

| Tartu Veeriku kooli koolieine menüü 06.02-10.02.2023 I kooliastmele 7-9 aastastele | | Valmistoidu kaal, grammi | Toiduenergia, kcal | Valgud, grammi | Rasvad, grammi | Süsivesikud, grammi | Allergeen |
|--|--|--------------------------|--------------------|----------------|----------------|---------------------|-----------|
| KOOLEINE | Hakkliha - aedviljasupp (mahe kartulid, porgand) | 200 | 180.24 | 5.42 | 14.04 | 8.98 | |
| | Banaani-kakao smuuti | 150 | 107.27 | 4.23 | 3.08 | 15.53 | 2 |
| | Leivatoode | 30 | 89.91 | 2.56 | 1.27 | 16.34 | 1,2,7 |
| ESMASPÄEV KOKKU: | | | 377.42 | 12.21 | 18.38 | 40.84 | |
| KOOLEINE | Kurzeme strooganov | 130 | 140.73 | 7.79 | 9.15 | 7.28 | 1,2 |
| | Keedetud tatar | 130 | 155.00 | 5.41 | 1.82 | 30.17 | |
| | Kaalikas | 50 | 15.30 | 0.50 | 0.15 | 3.65 | |
| | Kastmevalik salatitele | 5 | 28.14 | 0.05 | 3.03 | 0.24 | 10,2 |
| | Roheline tee | 150 | 24.30 | 0.00 | 0.00 | 5.99 | |
| | Leivatoode | 30 | 89.91 | 2.56 | 1.27 | 16.34 | 1,2,7 |
| TEISIPÄEV KOKKU: | | | 453.38 | 16.32 | 15.42 | 63.66 | |
| KOOLEINE | Magushapu kanakaste | 130 | 118.28 | 8.72 | 4.78 | 10.36 | |
| | Keedetud riis (mahe) | 130 | 168.20 | 3.28 | 1.41 | 35.49 | |
| | Kõrvits | 50 | 10.00 | 0.40 | 0.05 | 2.40 | |
| | Kastmevalik salatitele | 5 | 28.14 | 0.05 | 3.03 | 0.24 | 10,2 |
| | Maitsevesi | 150 | 2.86 | 0.10 | 0.14 | 0.71 | |
| | Leivatoode | 30 | 89.91 | 2.56 | 1.27 | 16.34 | 1,2,7 |
| KOLMAPÄEV KOKKU: | | | 417.38 | 15.11 | 10.68 | 65.54 | |
| KOOLEINE | Kartuliroog hakklihaga (mahe kartulid) | 200 | 231.69 | 8.03 | 8.14 | 32.60 | |
| | Porgand (mahe) | 50 | 16.85 | 0.50 | 0.20 | 3.85 | |
| | Kastmevalik salatitele | 5 | 28.14 | 0.05 | 3.03 | 0.24 | 10,2 |
| | Mahlajook | 150 | 36.10 | 0.02 | 0.02 | 8.62 | |
| | Leivatoode | 30 | 89.91 | 2.56 | 1.27 | 16.34 | 1,2,7 |
| NELJAPÄEV KOKKU: | | | 402.68 | 11.15 | 12.66 | 61.65 | |
| KOOLEINE | Pasta punaste ubade ja suvikõrvitsaga (mahe makaronid) | 200 | 306.11 | 10.93 | 7.32 | 49.81 | 1 |
| | Peet | 50 | 21.50 | 0.80 | 0.10 | 4.35 | |
| | Kastmevalik salatitele | 5 | 28.14 | 0.05 | 3.03 | 0.24 | 10,2 |
| | Piparmündi tee | 150 | 18.23 | 0.00 | 0.00 | 4.49 | |
| | Leivatoode | 30 | 89.91 | 2.56 | 1.27 | 16.34 | 1,2,7 |
| REEDE KOKKU: | | | 463.89 | 14.33 | 11.73 | 75.23 | |
| NÄDALA KESKMINE KOKKU: | | | 422.95 | 13.82 | 13.78 | 61.38 | |