

## Nedēļas ēdienkarte

### Grupa

### BD 3-6

Papildus 3 x nedēļā programma "Piens un Auglis skolai"(pirmskola un 1.-9.klase)

|                                    | pirmdienā, 19.maijs | Svars, g    | Kcal         | Olbaltumvielas | Tauki         | Ogļhidrāti   | Sāls         | Cukurs        | Šķiedrvielas | Alerģēni |
|------------------------------------|---------------------|-------------|--------------|----------------|---------------|--------------|--------------|---------------|--------------|----------|
| <b>Brokastis</b>                   |                     |             |              |                |               |              |              |               |              |          |
| Piecu graudu pārslu putra          | 150                 | 138         | 6.144        | 3.048          | 20.579        | 0.15         | 0.3          | 2.712         | 1;7          |          |
| Kliju maize                        | 15                  | 41          | 1.815        | 0.405          | 7.095         |              |              | 0.87          | 1.           |          |
| Sviests                            | 5                   | 37          | 0.03         | 4.125          | 0.22          |              |              |               | 7.           |          |
| Gurķi                              | 20                  | 2           | 0.12         | 0.04           | 0.36          |              |              | 0.1           |              |          |
| Tēja                               | 200                 | 3           | 0.52         | 0.102          | 0.016         |              |              |               |              |          |
| <b>kopā:</b>                       |                     | <b>222</b>  | <b>8.63</b>  | <b>7.72</b>    | <b>28.27</b>  | <b>0.150</b> | <b>0.300</b> | <b>3.682</b>  |              |          |
| <b>Pusdienas</b>                   |                     |             |              |                |               |              |              |               |              |          |
| Biešu zupa ar kāpostiem            | 150                 | 86          | 1.201        | 6.21           | 6.489         | 0.45         | 1.2          | 2.322         | 9.           |          |
| Krējums skābs                      | 5                   | 10          | 0.13         | 1.             | 0.135         |              |              |               | 7.           |          |
| Vārīti rīsi                        | 120                 | 136         | 2.693        | 0.238          | 30.769        | 0.12         |              | 0.554         |              |          |
| Maltās gaļas tomātu mērce          | 80                  | 117         | 6.61         | 9.171          | 2.113         | 0.32         |              | 0.692         |              |          |
| Kāpostu salāti ar zaļumiem un eļļu | 60                  | 38          | 0.852        | 2.518          | 3.05          | 0.06         | 0.6          | 1.733         |              |          |
| Rudzu maize                        | 20                  | 52          | 1.72         | 0.28           | 10.04         |              |              | 1.1           | 1.           |          |
| Ūdens ar ogām                      | 150                 | 3           | 0.06         | 0.03           | 0.412         |              |              |               |              |          |
| <b>kopā:</b>                       |                     | <b>442</b>  | <b>13.27</b> | <b>19.45</b>   | <b>53.01</b>  | <b>0.950</b> | <b>1.800</b> | <b>6.401</b>  |              |          |
| <b>Launags</b>                     |                     |             |              |                |               |              |              |               |              |          |
| Siers                              | 20                  | 68          | 4.96         | 5.36           |               |              |              |               | 7.           |          |
| Jogurts                            | 150                 | 135         | 4.95         | 3.             | 22.05         |              |              |               | 7.           |          |
| Saldskābmaize                      | 20                  | 46          | 1.26         | 0.2            | 9.6           |              |              | 0.9           | 1.           |          |
| Sviests                            | 5                   | 37          | 0.03         | 4.125          | 0.22          |              |              |               | 7.           |          |
| Auglis                             | 100                 | 56          | 0.79         | 0.25           | 12.2          |              |              | 0.7           |              |          |
| <b>kopā:</b>                       |                     | <b>342</b>  | <b>11.99</b> | <b>12.94</b>   | <b>44.07</b>  | <b>0</b>     | <b>0</b>     | <b>1.600</b>  |              |          |
| <b>Diena kopā:</b>                 |                     | <b>1006</b> | <b>33.89</b> | <b>40.10</b>   | <b>125.35</b> | <b>1.100</b> | <b>2.100</b> | <b>11.683</b> |              |          |

  

|                                    | otrdiena, 20.maijs | Svars, g   | Kcal         | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|------------------------------------|--------------------|------------|--------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Brokastis</b>                   |                    |            |              |                |              |              |              |              |              |          |
| Mannā biezputra                    | 130                | 99         | 4.57         | 1.954          | 15.752       | 0.13         | 0.13         | 0.017        | 1;7          |          |
| Ievārījums                         | 10                 | 14         | 0.1          | 0.01           | 3.9          |              |              |              |              |          |
| Saldskābmaize                      | 20                 | 46         | 1.26         | 0.2            | 9.6          |              |              | 0.9          | 1.           |          |
| Sviests                            | 3                  | 22         | 0.018        | 2.475          | 0.132        |              |              |              | 7.           |          |
| Zaļu tēja                          | 200                | 2          | 0.026        | 0.051          | 0.008        |              |              |              |              |          |
| <b>kopā:</b>                       |                    | <b>183</b> | <b>5.97</b>  | <b>4.69</b>    | <b>29.39</b> | <b>0.130</b> | <b>0.130</b> | <b>0.917</b> |              |          |
| <b>Pusdienas</b>                   |                    |            |              |                |              |              |              |              |              |          |
| Rasolņiks                          | 110                | 79         | 1.132        | 4.556          | 8.151        | 0.449        | 0.55         | 1.49         | 9.           |          |
| Cepts vistas šķiņķītis             | 50                 | 162        | 15.979       | 10.804         | 0.202        | 0.2          |              | 0.022        |              |          |
| Vārīta pasta - makaroni            | 120                | 238        | 0.672        | 3.72           | 43.2         | 0.48         |              | 2.04         | 1.           |          |
| Svaigu dārzeņu salāti              | 60                 | 59         | 0.836        | 5.595          | 1.563        | 0.018        | 0.03         | 1.135        | 10.          |          |
| Ūdens ar apelsīniem un piparmētrām | 150                | 3          | 0.075        | 0.015          | 0.622        |              |              | 0.18         |              |          |
| <b>kopā:</b>                       |                    | <b>542</b> | <b>18.69</b> | <b>24.69</b>   | <b>53.74</b> | <b>1.147</b> | <b>0.580</b> | <b>4.867</b> |              |          |
| <b>Launags</b>                     |                    |            |              |                |              |              |              |              |              |          |
| Biezpiena masa                     | 50                 | 64         | 7.798        | 1.703          | 4.314        |              | 2.5          |              | 7.           |          |
| Zemeņu mērce                       | 10                 | 5          | 0.064        | 0.032          | 1.12         |              | 0.5          | 0.128        |              |          |
| Sēklu maize                        | 20                 | 59         | 2.1          | 1.28           | 9.42         |              |              | 0.86         | 1;11         |          |
| Sviests                            | 3                  | 22         | 0.018        | 2.475          | 0.132        |              |              |              | 7.           |          |
| Zaļu tēja                          | 200                | 2          | 0.026        | 0.051          | 0.008        |              |              |              |              |          |
| <b>kopā:</b>                       |                    | <b>153</b> | <b>10.01</b> | <b>5.54</b>    | <b>14.99</b> | <b>0</b>     | <b>3.000</b> | <b>0.988</b> |              |          |
| <b>Diena kopā:</b>                 |                    | <b>877</b> | <b>34.67</b> | <b>34.92</b>   | <b>98.12</b> | <b>1.277</b> | <b>3.710</b> | <b>6.772</b> |              |          |

