**Koolilõuna kalkulatsioon 27-31.05 OÜ Orfeum**

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| **Esmaspäev 27.05** |  | 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 | 200, | 322,57 | 39,43 | 14,20 | 10,3 | 220 | 354,82 | 43,37 | 15,62 | 11,35 | 240,00 | 387,08 | 47,32 | 17,04 | 12,38 | 260,00 | 419,34 | 51,26 | 18,46 | 13,42 |
| Porgandi-paprikasalat, mahlaga | 50 | 30,48 | 7,76 | 0,09 | 0,31 | 60 | 36,58 | 9,31 | 0,11 | 0,36 | 75 | 45,72 | 11,63 | 0,14 | 0,46 | 75 | 45,72 | 11,63 | 0,14 | 0,46 |
| Hautatud köögiviljad | 50 | 47,53 | 7,16 | 1,87 | 1,15 | 60 | 57,04 | 8,59 | 2,24 | 1,38 | 75 | 71,30 | 10,74 | 2,80 | 1,72 | 75 | 71,30 | 10,74 | 2,80 | 1,72 |
| Keefir, R 2,5%, 'Valio' | 100,00 | 51,86 | 4,20 | 2,50 | 3,14 | 150 | 77,79 | 6,30 | 3,75 | 4,71 | 180,00 | 93,35 | 7,56 | 4,50 | 5,65 | 220,00 | 114,09 | 9,24 | 5,50 | 6,91 |
| Rukkileib | 20 | 45,00 | 8,80 | 0,20 | 1,28 | 20 | 45,00 | 8,80 | 0,20 | 1,28 | 20 | 45,00 | 8,80 | 0,20 | 1,28 | 20 | 45,00 | 8,80 | 0,20 | 1,28 |
| Sepik | 20 | 51,24 | 10,24 | 0,56 | 1,58 | 20 | 51,24 | 10,24 | 0,56 | 1,58 | 30 | 76,86 | 15,36 | 0,84 | 2,37 | 30 | 76,86 | 15,36 | 0,84 | 2,37 |
| Õun, keskmiselt | 80 | 37,76 | 10,48 | 0,00 | 0 | 100 | 47,20 | 13,10 | 0,00 | 0,00 | 120,00 | 56,64 | 15,72 | 0,00 | 0,00 | 150,00 | 70,80 | 19,65 | 0,00 | 0,00 |
| Toidukord kokku |  | 586,44 | 88,06 | 19,42 | 17,8 |  | 669,67 | 99,71 | 22,48 | 20,66 |  | 775,95 | 117,13 | 25,52 | 23,86 |  | 843,11 | 126,68 | 27,94 | 26,15 |

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| **Teisipäev 28.05** |  | 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 |
| Böfstrooganov | 80 | | 187,9 | 4,54 | 13,17 | 13,10 | 90 | 211,47 | 5,10 | 14,81 | 14,74 | 100,00 | | 234,97 | 5,67 | 16,46 | 16,38 | 110, | 258,4 | 6,24 | 18,10 | 18,01 |
| Kartul, keedetud soolata | 160 | | 122 | 27 | 0.1 | 3.0 | 170 | 129 | 28.7 | 0.2 | 3.2 | 180 | | 137 | 30.4 | 0.2 | 3.4 | 200 | 152 | 33.8 | 0.2 | 3.8 |
| Tatar | 160 | | 184 | 38.2 | 1.15 | 6.85 | 170 | 195 | 40.6 | 1.22 | 7.28 | 180 | | 207 | 43.0 | 1.30 | 7.71 | 200 | 230 | 47.7 | 1.44 | 8.57 |
| Kapsa-porrulaugusalat | 50 | | 38,97 | 3,06 | 2,94 | 0,58 | 60 | 46,77 | 3,67 | 3,53 | 0,69 | 75 | | 58,46 | 4,58 | 4,41 | 0,87 | 75 | 58,46 | 4,58 | 4,41 | 0,87 |
| Porgandi-õunasalat, mahlaga | 50 | | 24,38 | 6,40 | 0,06 | 0,18 | 60 | 29,26 | 7,68 | 0,07 | 0,22 | 75 | | 36,57 | 9,60 | 0,09 | 0,27 | 75 | 36,57 | 9,60 | 0,09 | 0,27 |
| Rukkileib | 20 | | 45,00 | 8,80 | 0,20 | 1,28 | 20 | 45,00 | 8,80 | 0,20 | 1,28 | 20 | | 45,00 | 8,80 | 0,20 | 1,28 | 20 | 45,00 | 8,80 | 0,20 | 1,28 |
| Sepik | 20 | | 51,24 | 10,24 | 0,56 | 1,58 | 20 | 51,24 | 10,24 | 0,56 | 1,58 | 30 | | 76,86 | 15,36 | 0,84 | 2,37 | 30 | 76,86 | 15,36 | 0,84 | 2,37 |
| Mahlajook, keskmiselt | 200,00 | | 91,00 | 22,20 | 0,20 | 0,20 | 200,00 | 91,00 | 22,20 | 0,20 | 0,20 | 200,00 | | 91,00 | 22,20 | 0,20 | 0,20 | 250,00 | 113,75 | 27,75 | 0,25 | 0,25 |
| 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 |
| Kaalikas | 80 | | 29,14 | 7,28 | 0,05 | 1,10 | 100,00 | 36,42 | 9,10 | 0,06 | 1,37 | 120,00 | | 38,88 | 10,20 | 0,24 | 0,72 | 150,00 | 54,63 | 13,65 | 0,09 | 2,06 |
| Toidukord kokku | 660,00 | | 588,50 | 90,37 | 17,34 | 21,15 |  | 639,50 | 96,38 | 19,61 | 23,41 |  | | 721,51 | 107,00 | 22,99 | 26,52 |  | 799,03 | 119,97 | 24,59 | 30,04 |

