| MENÜÜ | 16.nov - 20.nov 2026.a. | Kogus | Energia kcal | Valgud g | Rasv g | Süsiv. g |
|---|---|---|---|---|---|---|
| 16.nov | **MAHUSHAPU KANA RIISIGA**<br>Kanafilee, riis, ananass, paprika, tomatipasta, äädikas, sojakaste | 200g | 316 | 16 | 9 | 43 |
| | Salativalik: kurk, porgand, värske kapsas / seemned | 60g/10g | 25 | 1 | 1 | 2.5 |
| | Maitsevesi | | | | | |
| | Leivatooted (G) | 50g | 120 | 4 | 1.76 | 22 |
| | Puuvili | 70g | 35 | 0.3 | 0.2 | 9 |
| | | | **496** | **21.3** | **11.96** | **76.5** |
| | **MAGUSHAPUD OAD RIISIGA**<br>Punased oad, riis, ananass, paprika, tomatipasta, äädikas, sojakaste | 200g | 200 | 12 | 5 | 36 |
| 17.nov | **KODUNE KANAHAKKLIHAPALL (G)**<br>Kanakkliha, riivsai, muna, sibul, küüslauk,ürdid | 80g | 175 | 20 | 10 | 0 |
| | Soe koorekaste (L) | 20g | 30 | 10 | 2.5 | 1 |
| | Keedukartul | 120g | 105 | 2.5 | 0.2 | 24 |
| | Riis | 120g | 155 | 3 | 0.42 | 34 |
| | Salativalik: porgand, riivitud peet, tomat / seemnesgu | 60g/10g | 25 | 1 | 0 | 5 |
| | Leivatooted (G) | 50g | 120 | 4 | 1.76 | 22 |
| | Puuvili | 70g | 35 | 0.3 | 0.2 | 9 |
| | | | **645** | **29.4** | **23.6** | **99.69** |
| | **PORGANDIPIHV (G,V)**<br>Porgand, manna, vesi, kartulijahu, nisujahu, sidrunimahl, maitseained | 110g | 120 | 3 | 5 | 13 |
| 18.nov | **SELJANKA (G)**<br>Sealiha, kartul, hapukurk, sibul, tomatipasta, köögiviljapuljong | 200g | 180 | 9 | 8 | 12 |
| | Hapukoor 20% (L) | 10g | 21 | 1 | 2 | 1 |
| | Leivatooted (G) | 50g | 120 | 4 | 1.76 | |
| | Rukkikama moosiga (L) | 100g | 95 | 3.5 | 1.5 | 17 |
| | | | **416** | **17.5** | **13.26** | **30** |
| | **SELJANKA LIHATA (V)**<br>Kartul, hapukurk, sibul, tomatipasta, köögiviljapuljong | 200g | 100 | 2.5 | 2 | 18 |
| 19.nov | **PANEERITUD LESTAFILEE (G)**<br>Lestafilee, nisujahu, vesi, pärm, suhkur, maisitärklis, maisi paneering | 100g | 159 | 11.4 | 1.3 | 25.7 |
| | Külm külm jogurti-hapukoore kaste tilliga (L) | 20g | 25 | 1 | 2 | 1 |
| | Keedukartul | 120g | 145 | 4 | 5 | 32 |
| | Riis | 120g | 145 | 4 | 5 | 32 |
| | Salativalik: kurk / redis / hiinakapsas / seemned | 60g/10g | 130 | 4 | 1 | 26 |
| | Leivatooted (G) | 50g | 120 | 4 | 1.76 | 22 |
| | | | **724** | **28.4** | **16.06** | **138.7** |
| | **KAPSAPIHV (V)**<br>Kartul, lillkapsas, porgand, sibul, küüslauk, värske till, tüümian. | 110g | 140 | 4 | 2 | 27 |
| 20.nov | **HAKKLIHAKASTE (L)**<br>Seguhakkliha, sibul, küüslauk, toidukoor, till, köögiviljapuljong | 100g | 150 | 8 | 11 | 4 |
| | Ahjukartul | 120g | 145 | 4 | 5 | 32 |
| | Tatar | 120g | 130 | 4 | 1 | 26 |
| | Salativalik: hapukapsas, riivitud porgand, hiinakapsas / seemned | 60g/10g | 55 | 2 | 5 | 1 |
| | Leivatooted G) | 50g | 120 | 4 | 1.76 | 22 |
| | Puuvili | 70g | 35 | 0.3 | 0.2 | 9 |
| | | | **635** | **22.3** | **23.96** | **94** |
| | **LÄÄTSED TOMATIKASTMES KÖÖGIVILJADEGA (V)**<br>Läätsed, porgand, paprika, küüslauk, sibul, kuivat ürdid. | 100g | 105 | 6 | 1 | 16 |

**1 Igapäevaselt pakume PRIA programmi kuuluvaid piimatooteid 1 - 9.klass**
**2 Portsjonpäevad on 17.11 ja 19.11**
**3 G - toit sisaldab gluteeni / L - toit sisaldab laktoosi / V - vegan**