| trešdiena, 21.maijs                                       | Svars, g | Kcal        | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|-----------------------------------------------------------|----------|-------------|----------------|--------------|---------------|--------------|--------------|---------------|----------|
| <b>Brokastis</b>                                          |          |             |                |              |               |              |              |               |          |
| Auzu pārslu putra                                         | 150      | 140         | 6.652          | 3.975        | 19.642        | 0.15         | 0.15         | 1.215         | 1;7      |
| Ievārījums                                                | 10       | 14          | 0.1            | 0.01         | 3.9           |              |              |               |          |
| Gurķi                                                     | 30       | 4           | 0.18           | 0.06         | 0.54          |              |              | 0.15          |          |
| Sviests                                                   | 5        | 37          | 0.03           | 4.125        | 0.22          |              |              |               | 7.       |
| Rudzu maize                                               | 20       | 52          | 1.72           | 0.28         | 10.04         |              |              | 1.1           | 1.       |
| Tēja                                                      | 200      | 3           | 0.52           | 0.102        | 0.016         |              |              |               |          |
| <b>kopā:</b>                                              |          | <b>250</b>  | <b>9.20</b>    | <b>8.55</b>  | <b>34.36</b>  | <b>0.150</b> | <b>0.150</b> | <b>2.465</b>  |          |
| <b>Pusdienas</b>                                          |          |             |                |              |               |              |              |               |          |
| Vistas gaļa ar dārzeņiem krējuma mērcē                    | 80       | 131         | 8.5            | 9.494        | 2.34          | 0.32         |              | 0.456         | 7.       |
| Vārīti kartupeļi                                          | 150      | 112         | 3.18           | 0.159        | 23.532        | 0.15         |              | 3.339         |          |
| Burkānu salāti ar sēkliņām                                | 30       | 44          | 0.69           | 3.839        | 1.744         | 0.09         | 0.45         | 1.05          |          |
| Salātu lapu maisījums ar Ķīnas kāpostiem                  | 30       | 5           | 0.518          | 0.1          | 0.597         |              |              | 0.368         |          |
| Ievārījuma uzpūtenis                                      | 70       | 60          | 0.892          | 0.102        | 14.64         |              | 3.5          | 0.007         | 1.       |
| Piens                                                     | 100      | 48          | 3.2            | 2.           | 4.5           |              |              |               | 7.       |
| Ūdens ar citronu                                          | 150      | 3           | 0.052          | 0.045        | 0.24          |              |              |               |          |
| Rudzu maize                                               | 20       | 52          | 1.72           | 0.28         | 10.04         |              |              | 1.1           | 1.       |
| <b>kopā:</b>                                              |          | <b>454</b>  | <b>18.75</b>   | <b>16.02</b> | <b>57.63</b>  | <b>0.560</b> | <b>3.950</b> | <b>6.320</b>  |          |
| <b>Launags</b>                                            |          |             |                |              |               |              |              |               |          |
| Piena zupa ar rīsiem                                      | 150      | 90          | 4.023          | 2.158        | 13.798        | 0.15         | 1.5          | 0.136         | 7.       |
| Sēklu maize                                               | 20       | 59          | 2.1            | 1.28         | 9.42          |              |              | 0.86          | 1;11     |
| Sviests                                                   | 5        | 37          | 0.03           | 4.125        | 0.22          |              |              |               | 7.       |
| Siers                                                     | 15       | 51          | 3.72           | 4.02         |               |              |              |               | 7.       |
| <b>kopā:</b>                                              |          | <b>238</b>  | <b>9.87</b>    | <b>11.58</b> | <b>23.44</b>  | <b>0.150</b> | <b>1.500</b> | <b>0.996</b>  |          |
| <b>Diena kopā:</b>                                        |          | <b>942</b>  | <b>37.83</b>   | <b>36.15</b> | <b>115.43</b> | <b>0.860</b> | <b>5.600</b> | <b>9.781</b>  |          |
|                                                           |          |             |                |              |               |              |              |               |          |
| ceturtdiena, 22.maijs                                     | Svars, g | Kcal        | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
| <b>Brokastis</b>                                          |          |             |                |              |               |              |              |               |          |
| Kukurūzas putra                                           | 150      | 104         | 5.34           | 2.562        | 15.814        | 0.15         | 0.15         | 1.551         | 7.       |
| Saldskābmaize                                             | 20       | 46          | 1.26           | 0.2          | 9.6           |              |              | 0.9           | 1.       |
| Siers                                                     | 20       | 68          | 4.96           | 5.36         |               |              |              |               | 7.       |
| Sviests                                                   | 5        | 37          | 0.03           | 4.125        | 0.22          |              |              |               | 7.       |
| Tēja                                                      | 200      | 3           | 0.52           | 0.102        | 0.016         |              |              |               |          |
| <b>kopā:</b>                                              |          | <b>259</b>  | <b>12.11</b>   | <b>12.35</b> | <b>25.65</b>  | <b>0.150</b> | <b>0.150</b> | <b>2.451</b>  |          |
| <b>Pusdienas</b>                                          |          |             |                |              |               |              |              |               |          |
| Zivju zupa                                                | 150      | 63          | 4.282          | 3.246        | 4.124         | 0.6          |              | 1.623         | 4;9      |
| Makaroni ar maltu cūkgaļu un dārzeņiem                    | 180      | 396         | 10.725         | 17.953       | 41.527        | 0.612        |              | 3.353         | 1;9      |
| Tomāti                                                    | 60       | 10          | 0.6            | 0.12         | 1.56          |              |              | 0.6           |          |
| Rudzu maize                                               | 20       | 52          | 1.72           | 0.28         | 10.04         |              |              | 1.1           | 1.       |
| Ūdens ar upenēm                                           | 150      | 3           | 0.098          | 0.015        | 0.458         |              |              | 0.51          |          |
| <b>kopā:</b>                                              |          | <b>524</b>  | <b>17.43</b>   | <b>21.61</b> | <b>57.71</b>  | <b>1.212</b> | <b>0</b>     | <b>7.186</b>  |          |
| <b>Launags</b>                                            |          |             |                |              |               |              |              |               |          |
| Magoņu smalkmaizīte                                       | 70       | 233         | 4.562          | 10.933       | 28.691        | 0.372        | 5.488        | 1.183         | 1;3      |
| Piens                                                     | 150      | 72          | 4.8            | 3.           | 6.75          |              |              |               | 7.       |
| Auglis                                                    | 100      | 56          | 0.79           | 0.25         | 12.2          |              |              | 0.7           |          |
| <b>kopā:</b>                                              |          | <b>361</b>  | <b>10.15</b>   | <b>14.18</b> | <b>47.64</b>  | <b>0.372</b> | <b>5.488</b> | <b>1.883</b>  |          |
| <b>Diena kopā:</b>                                        |          | <b>1144</b> | <b>39.69</b>   | <b>48.15</b> | <b>131.00</b> | <b>1.734</b> | <b>5.638</b> | <b>11.520</b> |          |
|                                                           |          |             |                |              |               |              |              |               |          |
| piektdiena, 23.maijs                                      | Svars, g | Kcal        | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
| <b>Brokastis</b>                                          |          |             |                |              |               |              |              |               |          |
| Cetru graudu pārslu putra                                 | 130      | 121         | 5.824          | 2.766        | 17.627        | 0.13         | 0.26         | 2.33          | 1;7      |
| Ievārījums                                                | 10       | 14          | 0.1            | 0.01         | 3.9           |              |              |               |          |
| Saldskābmaize                                             | 20       | 46          | 1.26           | 0.2          | 9.6           |              |              | 0.9           | 1.       |
| Sviests                                                   | 5        | 37          | 0.03           | 4.125        | 0.22          |              |              |               | 7.       |
| Zaļu tēja                                                 | 200      | 2           | 0.026          | 0.051        | 0.008         |              |              |               |          |
| <b>kopā:</b>                                              |          | <b>219</b>  | <b>7.24</b>    | <b>7.15</b>  | <b>31.36</b>  | <b>0.130</b> | <b>0.260</b> | <b>3.230</b>  |          |
| <b>Pusdienas</b>                                          |          |             |                |              |               |              |              |               |          |
| Pupu zupa                                                 | 190      | 134         | 5.582          | 7.369        | 11.518        | 0.433        |              | 4.575         | 9.       |
| Cūkgaļas mājas kotlete                                    | 50       | 94          | 7.879          | 4.947        | 4.364         | 0.06         |              | 0.398         | 1;3      |
| Kartupeļu biežputra                                       | 120      | 101         | 3.248          | 1.143        | 18.974        | 0.12         |              | 2.52          | 7.       |
| Jauno kāpostu un lapu salāti ar redīsiem un krējuma mērci | 30       | 13          | 0.494          | 0.694        | 1.112         | 0.03         |              | 0.628         | 7.       |
| Svaigu biešu salāti                                       | 30       | 23          | 0.372          | 1.575        | 1.707         | 0.09         |              | 0.585         |          |
| Rudzu maize                                               | 15       | 39          | 1.29           | 0.21         | 7.53          |              |              | 0.825         | 1.       |
| Ūdens ar dzērveņu garšu                                   | 150      | 37          | 0.015          |              | 9.12          |              |              | 0.27          |          |
| <b>kopā:</b>                                              |          | <b>441</b>  | <b>18.88</b>   | <b>15.94</b> | <b>54.33</b>  | <b>0.733</b> | <b>0</b>     | <b>9.801</b>  |          |
| <b>Launags</b>                                            |          |             |                |              |               |              |              |               |          |
| Biezpiens                                                 | 60       | 58          | 11.4           | 0.3          | 2.4           |              |              |               | 7.       |
| Krējums skābs                                             | 5        | 10          | 0.13           | 1.           | 0.135         |              |              |               | 7.       |
| Ievārījums                                                | 10       | 14          | 0.1            | 0.01         | 3.9           |              |              |               |          |
| Baltmaize                                                 | 20       | 53          | 1.56           | 0.42         | 10.28         |              |              | 0.76          | 1.       |
| Sviests                                                   | 5        | 37          | 0.03           | 4.125        | 0.22          |              |              |               | 7.       |
| Zaļu tēja                                                 | 200      | 2           | 0.026          | 0.051        | 0.008         |              |              |               |          |
| Auglis                                                    | 70       | 39          | 0.553          | 0.175        | 8.54          |              |              | 0.49          |          |
| <b>kopā:</b>                                              |          | <b>213</b>  | <b>13.80</b>   | <b>6.08</b>  | <b>25.48</b>  | <b>0</b>     | <b>0</b>     | <b>1.250</b>  |          |
| <b>Diena kopā:</b>                                        |          | <b>873</b>  | <b>39.92</b>   | <b>29.17</b> | <b>111.16</b> | <b>0.863</b> | <b>0.260</b> | <b>14.281</b> |          |