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| **Kolmapäev 29.05** |  | 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 |
| Kana-pastasupp | 280 | 210,5 | 20,06 | 10,91 | 9,22 | 320 | 240,6 | 22,92 | 12,47 | 10,54 | 340 | | 255,6 | 24,36 | 13,24 | 11,20 | 360 | 270,6 | 25,79 | 14,02 | 11,86 |
| Mahlakissell | 170,00 | 169,98 | 39,96 | 0,68 | 3,05 | 200,00 | 206,41 | 48,52 | 0,83 | 3,71 | 210,00 | | 218,55 | 51,38 | 0,88 | 3,93 | 230,00 | 242,83 | 57,08 | 0,98 | 4,36 |
| Vahukoor | 15 | 32,88 | 0,57 | 3,18 | 0,50 | 15 | 32,88 | 0,57 | 3,18 | 0,50 | 20 | | 43,84 | 0,76 | 4,24 | 0,66 | 25 | 54,8 | 0,95 | 5,30 | 0,83 |
| Must seemneleib | 20 | 63,20 | 8,62 | 2,30 | 1,82 | 20 | 63,20 | 8,62 | 2,30 | 1,82 | 30 | | 94,80 | 12,93 | 3,45 | 2,73 | 30 | 94,80 | 12,93 | 3,45 | 2,73 |
| Sepik | 20 | 51,24 | 10,24 | 0,56 | 1,58 | 20 | 51,24 | 10,24 | 0,56 | 1,58 | 20 | | 51,24 | 10,24 | 0,56 | 1,58 | 30 | 76,86 | 15,36 | 0,84 | 2,37 |
| Pirn, keskmiselt | 80 | 37,76 | 10,48 | 0,00 | 0,00 | 100,00 | 47,20 | 13,10 | 0,00 | 0,00 | 120,00 | | 56,64 | 15,72 | 0,00 | 0,00 | 150,00 | 70,80 | 19,65 | 0,00 | 0,00 |
| Toidukord kokku |  | 565,56 | 89,93 | 17,63 | 16,17 |  | 641,50 | 103,98 | 19,33 | 18,15 |  | | 720,67 | 115,38 | 22,37 | 20,10 |  | 810,73 | 131,76 | 24,59 | 22,15 |

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| **Neljapäev 30.05** |  | 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 | 290 | 306,9 | 33,76 | 13,95 | 13,30 | 310 | 328,1 | 36,09 | 14,91 | 14,22 | 330 | | 349,2 | 38,42 | 15,87 | 15,14 | 360 | 381 | 41,9 | 17,3 | 16,5 |
| Porgandi-apelsini-rosinasalat | 50 | 51,57 | 8,40 | 2,09 | 0,44 | 60 | 61,88 | 10,08 | 2,50 | 0,53 | 75 | | 77,35 | 12,60 | 3,13 | 0,66 | 75 | 77,35 | 12,60 | 3,13 | 0,66 |
| Hiinakapsa-köögiviljasalat paprikasalat , õlikastmega | 50 | 38,01 | 4,05 | 2,16 | 0,89 | 60 | 45,61 | 4,86 | 2,59 | 1,07 | 75 | | 57,02 | 6,08 | 3,24 | 1,34 | 75 | 57,02 | 6,08 | 3,24 | 1,34 |
| Rukkileib | 20 | 45,00 | 8,80 | 0,20 | 1,28 | 20 | 45,00 | 8,80 | 0,20 | 1,28 | 20 | | 45,00 | 8,80 | 0,20 | 1,28 | 20 | 45,00 | 8,80 | 0,20 | 1,28 |
| Sepik | 20 | 51,24 | 10,24 | 0,56 | 1,58 | 30 | 76,86 | 15,36 | 0,84 | 2,37 | 40 | | 102,48 | 20,48 | 1,12 | 3,16 | 40 | 102,48 | 20,48 | 1,12 | 3,16 |
| Mahlajook mustsõstrast | 20000 | 47,11 | 11,54 | 0,03 | 0,16 | 200,00 | 47,11 | 11,54 | 0,03 | 0,16 | 200,00 | | 47,11 | 11,54 | 0,03 | 0,16 | 250,00 | 58,9 | 14,4 | 0,04 | 0,21 |
| 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 |
| Õun, keskmiselt | 80 | 37,76 | 10,48 | 0,00 | 0,00 | 100,00 | 47,20 | 13,10 | 0,00 | 0,00 | 120,00 | | 56,64 | 15,72 | 0,00 | 0,00 | 150 | 70,8 | 19,6 | 0,00 | 0,00 |
| Toidukord kokku |  | 577,59 | 87,27 | 18,99 | 17,66 |  | 651,73 | 99,83 | 21,08 | 19,64 |  | | 734,83 | 113,63 | 23,59 | 21,75 |  | 793 | 124 | 25,0 | 23,2 |

