.13 | 0.664 |
| Rukkileib | 20 | | 49.8 | 8.36 | 0.400 | 1.70 | 20 | 49.8 | 8.36 | 0.400 | 1.70 | 20 | 49.8 | 8.36 | 0.400 | 1.70 | 20 | 49.8 | 8.36 | 0.400 | 1.70 |
| Sepik | 20 | | 45.0 | 8.80 | 0.200 | 1.28 | 20 | 45.0 | 8.80 | 0.200 | 1.28 | 30 | 67.5 | 13.2 | 0.300 | 1.92 | 30 | 67.5 | 13.2 | 0.300 | 1.92 |
| Mahlajook | 200 | | 77.5 | 17.8 | 0.120 | 1.40 | 200 | 77.5 | 17.8 | 0.120 | 1.40 | 200 | 77.5 | 17.8 | 0.120 | 1.40 | 250 | 96.9 | 22.3 | 0.150 | 1.75 |
| Koolipiim R2,5% | 200 | | 116 | 10,6 | 5,2 | 6,6 | 200 | 116 | 10,6 | 5,2 | 6,6 | 200 | 116 | 10,6 | 5,2 | 6,6 | 250 | 145 | 13,3 | 6,5 | 8,25 |
| Õun | 80 | | 36.3 | 9.68 | 0 | 0 | 100 | 45.4 | 12.1 | 0 | 0 | 120 | 54.5 | 14.5 | 0 | 0 | 150 | 68.1 | 18.2 | 0 | 0 |
| Kokku,g | - | | 627 | 91.7 | 20.8 | 19.0 | - | 691 | 100 | 23.5 | 20.8 | - | 782 | 114 | 26.6 | 23.4 | - | 865 | 127 | 29.0 | 25.6 |

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| **Neljapäev 22.03** |  | Põhikool I | | | | Põhikool II | | | | |  | Põhikool III | | | | Gümnaasium | | | | |
| g | Energia  kcal | SV,  g | Rasvad  g | Valgud  g | g | Energia  kcal | SV,  g | Rasvad  g | Valgud,  g | g | Energia  kcal | SV,  g | Rasvad  g | Valgud,  g | g | Energia  kcal | SV,  g | Rasvad  g | Valgud,  g |
| Külasupp kanaga | 280 | 256 | 29.1 | 11.8 | 10.4 | 300 | 274 | 31.2 | 12.6 | 11.1 | 330 | 302 | 34.3 | 13.9 | 12.2 | 350 | 320 | 36.4 | 14.7 | 13.0 |
| Hapukoor, R 20% | 10 | 21.9 | 0.380 | 2.12 | 0.330 | 10 | 21.9 | 0.380 | 2.12 | 0.330 | 10 | 21.9 | 0.380 | 2.12 | 0.330 | 10 | 21.9 | 0.380 | 2.12 | 0.330 |
| Maitseroheline | 2 | 0.720 | 0.120 | 0 | 0.0600 | 2 | 0.720 | 0.120 | 0 | 0.0600 | 2 | 0.720 | 0.120 | 0 | 0.0600 | 2 | 0.720 | 0.120 | 0 | 0.0600 |
| Pannkoogid | 80 | 164 | 19.0 | 7.35 | 5.88 | 90 | 185 | 21.3 | 8.27 | 6.61 | 90 | 185 | 21.3 | 8.27 | 6.61 | 90 | 185 | 21.3 | 8.27 | 6.61 |
| Moos | 20 | 33.4 | 8.44 | 0 | 0.0600 | 20 | 33.4 | 8.44 | 0 | 0.0600 | 20 | 33.4 | 8.44 | 0 | 0.0600 | 20 | 33.4 | 8.44 | 0 | 0.0600 |
| Sepik | 20 | 49.8 | 8.36 | 0.400 | 1.70 | 20 | 49.8 | 8.36 | 0.400 | 1.70 | 20 | 49.8 | 8.36 | 0.400 | 1.70 | 20 | 49.8 | 8.36 | 0.400 | 1.70 |
| Rukkileib | 20 | 45.0 | 8.80 | 0.200 | 1.28 | 20 | 45.0 | 8.80 | 0.200 | 1.28 | 30 | 67.5 | 13.2 | 0.300 | 1.92 | 30 | 67.5 | 13.2 | 0.300 | 1.92 |
| Piim R 2,5% | 200 | 116 | 10,6 | 5,2 | 6,6 | 200 | 116 | 10,6 | 5,2 | 6,6 | 200 | 116 | 10,6 | 5,2 | 6,6 | 250 | 145 | 13,3 | 6,5 | 8,25 |