## Nedēļas ēdienkarte

### Grupa

### 1.-4.klase

Papildus 3 x nedēļā programma "Piens un Auglis skolai"(pirmskola un 1.-9.klase)

|                                    | pirmdiena, 19.maijs | Svars, g   | Kcal         | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs        | Šķiedrvielas | Alerģēni |
|------------------------------------|---------------------|------------|--------------|----------------|--------------|--------------|--------------|---------------|--------------|----------|
| <b>Pusdienas</b>                   |                     |            |              |                |              |              |              |               |              |          |
| Biešu zupa ar kāpostiem            | 200                 | 115        | 1.601        | 8.279          | 8.652        | 0.6          | 1.6          | 3.095         | 9.           |          |
| Krējums skābs                      | 10                  | 20         | 0.26         | 2.             | 0.27         |              |              |               | 7.           |          |
| Vārti rīsi                         | 180                 | 204        | 4.039        | 0.356          | 46.154       | 0.18         |              | 0.832         |              |          |
| Maltās galas tomātu mērce          | 100                 | 146        | 8.262        | 11.464         | 2.642        | 0.4          |              | 0.865         |              |          |
| Kāpostu salāti ar zaļumiem un eļļu | 50                  | 32         | 0.71         | 2.098          | 2.542        | 0.05         | 0.5          | 1.444         |              |          |
| Tvaicēti zaļie zirnīši             | 50                  | 44         | 3.63         | 0.275          | 6.765        | 0.2          |              | 2.365         |              |          |
| Rudzu maize                        | 40                  | 104        | 3.44         | 0.56           | 20.08        |              |              | 2.2           | 1.           |          |
| Ūdens ar ogām                      | 200                 | 4          | 0.08         | 0.04           | 0.55         |              |              |               |              |          |
| <b>kopā:</b>                       |                     | <b>669</b> | <b>22.02</b> | <b>25.07</b>   | <b>87.66</b> | <b>1.430</b> | <b>2.100</b> | <b>10.801</b> |              |          |

|                      |   |          |          |          |          |          |          |          |  |    |
|----------------------|---|----------|----------|----------|----------|----------|----------|----------|--|----|
| <b>Otrā izvēle</b>   |   |          |          |          |          |          |          |          |  |    |
| Vārītas pērļu grūbas | 0 |          |          |          |          |          |          |          |  | 1. |
| <b>kopā:</b>         |   | <b>0</b> | <b>0</b> | <b>0</b> | <b>0</b> | <b>0</b> | <b>0</b> | <b>0</b> |  |    |

|                    |     |             |              |              |               |              |              |               |    |  |
|--------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|---------------|----|--|
| <b>Launags</b>     |     |             |              |              |               |              |              |               |    |  |
| Siers              | 20  | 68          | 4.96         | 5.36         |               |              |              |               | 7. |  |
| Jogurts            | 200 | 180         | 6.6          | 4.           | 29.4          |              |              |               | 7. |  |
| Saldskābmaize      | 40  | 92          | 2.52         | 0.4          | 19.2          |              |              | 1.8           | 1. |  |
| Sviests            | 5   | 37          | 0.03         | 4.125        | 0.22          |              |              |               | 7. |  |
| <b>kopā:</b>       |     | <b>377</b>  | <b>14.11</b> | <b>13.89</b> | <b>48.82</b>  | <b>0</b>     | <b>0</b>     | <b>1.800</b>  |    |  |
| <b>Diena kopā:</b> |     | <b>1046</b> | <b>36.13</b> | <b>38.96</b> | <b>136.48</b> | <b>1.430</b> | <b>2.100</b> | <b>12.601</b> |    |  |

|                        | otrdiena, 20.maijs | Svars, g   | Kcal         | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|------------------------|--------------------|------------|--------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Pusdienas</b>       |                    |            |              |                |              |              |              |              |              |          |
| Rasolņiks              | 130                | 93         | 1.338        | 5.384          | 9.633        | 0.53         | 0.65         | 1.761        | 9.           |          |
| Cepts vistas šķiņķītis | 50                 | 162        | 15.979       | 10.804         | 0.202        | 0.2          |              | 0.022        |              |          |
| Vārti kartupeļi        | 180                | 134        | 3.816        | 0.191          | 28.238       | 0.18         |              | 4.007        |              |          |
| Piena mērce            | 30                 | 11         | 0.542        | 0.257          | 1.594        | 0.122        |              | 0.009        | 1;7          |          |
| Biešu salāti ar eļļu   | 50                 | 36         | 0.748        | 1.552          | 4.664        | 0.1          | 0.5          | 1.243        |              |          |
| Svaigu dārzeņu salāti  | 50                 | 50         | 0.696        | 4.662          | 1.302        | 0.015        | 0.025        | 0.946        | 10.          |          |
| Rudzu maize            | 20                 | 52         | 1.72         | 0.28           | 10.04        |              |              | 1.1          | 1.           |          |
| Ūdens ar apelsīniem    | 200                | 4          | 0.1          | 0.02           | 0.83         |              |              | 0.24         |              |          |
| <b>kopā:</b>           |                    | <b>541</b> | <b>24.94</b> | <b>23.15</b>   | <b>56.50</b> | <b>1.147</b> | <b>1.175</b> | <b>9.328</b> |              |          |

|                    |   |          |          |          |          |          |          |          |  |    |
|--------------------|---|----------|----------|----------|----------|----------|----------|----------|--|----|
| <b>Otrā izvēle</b> |   |          |          |          |          |          |          |          |  |    |
| Vārti rīsi         | 0 |          |          |          |          |          |          |          |  | 1. |
| <b>kopā:</b>       |   | <b>0</b> | <b>0</b> | <b>0</b> | <b>0</b> | <b>0</b> | <b>0</b> | <b>0</b> |  |    |

|                    |     |            |              |              |              |              |              |               |      |  |
|--------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|------|--|
| <b>Launags</b>     |     |            |              |              |              |              |              |               |      |  |
| Biezpiena masa     | 70  | 90         | 10.918       | 2.384        | 6.039        |              | 3.5          |               | 7.   |  |
| Zemeņu mērce       | 10  | 5          | 0.064        | 0.032        | 1.12         |              | 0.5          | 0.128         |      |  |
| Sēklu maize        | 20  | 59         | 2.1          | 1.28         | 9.42         |              |              | 0.86          | 1;11 |  |
| Sviests            | 3   | 22         | 0.018        | 2.475        | 0.132        |              |              |               | 7.   |  |
| Zāļu tēja          | 200 | 2          | 0.026        | 0.051        | 0.008        |              |              |               |      |  |
| <b>kopā:</b>       |     | <b>178</b> | <b>13.13</b> | <b>6.22</b>  | <b>16.72</b> | <b>0</b>     | <b>4.000</b> | <b>0.988</b>  |      |  |
| <b>Diena kopā:</b> |     | <b>719</b> | <b>38.07</b> | <b>29.37</b> | <b>73.22</b> | <b>1.147</b> | <b>5.175</b> | <b>10.316</b> |      |  |

|                                          | trešdiena, 21.maijs | Svars, g   | Kcal         | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs        | Šķiedrvielas | Alerģēni |
|------------------------------------------|---------------------|------------|--------------|----------------|--------------|--------------|--------------|---------------|--------------|----------|
| <b>Pusdienas</b>                         |                     |            |              |                |              |              |              |               |              |          |
| Frikadeļu zupa                           | 180                 | 89         | 4.426        | 2.853          | 10.979       | 0.198        |              | 1.925         | 9.           |          |
| Vistas gaļa ar dārzeņiem krējuma mērcē   | 100                 | 163        | 10.625       | 11.867         | 2.925        | 0.4          |              | 0.57          | 7.           |          |
| Vārti kartupeļi                          | 180                 | 134        | 3.816        | 0.191          | 28.238       | 0.18         |              | 4.007         |              |          |
| Burkānu salāti ar sēkliņām               | 50                  | 73         | 1.15         | 6.398          | 2.908        | 0.15         | 0.75         | 1.75          |              |          |
| Salātu lapu maisījums ar Ķīnas kāpostiem | 50                  | 8          | 0.862        | 0.168          | 0.995        |              |              | 0.612         |              |          |
| Ūdens ar citronu                         | 200                 | 4          | 0.07         | 0.06           | 0.32         |              |              |               |              |          |
| Rudzu maize                              | 40                  | 104        | 3.44         | 0.56           | 20.08        |              |              | 2.2           | 1.           |          |
| <b>kopā:</b>                             |                     | <b>575</b> | <b>24.39</b> | <b>22.10</b>   | <b>66.45</b> | <b>0.928</b> | <b>0.750</b> | <b>11.064</b> |              |          |

|                    |   |          |          |          |          |          |          |          |  |  |
|--------------------|---|----------|----------|----------|----------|----------|----------|----------|--|--|
| <b>Otrā izvēle</b> |   |          |          |          |          |          |          |          |  |  |
| Vārti griķi        | 0 |          |          |          |          |          |          |          |  |  |
| <b>kopā:</b>       |   | <b>0</b> | <b>0</b> | <b>0</b> | <b>0</b> | <b>0</b> | <b>0</b> | <b>0</b> |  |  |