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| **Reede 31.05** |  | 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 |
| Ahjukala paprika ja spinatiga koorekastmes | 120 | 126,9 | 2,86 | 9,45 | 8,07 | 140 | 148,1 | 3,34 | 11,03 | 9,41 | 150 | 158,6 | 3,58 | 11,82 | 10,09 | 150 | 158,6 | 3,58 | 11,82 | 10,09 |
| Sõmer riis | 160 | 195,7 | 44,87 | 0,40 | 3,80 | 170 | 207,9 | 47,67 | 0,43 | 4,04 | 180 | 220,1 | 50,48 | 0,45 | 4,28 | 200 | 244,5 | 56,09 | 0,50 | 4,75 |
| Peedi-õunasalat | 50 | 20,79 | 5,26 | 0,07 | 0,42 | 60 | 24,94 | 6,31 | 0,08 | 0,50 | 75 | 31,18 | 7,88 | 0,11 | 0,62 | 75 | 31,18 | 7,88 | 0,11 | 0,62 |
| Porgandisalat seesamiseemnetega | 50 | 21,69 | 4,83 | 0,39 | 0,39 | 60 | 26,03 | 5,79 | 0,47 | 0,47 | 75 | 32,53 | 7,24 | 0,59 | 0,59 | 75 | 32,53 | 7,24 | 0,59 | 0,59 |
| Must seemneleib | 20 | 63,20 | 8,62 | 2,30 | 1,82 | 20 | 63,20 | 8,62 | 2,30 | 1,82 | 30 | 94,80 | 12,93 | 3,45 | 2,73 | 30 | 94,80 | 12,93 | 3,45 | 2,73 |
| Sepik | 20 | 52,60 | 10,78 | 0,46 | 1,82 | 20 | 52,60 | 10,78 | 0,46 | 1,82 | 20 | 52,60 | 10,78 | 0,46 | 1,82 | 20 | 52,60 | 10,78 | 0,46 | 1,82 |
| Jogurtijook marjadega | 200,00 | 123,09 | 13,14 | 4,91 | 6,69 | 200,00 | 123,09 | 13,14 | 4,91 | 6,69 | 220,00 | 135,40 | 14,46 | 5,40 | 7,36 | 250,00 | 153,87 | 16,43 | 6,13 | 8,37 |
| Peakapsas, valge | 80 | 21,54 | 4,96 | 0,16 | 0,90 | 100 | 26,92 | 6,20 | 0,20 | 1,13 | 120,00 | 32,30 | 7,44 | 0,24 | 1,36 | 150,00 | 40,38 | 9,30 | 0,30 | 1,70 |
| Toidukord kokku |  | 625,47 | 95,32 | 18,14 | 23,92 |  | 672,73 | 101,86 | 19,88 | 25,89 |  | 757,57 | 114,79 | 22,51 | 28,85 |  | 808,57 | 124,23 | 23,36 | 30,66 |
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| Kokku 27-31.05, g |  | 589 | 90,2 | 18,3 | 19,3 |  | 655 | 100 | 20,5 | 21,5 |  | 742 | 114 | 23,4 | 24,2 |  | 811 | 125 | 25,1 | 26,4 |
| Kokku 20-24.05, g |  | 610,8 | 85,5 | 20,9 | 22,2 |  | 668,5 | 94,6 | 22,9 | 24,2 |  | 760,6 | 108,2 | 25,8 | 27,3 |  | 818,2 | 117,4 | 27,4 | 29,1 |
| 10 päeva keskmine |  | 599,9 | 87,85 | 19,6 | 20,75 |  | 661,75 | 97,3 | 21,7 | 22,85 |  | 751,3 | 111,1 | 24,6 | 25,75 |  | 814,6 | 121,2 | 26,25 | 27,75 |

Koolilõuna juurde on arvestatud 1 lisand, 2 salatit ja 1 jook.