| Apelsin | 80 | 34.2 | 8.16 | 0.0800 | 0.880 | 100 | 42.7 | 10.2 | 0.100 | 1.10 | 120 | 51.2 | 12.2 | 0.120 | 1.32 | 150 | 64.1 | 15.3 | 0.150 | 1.65 |
| Kokku,g | - | 606 | 82.4 | 22.0 | 20.6 | - | 722 | 95.2 | 26.8 | 26.2 | - | 780 | 105 | 28.2 | 28.2 | - | 857 | 114 | 31.2 | 31.9 |

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| **Reede 23.03** |  | Põhikool I | | | | Põhikool II | | | | |  | Põhikool III | | | | Gümnaasium | | | | |
| G | Energia  kcal | SV  g | Rasvad  g | Valgud  g | g | Energia  kcal | SV  g | Rasvad  g | Valgud  g | g | Energia  kcal | SV  g | Rasvad  g | Valgud  g | g | Energia  kcal | SV  g | Rasvad  g | Valgud  g |
| Kodune praad sealihaga | 260 | 275 | 30.3 | 12.5 | 11.9 | 280 | 296 | 32.6 | 13.5 | 12.8 | 320 | 339 | 37.3 | 15.4 | 14.7 | 350 | 370 | 40.7 | 16.8 | 16.1 |
| Hiinakapsa-tomatisalat | 50 | 40.7 | 4.31 | 2.59 | 0.420 | 60 | 48.8 | 5.17 | 3.11 | 0.504 | 75 | 61.0 | 6.46 | 3.89 | 0.630 | 75 | 61.0 | 6.46 | 3.89 | 0.630 |
| Porgandisalat | 50 | 18.3 | 4.72 | 0.092 | 0.302 | 60 | 22.0 | 5.67 | 0.111 | 0.362 | 75 | 27.5 | 7.09 | 0.139 | 0.452 | 75 | 27.5 | 7.09 | 0.139 | 0.452 |
| Sepik | 20 | 49.8 | 8.36 | 0.400 | 1.70 | 20 | 49.8 | 8.36 | 0.400 | 1.70 | 20 | 49.8 | 8.36 | 0.400 | 1.70 | 20 | 49.8 | 8.36 | 0.400 | 1.70 |
| Rukkileib | 20 | 45.0 | 8.80 | 0.200 | 1.28 | 20 | 45.0 | 8.80 | 0.200 | 1.28 | 30 | 67.5 | 13.2 | 0.300 | 1.92 | 30 | 67.5 | 13.2 | 0.300 | 1.92 |
| Keefirikokteil | 200 | 142 | 22.0 | 3.91 | 5.84 | 200 | 142 | 22.0 | 3.91 | 5.84 | 200 | 142 | 22.0 | 3.91 | 5.84 | 250 | 177 | 27.5 | 4.89 | 7.30 |
| Koolipiim R2,5% | 200 | 116 | 10,6 | 5,2 | 6,6 | 200 | 116 | 10,6 | 5,2 | 6,6 | 200 | 116 | 10,6 | 5,2 | 6,6 | 250 | 145 | 13,3 | 6,5 | 8,25 |
| Pirn | 80 | 32.8 | 9.52 | 0 | 0.240 | 100 | 41.0 | 11.9 | 0 | 0.300 | 120 | 49.2 | 14.3 | 0 | 0.360 | 150 | 61.5 | 17.9 | 0 | 0.450 |
| Kokku,g | - | 591 | 82.3 | 20.3 | 22.1 | - | 645 | 94.6 | 21.2 | 22.9 | - | 736 | 109 | 24.0 | 25.6 | - | 816 | 121 | 26.5 | 28.5 |
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| Kokku.19-23.03, g |  | 609 | 82,3 | 20,2 | 21,2 |  | 671 | 97,3 | 21,5 | 24 |  | 764 | 112 | 24 | 26,6 |  | 834 | 123 | 26,3 | 29,2 |
| Kokku 12-16.03, g |  | 617,0 | 88,7 | 18,7 | 22,2 |  | 669,6 | 97,7 | 20,7 | 24,1 |  | 759,0 | 110,4 | 23,8 | 26,8 |  | 863,0 | 124,0 | 26,7 | 30,3 |
| 10 päeva keskmine |  | 613 | 85,5 | 19,45 | 21,7 |  | 670,3 | 97,5 | 21,1 | 24,05 |  | 761,5 | 111,2 | 23,9 | 26,7 |  | 848,5 | 123,5 | 26,5 | 29,75 |