|                      |     |            |              |              |              |              |              |               |      |  |
|----------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|------|--|
| <b>Launags</b>       |     |            |              |              |              |              |              |               |      |  |
| Piena zupa ar rīsiem | 200 | 120        | 5.364        | 2.878        | 18.397       | 0.2          | 2.           | 0.182         | 7.   |  |
| Sēklu maize          | 20  | 59         | 2.1          | 1.28         | 9.42         |              |              | 0.86          | 1;11 |  |
| Sviests              | 5   | 37         | 0.03         | 4.125        | 0.22         |              |              |               | 7.   |  |
| Siers                | 15  | 51         | 3.72         | 4.02         |              |              |              |               | 7.   |  |
| <b>kopā:</b>         |     | <b>268</b> | <b>11.21</b> | <b>12.30</b> | <b>28.04</b> | <b>0.200</b> | <b>2.000</b> | <b>1.042</b>  |      |  |
| <b>Diena kopā:</b>   |     | <b>842</b> | <b>35.60</b> | <b>34.40</b> | <b>94.48</b> | <b>1.128</b> | <b>2.750</b> | <b>12.106</b> |      |  |

| ceturtdiena, 22.maijs                  | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|----------------------------------------|----------|------------|----------------|--------------|---------------|--------------|--------------|--------------|----------|
| <b>Pusdienas</b>                       |          |            |                |              |               |              |              |              |          |
| Zivju zupa                             | 150      | 63         | 4.282          | 3.246        | 4.124         | 0.6          |              | 1.623        | 4;9      |
| Makaroni ar maltu cūkgaļu un dārzeņiem | 200      | 440        | 11.917         | 19.947       | 46.141        | 0.68         |              | 3.726        | 1;9      |
| Svaigu dārzeņu salāti ar eļļas mērci   | 35       | 18         | 0.377          | 1.463        | 0.84          | 0.018        | 0.105        | 0.328        |          |
| Tomāti                                 | 35       | 6          | 0.35           | 0.07         | 0.91          |              |              | 0.35         |          |
| Ūdens ar upenēm                        | 200      | 4          | 0.13           | 0.02         | 0.61          |              |              | 0.68         |          |
| Piens                                  | 150      | 72         | 4.8            | 3.           | 6.75          |              |              |              | 7.       |
| <b>kopā:</b>                           |          | <b>603</b> | <b>21.86</b>   | <b>27.75</b> | <b>59.38</b>  | <b>1.298</b> | <b>0.105</b> | <b>6.707</b> |          |
| <b>Otrā izvēle</b>                     |          |            |                |              |               |              |              |              |          |
| Cūkgaļa ar dārzeņiem un rīsiem         | 0        |            |                |              |               |              |              |              |          |
| <b>kopā:</b>                           |          | <b>0</b>   | <b>0</b>       | <b>0</b>     | <b>0</b>      | <b>0</b>     | <b>0</b>     | <b>0</b>     |          |
| <b>Launags</b>                         |          |            |                |              |               |              |              |              |          |
| Magoņu smalkmaizīte                    | 70       | 233        | 4.562          | 10.933       | 28.691        | 0.372        | 5.488        | 1.183        | 1;3      |
| Piens                                  | 200      | 96         | 6.4            | 4.           | 9.            |              |              |              | 7.       |
| Auglis                                 | 100      | 56         | 0.79           | 0.25         | 12.2          |              |              | 0.7          |          |
| <b>kopā:</b>                           |          | <b>385</b> | <b>11.75</b>   | <b>15.18</b> | <b>49.89</b>  | <b>0.372</b> | <b>5.488</b> | <b>1.883</b> |          |
| <b>Diena kopā:</b>                     |          | <b>988</b> | <b>33.61</b>   | <b>42.93</b> | <b>109.27</b> | <b>1.670</b> | <b>5.593</b> | <b>8.590</b> |          |

  

| piektdiena, 23.maijs                                      | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs   | Šķiedrvielas  | Alerģēni |
|-----------------------------------------------------------|----------|------------|----------------|--------------|---------------|--------------|----------|---------------|----------|
| <b>Pusdienas</b>                                          |          |            |                |              |               |              |          |               |          |
| Pupiņu zupa                                               | 200      | 142        | 5.876          | 7.757        | 12.124        | 0.456        |          | 4.816         | 9.       |
| Krējums skābs                                             | 10       | 20         | 0.26           | 2.           | 0.27          |              |          |               | 7.       |
| Cūkgaļas mājas kotlete                                    | 50       | 94         | 7.879          | 4.947        | 4.364         | 0.06         |          | 0.398         | 1;3      |
| Kartupeļu biezputra                                       | 200      | 169        | 5.414          | 1.905        | 31.624        | 0.2          |          | 4.2           | 7.       |
| Jauno kāpostu un lapu salāti ar redīsiem un krējuma mērci | 50       | 21         | 0.824          | 1.156        | 1.854         | 0.05         |          | 1.046         | 7.       |
| Svaigu biešu salāti                                       | 50       | 38         | 0.62           | 2.624        | 2.846         | 0.15         |          | 0.975         |          |
| Rudzu maize                                               | 40       | 104        | 3.44           | 0.56         | 20.08         |              |          | 2.2           | 1.       |
| Ūdens ar dzērveņu garšu                                   | 200      | 49         | 0.02           |              | 12.16         |              |          | 0.36          |          |
| <b>kopā:</b>                                              |          | <b>637</b> | <b>24.33</b>   | <b>20.95</b> | <b>85.32</b>  | <b>0.916</b> | <b>0</b> | <b>13.995</b> |          |
| <b>Otrā izvēle</b>                                        |          |            |                |              |               |              |          |               |          |
| Dārzeņu mērce                                             | 0        |            |                |              |               |              |          |               | 7.       |
| <b>kopā:</b>                                              |          | <b>0</b>   | <b>0</b>       | <b>0</b>     | <b>0</b>      | <b>0</b>     | <b>0</b> | <b>0</b>      |          |
| <b>Launags</b>                                            |          |            |                |              |               |              |          |               |          |
| Biezpiens                                                 | 100      | 97         | 19.            | 0.5          | 4.            |              |          |               | 7.       |
| Krējums skābs                                             | 5        | 10         | 0.13           | 1.           | 0.135         |              |          |               | 7.       |
| Ievārījums                                                | 15       | 21         | 0.15           | 0.015        | 5.85          |              |          |               |          |
| Baltmaize                                                 | 20       | 53         | 1.56           | 0.42         | 10.28         |              |          | 0.76          | 1.       |
| Sviests                                                   | 3        | 22         | 0.018          | 2.475        | 0.132         |              |          |               | 7.       |
| Zāļu tēja                                                 | 200      | 2          | 0.026          | 0.051        | 0.008         |              |          |               |          |
| <b>kopā:</b>                                              |          | <b>204</b> | <b>20.88</b>   | <b>4.46</b>  | <b>20.41</b>  | <b>0</b>     | <b>0</b> | <b>0.760</b>  |          |
| <b>Diena kopā:</b>                                        |          | <b>841</b> | <b>45.22</b>   | <b>25.41</b> | <b>105.73</b> | <b>0.916</b> | <b>0</b> | <b>14.755</b> |          |

## Nedēļas ēdienkarte

### Grupa

### 5.-9.klase

Papildus 3 x nedēļā programma "Piens un Auglis skolai"(pirmskola un 1.-9.klase)

|                                    | pirmdienā, 19.maijs | Svars, g   | Kcal         | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs        | Šķiedrvielas | Alerģēni |
|------------------------------------|---------------------|------------|--------------|----------------|--------------|--------------|--------------|---------------|--------------|----------|
| <b>Pusdienas</b>                   |                     |            |              |                |              |              |              |               |              |          |
| Biešu zupa ar kāpostiem            | 200                 | 115        | 1.601        | 8.279          | 8.652        | 0.6          | 1.6          | 3.095         | 9.           |          |
| Krējums skābs                      | 10                  | 20         | 0.26         | 2.             | 0.27         |              |              |               | 7.           |          |
| Vārtīti rīsi                       | 200                 | 227        | 4.488        | 0.396          | 51.282       | 0.2          |              | 0.924         |              |          |
| Maltās gaļas tomātu mērce          | 120                 | 176        | 9.915        | 13.757         | 3.17         | 0.48         |              | 1.038         |              |          |
| Kāpostu salāti ar zaļumiem un eļļu | 50                  | 32         | 0.71         | 2.098          | 2.542        | 0.05         | 0.5          | 1.444         |              |          |
| Tvaicēti zirnīši                   | 50                  | 44         | 3.63         | 0.275          | 6.765        | 0.2          |              | 2.365         |              |          |
| Rudzu maize                        | 40                  | 104        | 3.44         | 0.56           | 20.08        |              |              | 2.2           | 1.           |          |
| Ūdens ar ogām                      | 200                 | 4          | 0.08         | 0.04           | 0.55         |              |              |               |              |          |
| <b>kopā:</b>                       |                     | <b>721</b> | <b>24.12</b> | <b>27.41</b>   | <b>93.31</b> | <b>1.530</b> | <b>2.100</b> | <b>11.066</b> |              |          |

