

Poola teemapäevad

| Tartu KJPG koolilõuna menüü 27.03-30.03.2023 XL menüü vanus 16-19 ja enam | | Valmistoidu kaal, grammi | Toiduenergia, kcal | Valgud, grammi | Rasvad, grammi | Süsivesikud, grammi | Allergeen |
|---|--|--------------------------|--------------------|----------------|----------------|---------------------|-----------|
| KOOLILÕUNA | Hautatud kapsad sealiha ja seentega/ BIGOS | 200 | 173 | 10.28 | 9.80 | 11.86 | |
| | Aurutatud brokoli ja porgandi segu | 65 | 21 | 1.32 | 0.24 | 4.24 | |
| | Keedetud makaronid (mahe) | 65 | 104 | 2.70 | 1.91 | 18.59 | 1 |
| | Keedetud tatar | 65 | 78 | 2.71 | 0.91 | 15.08 | |
| | Kurk, peet, hiina kapsas, mais | 120 | 52 | 2.05 | 0.41 | 10.41 | |
| | Kastmevalik salatitele | 20 | 113 | 0.20 | 12.13 | 0.94 | 10,2 |
| | Seemnesegu | 20 | 110 | 4.56 | 8.74 | 4.97 | 11 |
| | Maitsevesi | 180 | 3 | 0.13 | 0.17 | 0.86 | |
| | Vesi | 180 | 0 | 0.00 | 0.00 | 0.00 | |
| | Marjamorss | 180 | 75 | 0.28 | 0.03 | 18.00 | |
| | Pria piimatooted (mahe) | 250 | 131 | 7.90 | 6.25 | 11.05 | 2 |
| | Leivatoodete valik (5 sorti) | 100 | 287 | 8.32 | 3.96 | 51.79 | 1,2 |
| | Pirn | 70 | 30 | 0.28 | 0.28 | 7.42 | |
| Kaalikas (mahe) | 100 | 31 | 1.00 | 0.30 | 7.30 | | |
| ESMASPÄEV KOKKU: | | | 1206 | 41.73 | 45.13 | 162.51 | |
| KOOLILÕUNA | Kala köögiviljadega/ RYBA PO GRECKU | 200 | 192 | 28.48 | 5.51 | 7.20 | 4,9 |
| | Aurutatud hernes, mais | 65 | 55 | 2.67 | 0.38 | 11.15 | |
| | Ahjukartulid ürtidega (mahe) | 65 | 84 | 1.85 | 1.78 | 15.67 | |
| | Keedetud kurkumiris (mahe) | 65 | 89 | 1.76 | 0.74 | 18.66 | |
| | Porgand (mahe), kõrvits, peet, varsseller | 120 | 34 | 1.35 | 0.27 | 7.44 | 9 |
| | Kastmevalik salatitele | 20 | 113 | 0.20 | 12.13 | 0.94 | 10,2 |
| | Seemnesegu | 20 | 110 | 4.56 | 8.74 | 4.97 | 11 |
| | Riisiroog õuntega/ RYŻ Z JABŁKAMI (mahe riis) | 150 | 217 | 3.48 | 10.88 | 26.05 | 2 |
| | Vesi | 180 | 0 | 0.00 | 0.00 | 0.00 | |
| | Maitsevesi | 180 | 3 | 0.13 | 0.17 | 0.86 | |
| | Pria piimatooted (mahe) | 250 | 131 | 7.90 | 6.25 | 11.05 | 2 |
| | Leivatoodete valik (5 sorti) | 100 | 287 | 8.32 | 3.96 | 51.79 | 1,2 |
| | Apelsin | 70 | 30 | 0.77 | 0.07 | 7.14 | |
| Värske kapsas | 100 | 24 | 1.10 | 0.20 | 5.40 | | |
| TEISIPÄEV KOKKU: | | | 1367 | 62.57 | 51.08 | 168.32 | |
| KOOLILÕUNA | Kalkun mädarõikastmes/ INDYK W SOSIE CHRZANOWYM | 200 | 224 | 18.18 | 13.36 | 8.31 | 1,2 |
| | Küpsetatud kaalikapulgad | 65 | 36 | 0.80 | 1.54 | 5.77 | |
| | Keedetud riis (mahe) | 65 | 84 | 1.64 | 0.70 | 17.74 | |
| | Keedetud läätsed (mahe) | 65 | 103 | 7.04 | 0.49 | 15.31 | |
| | Valge peakapsas, porgand (mahe), peet, kaalikas (mahe) | 120 | 37 | 1.71 | 0.33 | 7.77 | |
| | Kastmevalik salatitele | 20 | 113 | 0.20 | 12.13 | 0.94 | 10,2 |
| | Seemnesegu | 20 | 110 | 4.56 | 8.74 | 4.97 | 11 |
| | Maitsevesi | 180 | 3 | 0.13 | 0.17 | 0.86 | |
| | Vesi | 180 | 0 | 0.00 | 0.00 | 0.00 | |
| | Mahlajook | 180 | 43 | 0.02 | 0.02 | 10.35 | |
| | Pria piimatooted (mahe) | 250 | 131 | 7.90 | 6.25 | 11.05 | 2 |
| | Leivatoodete valik (5 sorti) | 100 | 287 | 8.32 | 3.96 | 51.79 | 1,2 |
| | Õun (mahe) | 70 | 28 | 0.14 | 0.25 | 6.93 | |
| Värske lillkapsas | 100 | 22 | 1.6 | 0.2 | 4.6 | | |
| KOLMAPÄEV KOKKU: | | | 1221 | 52.24 | 48.14 | 146.39 | |
| KOOLILÕUNA | Kana seenekastmes/ KURCZAK W SOISE GRZYBOWYM | 200 | 235 | 18.88 | 13.44 | 10.60 | 1 |
| | Aurutatud lillkapsas | 65 | 17 | 1.25 | 0.16 | 3.59 | |
| | Keedetud kartulid (mahe) | 65 | 68 | 1.73 | 0.09 | 15.38 | |
| | Keedetud riis (mahe) | 65 | 84 | 1.64 | 0.70 | 17.74 | |
| | Hiina kapsas, redis, mais, porgand (mahe) | 120 | 51 | 1.99 | 0.47 | 10.53 | |
| | Kastmevalik salatitele | 20 | 113 | 0.20 | 12.13 | 0.94 | 10,2 |
| | Seemnesegu | 20 | 110 | 4.56 | 8.74 | 4.97 | 11 |
| | Poola juustukook punaste sõstaradega / Semik z porzeczka | 100 | 180 | 12.14 | 1.74 | 28.54 | 1,2;3 |
| | Vesi | 180 | 0 | 0.00 | 0.00 | 0.00 | |
| | Maitsevesi | 180 | 3 | 0.13 | 0.17 | 0.86 | |
| | Pria piimatooted (mahe) | 250 | 131 | 7.90 | 6.25 | 11.05 | 2 |
| | Leivatoodete valik (5 sorti) | 100 | 287 | 8.32 | 3.96 | 51.79 | 1,2 |
| | Pirn (mahe) | 70 | 30 | 0.28 | 0.28 | 7.42 | |
| Porgand (mahe) | 100 | 34 | 1.00 | 0.40 | 7.70 | | |
| NELJAPÄEV KOKKU: | | | 1341 | 60.02 | 48.53 | 171.11 | |
| KOOLILÕUNA | | | | | | | |
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| REEDE KOKKU: | | | 0 | 0 | 0 | 0 | |
| NADALA KESKMININE KOKKU: | | | 1027 | 43.31 | 38.58 | 129.67 | |