|                       |   |            |              |              |              |              |              |               |    |  |
|-----------------------|---|------------|--------------|--------------|--------------|--------------|--------------|---------------|----|--|
| <b>Otrā Izvēle</b>    |   |            |              |              |              |              |              |               |    |  |
| Vārtītas pērļu grūbas | 0 |            |              |              |              |              |              |               | 1. |  |
| <b>kopā:</b>          |   | <b>0</b>   | <b>0</b>     | <b>0</b>     | <b>0</b>     | <b>0</b>     | <b>0</b>     | <b>0</b>      |    |  |
| <b>Diena kopā:</b>    |   | <b>721</b> | <b>24.12</b> | <b>27.41</b> | <b>93.31</b> | <b>1.530</b> | <b>2.100</b> | <b>11.066</b> |    |  |

|                                    | otrdiena, 20.maijs | Svars, g   | Kcal         | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs        | Šķiedrvielas | Alerģēni |
|------------------------------------|--------------------|------------|--------------|----------------|--------------|--------------|--------------|---------------|--------------|----------|
| <b>Pusdienas</b>                   |                    |            |              |                |              |              |              |               |              |          |
| Rasolņiks                          | 180                | 129        | 1.852        | 7.455          | 13.338       | 0.734        | 0.9          | 2.439         | 9.           |          |
| Cepts vistas šķiņķītis             | 50                 | 162        | 15.979       | 10.804         | 0.202        | 0.2          |              | 0.022         |              |          |
| Vārtīti kartupeļi                  | 200                | 149        | 4.24         | 0.212          | 31.376       | 0.2          |              | 4.452         |              |          |
| Piena mērce                        | 30                 | 11         | 0.542        | 0.257          | 1.594        | 0.122        |              | 0.009         | 1,7          |          |
| Biešu salāti ar eļļu               | 60                 | 43         | 0.898        | 1.862          | 5.597        | 0.12         | 0.6          | 1.492         |              |          |
| Svaigu dārzeņu salāti              | 60                 | 59         | 0.836        | 5.595          | 1.563        | 0.018        | 0.03         | 1.135         | 10.          |          |
| Rudzu maize                        | 40                 | 104        | 3.44         | 0.56           | 20.08        |              |              | 2.2           | 1.           |          |
| Ūdens ar apelsīniem un piparmētrām | 200                | 4          | 0.1          | 0.02           | 0.83         |              |              | 0.24          |              |          |
| Piens                              | 150                | 72         | 4.8          | 3.             | 6.75         |              |              |               | 7.           |          |
| <b>kopā:</b>                       |                    | <b>732</b> | <b>32.69</b> | <b>29.77</b>   | <b>81.33</b> | <b>1.394</b> | <b>1.530</b> | <b>11.989</b> |              |          |

|                    |   |            |              |              |              |              |              |               |    |  |
|--------------------|---|------------|--------------|--------------|--------------|--------------|--------------|---------------|----|--|
| <b>Otrā Izvēle</b> |   |            |              |              |              |              |              |               |    |  |
| Vārtīti rīsi       | 0 |            |              |              |              |              |              |               | 1. |  |
| <b>kopā:</b>       |   | <b>0</b>   | <b>0</b>     | <b>0</b>     | <b>0</b>     | <b>0</b>     | <b>0</b>     | <b>0</b>      |    |  |
| <b>Diena kopā:</b> |   | <b>732</b> | <b>32.69</b> | <b>29.77</b> | <b>81.33</b> | <b>1.394</b> | <b>1.530</b> | <b>11.989</b> |    |  |

|                                          | trešdiena, 21.maijs | Svars, g   | Kcal         | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs        | Šķiedrvielas | Alerģēni |
|------------------------------------------|---------------------|------------|--------------|----------------|--------------|--------------|--------------|---------------|--------------|----------|
| <b>Pusdienas</b>                         |                     |            |              |                |              |              |              |               |              |          |
| Frikadeļu zupa                           | 250                 | 123        | 6.147        | 3.962          | 15.248       | 0.275        |              | 2.674         | 9.           |          |
| Vistas gaļa ar dārzeņiem krējuma mērcē   | 120                 | 196        | 12.75        | 14.24          | 3.51         | 0.48         |              | 0.685         | 7.           |          |
| Vārtīti kartupeļi                        | 230                 | 171        | 4.876        | 0.244          | 36.082       | 0.23         |              | 5.12          |              |          |
| Burkānu salāti ar sēklīnām               | 60                  | 88         | 1.379        | 7.678          | 3.489        | 0.18         | 0.9          | 2.101         |              |          |
| Salātu lapu maisījums ar Ķīnas kāpostiem | 60                  | 10         | 1.035        | 0.201          | 1.194        |              |              | 0.735         |              |          |
| Ūdens ar citronu                         | 200                 | 4          | 0.07         | 0.06           | 0.32         |              |              |               |              |          |
| Rudzu maize                              | 50                  | 130        | 4.3          | 0.7            | 25.1         |              |              | 2.75          | 1.           |          |
| <b>kopā:</b>                             |                     | <b>721</b> | <b>30.56</b> | <b>27.09</b>   | <b>84.94</b> | <b>1.165</b> | <b>0.900</b> | <b>14.065</b> |              |          |

|                    |   |            |              |              |              |              |              |               |  |  |
|--------------------|---|------------|--------------|--------------|--------------|--------------|--------------|---------------|--|--|
| <b>Otrā Izvēle</b> |   |            |              |              |              |              |              |               |  |  |
| Vārtīti griķi      | 0 |            |              |              |              |              |              |               |  |  |
| <b>kopā:</b>       |   | <b>0</b>   | <b>0</b>     | <b>0</b>     | <b>0</b>     | <b>0</b>     | <b>0</b>     | <b>0</b>      |  |  |
| <b>Diena kopā:</b> |   | <b>721</b> | <b>30.56</b> | <b>27.09</b> | <b>84.94</b> | <b>1.165</b> | <b>0.900</b> | <b>14.065</b> |  |  |

|                                        | ceturtdiena, 22.maijs | Svars, g   | Kcal         | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs        | Šķiedrvielas | Alerģēni |
|----------------------------------------|-----------------------|------------|--------------|----------------|--------------|--------------|--------------|---------------|--------------|----------|
| <b>Pusdienas</b>                       |                       |            |              |                |              |              |              |               |              |          |
| Zivju zupa                             | 200                   | 84         | 5.709        | 4.327          | 5.499        | 0.8          |              | 2.164         | 4;9          |          |
| Makaroni ar maltu cūkgāļu un dārzeņiem | 230                   | 507        | 13.704       | 22.939         | 53.063       | 0.782        |              | 4.284         | 1;9          |          |
| Svaigu dārzeņu salāti ar eļļas mērci   | 50                    | 25         | 0.538        | 2.09           | 1.199        | 0.025        | 0.15         | 0.468         |              |          |
| Tomāti                                 | 50                    | 9          | 0.5          | 0.1            | 1.3          |              |              | 0.5           |              |          |
| Rudzu maize                            | 40                    | 104        | 3.44         | 0.56           | 20.08        |              |              | 2.2           | 1.           |          |
| Ūdens ar upenēm                        | 200                   | 4          | 0.13         | 0.02           | 0.61         |              |              | 0.68          |              |          |
| Piens                                  | 150                   | 72         | 4.8          | 3.             | 6.75         |              |              |               | 7.           |          |
| <b>kopā:</b>                           |                       | <b>804</b> | <b>28.82</b> | <b>33.04</b>   | <b>88.50</b> | <b>1.607</b> | <b>0.150</b> | <b>10.296</b> |              |          |

|                                |   |            |              |              |              |              |              |               |  |  |
|--------------------------------|---|------------|--------------|--------------|--------------|--------------|--------------|---------------|--|--|
| <b>Otrā Izvēle</b>             |   |            |              |              |              |              |              |               |  |  |
| Cūkgāļa ar dārzeņiem un rīsiem | 0 |            |              |              |              |              |              |               |  |  |
| <b>kopā:</b>                   |   | <b>0</b>   | <b>0</b>     | <b>0</b>     | <b>0</b>     | <b>0</b>     | <b>0</b>     | <b>0</b>      |  |  |
| <b>Diena kopā:</b>             |   | <b>804</b> | <b>28.82</b> | <b>33.04</b> | <b>88.50</b> | <b>1.607</b> | <b>0.150</b> | <b>10.296</b> |  |  |

| piektdiena, 23.maijs                                      | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs   | Šķiedrvielas  | Alerģēni |
|-----------------------------------------------------------|----------|------------|----------------|--------------|---------------|--------------|----------|---------------|----------|
| <b>Pusdienas</b>                                          |          |            |                |              |               |              |          |               |          |
| Pupiņu zupa                                               | 220      | 156        | 6.463          | 8.532        | 13.336        | 0.502        |          | 5.298         | 9.       |
| Krējums skābs                                             | 10       | 20         | 0.26           | 2.           | 0.27          |              |          |               | 7.       |
| Cūkgālas mājas kotlete                                    | 60       | 113        | 9.455          | 5.937        | 5.236         | 0.072        |          | 0.477         | 1;3      |
| Kartupeļu biezputra                                       | 230      | 194        | 6.226          | 2.191        | 36.368        | 0.23         |          | 4.83          | 7.       |
| Jauno kāpostu un lapu salāti ar redīsiem un krējuma mērci | 50       | 21         | 0.824          | 1.156        | 1.854         | 0.05         |          | 1.046         | 7.       |
| Svaigu biešu salāti                                       | 50       | 38         | 0.62           | 2.624        | 2.846         | 0.15         |          | 0.975         |          |
| Rudzu maize                                               | 60       | 155        | 5.16           | 0.84         | 30.12         |              |          | 3.3           | 1.       |
| Ūdens ar dzērveņu garšu                                   | 200      | 49         | 0.02           |              | 12.16         |              |          | 0.36          |          |
| <b>kopā:</b>                                              |          | <b>747</b> | <b>29.03</b>   | <b>23.28</b> | <b>102.19</b> | <b>1.004</b> | <b>0</b> | <b>16.286</b> |          |
| <b>Otrā Izvēle</b>                                        |          |            |                |              |               |              |          |               |          |
| Dārzeņu mērce                                             | 0        |            |                |              |               |              |          |               | 7.       |
| Vārtīti rīsi                                              | 0        |            |                |              |               |              |          |               |          |
| <b>kopā:</b>                                              |          | <b>0</b>   | <b>0</b>       | <b>0</b>     | <b>0</b>      | <b>0</b>     | <b>0</b> | <b>0</b>      |          |
| <b>Diena kopā:</b>                                        |          | <b>747</b> | <b>29.03</b>   | <b>23.28</b> | <b>102.19</b> | <b>1.004</b> | <b>0</b> | <b>16.286</b> |          |

# Nedēļas ēdienkarte

Grupa

## BD 3-6 BEZ LAKTOZES

| pirmdiena, 19.maijs                 | Svars, g | Kcal        | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|-------------------------------------|----------|-------------|----------------|--------------|---------------|--------------|--------------|---------------|----------|
| <b>Brokastis</b>                    |          |             |                |              |               |              |              |               |          |
| Piecu graudu pārslu putra bez piena | 150      | 156         | 2.43           | 2.412        | 30.           | 0.75         |              | 2.712         | 1.       |
| Kliju maize                         | 20       | 55          | 2.42           | 0.54         | 9.46          |              |              | 1.16          | 1.       |
| Margarīns sviestmaizēm              | 5        | 36          |                | 4.           |               |              |              |               |          |
| Gurķi                               | 20       | 2           | 0.12           | 0.04         | 0.36          |              |              | 0.1           |          |
| Tēja                                | 200      | 3           | 0.52           | 0.102        | 0.016         |              |              |               |          |
| <b>kopā:</b>                        |          | <b>252</b>  | <b>5.49</b>    | <b>7.09</b>  | <b>39.84</b>  | <b>0.750</b> | <b>0</b>     | <b>3.972</b>  |          |
| <b>Pusdienas</b>                    |          |             |                |              |               |              |              |               |          |
| Biešu zupa ar kāpostiem             | 150      | 86          | 1.201          | 6.21         | 6.489         | 0.45         | 1.2          | 2.322         | 9.       |
| Vārti rīsi                          | 120      | 136         | 2.693          | 0.238        | 30.769        | 0.12         |              | 0.554         |          |
| Maltās gaļas tomātu mērce           | 90       | 132         | 7.436          | 10.317       | 2.378         | 0.36         |              | 0.778         |          |
| Kāpostu salāti ar zaļumiem un eļļu  | 60       | 38          | 0.852          | 2.518        | 3.05          | 0.06         | 0.6          | 1.733         |          |
| Rudzu maize                         | 20       | 52          | 1.72           | 0.28         | 10.04         |              |              | 1.1           | 1.       |
| Ūdens ar ogām                       | 150      | 3           | 0.06           | 0.03         | 0.412         |              |              |               |          |
| <b>kopā:</b>                        |          | <b>447</b>  | <b>13.96</b>   | <b>19.59</b> | <b>53.14</b>  | <b>0.990</b> | <b>1.800</b> | <b>6.487</b>  |          |
| <b>Launags</b>                      |          |             |                |              |               |              |              |               |          |
| Cepta ola                           | 100      | 242         | 12.59          | 19.85        | 2.39          | 2.           |              | 0.53          | 3.       |
| Zāļu tēja                           | 150      | 1           | 0.02           | 0.038        | 0.006         |              |              |               |          |
| Kliju maize                         | 20       | 55          | 2.42           | 0.54         | 9.46          |              |              | 1.16          | 1.       |
| Margarīns sviestmaizēm              | 5        | 36          |                | 4.           |               |              |              |               |          |
| Auglis                              | 100      | 56          | 0.79           | 0.25         | 12.2          |              |              | 0.7           |          |
| <b>kopā:</b>                        |          | <b>390</b>  | <b>15.82</b>   | <b>24.68</b> | <b>24.06</b>  | <b>2.000</b> | <b>0</b>     | <b>2.390</b>  |          |
| <b>Diena kopā:</b>                  |          | <b>1088</b> | <b>35.27</b>   | <b>51.37</b> | <b>117.03</b> | <b>3.740</b> | <b>1.800</b> | <b>12.849</b> |          |
| otrdiena, 20.maijs                  | Svars, g | Kcal        | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
| <b>Brokastis</b>                    |          |             |                |              |               |              |              |               |          |
| Mannā biezputra bez piena           | 150      | 196         | 3.611          | 2.261        | 39.603        | 0.15         | 0.15         | 0.034         | 1.       |
| Ievārījums                          | 10       | 14          | 0.1            | 0.01         | 3.9           |              |              |               |          |
| Saldskābmaize                       | 20       | 46          | 1.26           | 0.2          | 9.6           |              |              | 0.9           | 1.       |
| Margarīns sviestmaizēm              | 3        | 22          |                | 2.4          |               |              |              |               |          |
| Zāļu tēja                           | 200      | 2           | 0.026          | 0.051        | 0.008         |              |              |               |          |
| <b>kopā:</b>                        |          | <b>279</b>  | <b>5.00</b>    | <b>4.92</b>  | <b>53.11</b>  | <b>0.150</b> | <b>0.150</b> | <b>0.934</b>  |          |
| <b>Pusdienas</b>                    |          |             |                |              |               |              |              |               |          |
| Rasolņiks                           | 130      | 93          | 1.338          | 5.384        | 9.633         | 0.53         | 0.65         | 1.761         | 9.       |
| Cepts vistas šķiņķītis              | 50       | 162         | 15.979         | 10.804       | 0.202         | 0.2          |              | 0.022         |          |
| Vārti kartupeļi                     | 130      | 97          | 2.756          | 0.138        | 20.394        | 0.13         |              | 2.894         |          |
| Baltā mērce                         | 20       | 15          | 0.025          | 0.282        | 3.188         | 0.02         |              |               |          |
| Svaigu dārzeņu salāti               | 60       | 59          | 0.836          | 5.595        | 1.563         | 0.018        | 0.03         | 1.135         | 10.      |
| Rudzu maize                         | 20       | 52          | 1.72           | 0.28         | 10.04         |              |              | 1.1           | 1.       |
| Ūdens ar apelsīniem un piparmētrām  | 150      | 3           | 0.075          | 0.015        | 0.622         |              |              | 0.18          |          |
| <b>kopā:</b>                        |          | <b>481</b>  | <b>22.73</b>   | <b>22.50</b> | <b>45.64</b>  | <b>0.898</b> | <b>0.680</b> | <b>7.092</b>  |          |
| <b>Launags</b>                      |          |             |                |              |               |              |              |               |          |
| Bezlaktozes banānu pankūka          | 100      | 253         | 5.639          | 14.303       | 25.213        | 0.2          |              | 0.813         | 1;3;7    |
| Zemeņu mērce                        | 50       | 26          | 0.32           | 0.16         | 5.598         |              | 2.5          | 0.64          |          |
| Zāļu tēja                           | 200      | 2           | 0.026          | 0.051        | 0.008         |              |              |               |          |
| <b>kopā:</b>                        |          | <b>281</b>  | <b>5.99</b>    | <b>14.51</b> | <b>30.82</b>  | <b>0.200</b> | <b>2.500</b> | <b>1.453</b>  |          |
| <b>Diena kopā:</b>                  |          | <b>1040</b> | <b>33.71</b>   | <b>41.93</b> | <b>129.57</b> | <b>1.248</b> | <b>3.330</b> | <b>9.479</b>  |          |

| trešdiena, 21.maijs                                | Svars, g | Kcal        | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|----------------------------------------------------|----------|-------------|----------------|--------------|---------------|--------------|--------------|---------------|----------|
| <b>Brokastis</b>                                   |          |             |                |              |               |              |              |               |          |
| Auzu pārslu biezputra bez piena                    | 150      | 188         | 3.878          | 3.885        | 34.29         | 0.15         |              | 1.62          | 1.       |
| Ievārījums                                         | 10       | 14          | 0.1            | 0.01         | 3.9           |              |              |               |          |
| Gurķi                                              | 30       | 4           | 0.18           | 0.06         | 0.54          |              |              | 0.15          |          |
| Margarīns sviestmaizēm                             | 5        | 36          |                | 4.           |               |              |              |               |          |
| Rudzu maize                                        | 20       | 52          | 1.72           | 0.28         | 10.04         |              |              | 1.1           | 1.       |
| Tēja                                               | 200      | 3           | 0.52           | 0.102        | 0.016         |              |              |               |          |
| <b>kopā:</b>                                       |          | <b>296</b>  | <b>6.40</b>    | <b>8.34</b>  | <b>48.79</b>  | <b>0.150</b> | <b>0</b>     | <b>2.870</b>  |          |
| <b>Pusdienas</b>                                   |          |             |                |              |               |              |              |               |          |
| Vistas gala ar dārzeņiem bezlaktozes krējuma mērcē | 80       | 130         | 8.5            | 9.494        | 2.1           | 0.32         |              | 0.6           | 7.       |
| Vārīti kartupeļi                                   | 150      | 112         | 3.18           | 0.159        | 23.532        | 0.15         |              | 3.339         |          |
| Burkānu salāti ar sēkliņām                         | 30       | 44          | 0.69           | 3.839        | 1.744         | 0.09         | 0.45         | 1.05          |          |
| Salātu lapu maisījums ar Ķīnas kāpostiem           | 30       | 5           | 0.518          | 0.1          | 0.597         |              |              | 0.368         |          |
| Ievārījuma uzpūtenis                               | 70       | 60          | 0.892          | 0.102        | 14.64         |              | 3.5          | 0.007         | 1.       |
| Rīsu dzēriens                                      | 75       | 46          | 0.075          | 1.05         | 9.            |              |              |               |          |
| Ūdens ar citronu                                   | 150      | 3           | 0.052          | 0.045        | 0.24          |              |              |               |          |
| Rudzu maize                                        | 20       | 52          | 1.72           | 0.28         | 10.04         |              |              | 1.1           | 1.       |
| <b>kopā:</b>                                       |          | <b>451</b>  | <b>15.63</b>   | <b>15.07</b> | <b>61.89</b>  | <b>0.560</b> | <b>3.950</b> | <b>6.464</b>  |          |
| <b>Launags</b>                                     |          |             |                |              |               |              |              |               |          |
| Bezlaktozes piena zupa ar rīsiem                   | 150      | 87          | 4.023          | 1.634        | 14.008        | 0.15         | 1.5          | 0.136         | 7.       |
| Saldskābmaize                                      | 20       | 46          | 1.26           | 0.2          | 9.6           |              |              | 0.9           | 1.       |
| Margarīns sviestmaizēm                             | 5        | 36          |                | 4.           |               |              |              |               |          |
| Dārzeņu asorti                                     | 60       | 11          | 0.549          | 0.12         | 1.833         |              |              | 1.331         |          |
| Auglis                                             | 100      | 56          | 0.79           | 0.25         | 12.2          |              |              | 0.7           |          |
| <b>kopā:</b>                                       |          | <b>235</b>  | <b>6.62</b>    | <b>6.20</b>  | <b>37.64</b>  | <b>0.150</b> | <b>1.500</b> | <b>3.067</b>  |          |
| <b>Diena kopā:</b>                                 |          | <b>983</b>  | <b>28.65</b>   | <b>29.61</b> | <b>148.32</b> | <b>0.860</b> | <b>5.450</b> | <b>12.401</b> |          |
|                                                    |          |             |                |              |               |              |              |               |          |
| ceturtdiena, 22.maijs                              | Svars, g | Kcal        | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
| <b>Brokastis</b>                                   |          |             |                |              |               |              |              |               |          |
| Kukurūzas biezputra bez piena                      | 150      | 147         | 2.649          | 2.394        | 29.403        | 0.75         |              | 1.974         |          |
| Saldskābmaize                                      | 20       | 46          | 1.26           | 0.2          | 9.6           |              |              | 0.9           | 1.       |
| Vārīta cūkgaļa                                     | 30       | 70          | 7.152          | 4.582        | 0.13          | 0.03         |              | 0.057         |          |
| Margarīns sviestmaizēm                             | 5        | 36          |                | 4.           |               |              |              |               |          |
| Tēja                                               | 200      | 3           | 0.52           | 0.102        | 0.016         |              |              |               |          |
| <b>kopā:</b>                                       |          | <b>302</b>  | <b>11.58</b>   | <b>11.28</b> | <b>39.15</b>  | <b>0.780</b> | <b>0</b>     | <b>2.931</b>  |          |
| <b>Pusdienas</b>                                   |          |             |                |              |               |              |              |               |          |
| Zivju zupa                                         | 150      | 43          | 4.563          | 0.307        | 5.249         | 0.15         |              | 2.346         | 4;9      |
| Makaroni ar maltu cūkgaļu un dārzeņiem             | 180      | 396         | 10.725         | 17.953       | 41.527        | 0.612        |              | 3.353         | 1;9      |
| Tomāti                                             | 60       | 10          | 0.6            | 0.12         | 1.56          |              |              | 0.6           |          |
| Rudzu maize                                        | 20       | 52          | 1.72           | 0.28         | 10.04         |              |              | 1.1           | 1.       |
| Ūdens ar upenēm                                    | 150      | 3           | 0.098          | 0.015        | 0.458         |              |              | 0.51          |          |
| <b>kopā:</b>                                       |          | <b>504</b>  | <b>17.71</b>   | <b>18.68</b> | <b>58.83</b>  | <b>0.762</b> | <b>0</b>     | <b>7.909</b>  |          |
| <b>Launags</b>                                     |          |             |                |              |               |              |              |               |          |
| Bezlaktozes banānu pankūka                         | 100      | 253         | 5.639          | 14.303       | 25.213        | 0.2          |              | 0.813         | 1;3;7    |
| Ievārījums                                         | 15       | 21          | 0.15           | 0.015        | 5.85          |              |              |               |          |
| Zaļu tēja                                          | 150      | 1           | 0.02           | 0.038        | 0.006         |              |              |               |          |
| Auglis                                             | 100      | 56          | 0.79           | 0.25         | 12.2          |              |              | 0.7           |          |
| <b>kopā:</b>                                       |          | <b>331</b>  | <b>6.60</b>    | <b>14.61</b> | <b>43.27</b>  | <b>0.200</b> | <b>0</b>     | <b>1.513</b>  |          |
| <b>Diena kopā:</b>                                 |          | <b>1137</b> | <b>35.89</b>   | <b>44.56</b> | <b>141.25</b> | <b>1.742</b> | <b>0</b>     | <b>12.353</b> |          |
|                                                    |          |             |                |              |               |              |              |               |          |
| piektdiena, 23.maijs                               | Svars, g | Kcal        | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
| <b>Brokastis</b>                                   |          |             |                |              |               |              |              |               |          |
| Četrus graudu pārslu putra bez piena               | 150      | 164         | 3.015          | 2.682        | 31.139        | 0.15         | 0.3          | 2.688         | 1.       |
| Ievārījums                                         | 10       | 14          | 0.1            | 0.01         | 3.9           |              |              |               |          |
| Saldskābmaize                                      | 20       | 46          | 1.26           | 0.2          | 9.6           |              |              | 0.9           | 1.       |
| Margarīns sviestmaizēm                             | 5        | 36          |                | 4.           |               |              |              |               |          |
| Zaļu tēja                                          | 200      | 2           | 0.026          | 0.051        | 0.008         |              |              |               |          |
| <b>kopā:</b>                                       |          | <b>261</b>  | <b>4.40</b>    | <b>6.94</b>  | <b>44.65</b>  | <b>0.150</b> | <b>0.300</b> | <b>3.588</b>  |          |
| <b>Pusdienas</b>                                   |          |             |                |              |               |              |              |               |          |
| Pupiņu zupa                                        | 170      | 120         | 4.994          | 6.593        | 10.305        | 0.388        |              | 4.094         | 9.       |
| Cūkgaļas mājas kotlete                             | 50       | 94          | 7.879          | 4.947        | 4.364         | 0.06         |              | 0.398         | 1;3      |
| Mīcīti kartupeļi ar dārzeņu buljonu                | 120      | 86          | 2.462          | 0.134        | 18.007        | 0.12         |              | 2.679         | 9.       |
| Kāpostu salāti ar sarkanajiem redīsiem             | 30       | 17          | 0.416          | 0.956        | 1.735         | 0.12         | 0.6          | 0.794         |          |
| Svaigu biešu salāti                                | 30       | 23          | 0.372          | 1.575        | 1.707         | 0.09         |              | 0.585         |          |
| Rudzu maize                                        | 15       | 39          | 1.29           | 0.21         | 7.53          |              |              | 0.825         | 1.       |
| Ūdens ar dzērveņu garšu                            | 150      | 37          | 0.015          |              | 9.12          |              |              | 0.27          |          |
| <b>kopā:</b>                                       |          | <b>416</b>  | <b>17.43</b>   | <b>14.42</b> | <b>52.77</b>  | <b>0.778</b> | <b>0.600</b> | <b>9.645</b>  |          |
| <b>Launags</b>                                     |          |             |                |              |               |              |              |               |          |
| Vārīta cūkgaļa                                     | 20       | 56          | 4.418          | 4.204        | 0.087         | 0.02         |              | 0.038         |          |
| Baltmaize                                          | 20       | 53          | 1.56           | 0.42         | 10.28         |              |              | 0.76          | 1.       |
| Margarīns sviestmaizēm                             | 5        | 36          |                | 4.           |               |              |              |               |          |
| Zaļu tēja                                          | 150      | 1           | 0.02           | 0.038        | 0.006         |              |              |               |          |
| Auglis                                             | 100      | 56          | 0.79           | 0.25         | 12.2          |              |              | 0.7           |          |
| <b>kopā:</b>                                       |          | <b>201</b>  | <b>6.79</b>    | <b>8.91</b>  | <b>22.57</b>  | <b>0.020</b> | <b>0</b>     | <b>1.498</b>  |          |
| <b>Diena kopā:</b>                                 |          | <b>878</b>  | <b>28.62</b>   | <b>30.27</b> | <b>119.99</b> | <b>0.948</b> | <b>0.900</b> | <b>14.731</b> |          |

# Nedēļas ēdienkarte

## Grupa

## 1.-4.klase

## BEZ LAKTOZES

|                                    | pirmdiena, 19.maijs | Svars, g   | Kcal         | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|------------------------------------|---------------------|------------|--------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Pusdienas</b>                   |                     |            |              |                |              |              |              |              |              |          |
| Biešu zupa ar kāpostiem            | 200                 | 115        | 1.601        | 8.279          | 8.652        | 0.6          | 1.6          | 3.095        | 9.           |          |
| Vārīti rīsi                        | 180                 | 204        | 4.039        | 0.356          | 46.154       | 0.18         |              | 0.832        |              |          |
| Maltās gaļas tomātu mērce          | 100                 | 146        | 8.262        | 11.464         | 2.642        | 0.4          |              | 0.865        |              |          |
| Kāpostu salāti ar zaļumiem un eļļu | 100                 | 64         | 1.42         | 4.196          | 5.084        | 0.1          | 1.           | 2.889        |              |          |
| Rudzu maize                        | 40                  | 104        | 3.44         | 0.56           | 20.08        |              |              | 2.2          | 1.           |          |
| Ūdens ar ogām                      | 1000                | 18         | 0.4          | 0.2            | 2.75         |              |              |              |              |          |
| <b>kopā:</b>                       |                     | <b>650</b> | <b>19.16</b> | <b>25.06</b>   | <b>85.36</b> | <b>1.280</b> | <b>2.600</b> | <b>9.881</b> |              |          |

|                        |     |            |              |              |               |              |              |               |    |  |
|------------------------|-----|------------|--------------|--------------|---------------|--------------|--------------|---------------|----|--|
| <b>Launags</b>         |     |            |              |              |               |              |              |               |    |  |
| Cepta ola              | 50  | 121        | 6.295        | 9.925        | 1.195         | 1.           |              | 0.265         | 3. |  |
| Zaļu tēja              | 200 | 2          | 0.026        | 0.051        | 0.008         |              |              |               |    |  |
| Kliju maize            | 30  | 82         | 3.63         | 0.81         | 14.19         |              |              | 1.74          | 1. |  |
| Margarīns sviestmaizēm | 5   | 36         |              | 4.           |               |              |              |               |    |  |
| <b>kopā:</b>           |     | <b>241</b> | <b>9.95</b>  | <b>14.79</b> | <b>15.39</b>  | <b>1.000</b> | <b>0</b>     | <b>2.005</b>  |    |  |
| <b>Diena kopā:</b>     |     | <b>891</b> | <b>29.11</b> | <b>39.84</b> | <b>100.76</b> | <b>2.280</b> | <b>2.600</b> | <b>11.886</b> |    |  |

|                                    | otrdiena, 20.maijs | Svars, g   | Kcal         | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|------------------------------------|--------------------|------------|--------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Pusdienas</b>                   |                    |            |              |                |              |              |              |              |              |          |
| Rasolņiks                          | 150                | 107        | 1.543        | 6.213          | 11.115       | 0.612        | 0.75         | 2.032        | 9.           |          |
| Cepts vistas šķiņķītis             | 50                 | 162        | 15.979       | 10.804         | 0.202        | 0.2          |              | 0.022        |              |          |
| Vārīti kartupeļi                   | 200                | 149        | 4.24         | 0.212          | 31.376       | 0.2          |              | 4.452        |              |          |
| Baltā mērce                        | 30                 | 23         | 0.038        | 0.423          | 4.782        | 0.03         |              |              |              |          |
| Svaigu dārzeņu salāti              | 50                 | 50         | 0.696        | 4.662          | 1.302        | 0.015        | 0.025        | 0.946        | 10.          |          |
| Biešu salāti ar eļļu               | 40                 | 29         | 0.598        | 1.242          | 3.731        | 0.08         | 0.4          | 0.994        |              |          |
| Rudzu maize                        | 20                 | 52         | 1.72         | 0.28           | 10.04        |              |              | 1.1          | 1.           |          |
| Ūdens ar apelsīniem un piparmētrām | 200                | 4          | 0.1          | 0.02           | 0.83         |              |              | 0.24         |              |          |
| <b>kopā:</b>                       |                    | <b>575</b> | <b>24.91</b> | <b>23.86</b>   | <b>63.38</b> | <b>1.137</b> | <b>1.175</b> | <b>9.786</b> |              |          |

|                            |     |            |              |              |              |              |              |               |       |  |
|----------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|-------|--|
| <b>Launags</b>             |     |            |              |              |              |              |              |               |       |  |
| Bezlaktozes banānu pankūka | 100 | 253        | 5.639        | 14.303       | 25.213       | 0.2          |              | 0.813         | 1,3;7 |  |
| Zemeņu mērce               | 50  | 26         | 0.32         | 0.16         | 5.598        |              | 2.5          | 0.64          |       |  |
| Zaļu tēja                  | 200 | 2          | 0.026        | 0.051        | 0.008        |              |              |               |       |  |
| <b>kopā:</b>               |     | <b>281</b> | <b>5.99</b>  | <b>14.51</b> | <b>30.82</b> | <b>0.200</b> | <b>2.500</b> | <b>1.453</b>  |       |  |
| <b>Diena kopā:</b>         |     | <b>856</b> | <b>30.90</b> | <b>38.37</b> | <b>94.20</b> | <b>1.337</b> | <b>3.675</b> | <b>11.239</b> |       |  |

|                                                    | trešdiena, 21.maijs | Svars, g   | Kcal         | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|----------------------------------------------------|---------------------|------------|--------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Pusdienas</b>                                   |                     |            |              |                |              |              |              |              |              |          |
| Vistas gaļa ar dārzeņiem bezlaktozes krējuma mērcē | 100                 | 163        | 10.625       | 11.867         | 2.625        | 0.4          |              | 0.75         | 7.           |          |
| Vārīti kartupeļi                                   | 200                 | 149        | 4.24         | 0.212          | 31.376       | 0.2          |              | 4.452        |              |          |
| Burkānu salāti ar sēklīnām                         | 50                  | 73         | 1.15         | 6.398          | 2.908        | 0.15         | 0.75         | 1.75         |              |          |
| Salātu lapu maisījums ar Ķīnas kāpostiem           | 50                  | 8          | 0.862        | 0.168          | 0.995        |              |              | 0.612        |              |          |
| Ievārījuma uzpūtenis                               | 70                  | 60         | 0.892        | 0.102          | 14.64        |              | 3.5          | 0.007        | 1.           |          |
| Rīsu dzēriens                                      | 100                 | 61         | 0.1          | 1.4            | 12.          |              |              |              |              |          |
| Ūdens ar citronu                                   | 200                 | 4          | 0.07         | 0.06           | 0.32         |              |              |              |              |          |
| Rudzu maize                                        | 20                  | 52         | 1.72         | 0.28           | 10.04        |              |              | 1.1          | 1.           |          |
| <b>kopā:</b>                                       |                     | <b>570</b> | <b>19.66</b> | <b>20.49</b>   | <b>74.90</b> | <b>0.750</b> | <b>4.250</b> | <b>8.671</b> |              |          |

|                                  |     |            |              |              |               |              |              |               |    |  |
|----------------------------------|-----|------------|--------------|--------------|---------------|--------------|--------------|---------------|----|--|
| <b>Launags</b>                   |     |            |              |              |               |              |              |               |    |  |
| Bezlaktozes piena zupa ar rīsiem | 200 | 116        | 5.364        | 2.178        | 18.677        | 0.2          | 2.           | 0.182         | 7. |  |
| Saldskābmaize                    | 20  | 46         | 1.26         | 0.2          | 9.6           |              |              | 0.9           | 1. |  |
| Margarīns sviestmaizēm           | 5   | 36         |              | 4.           |               |              |              |               |    |  |
| Dārzeņu asorti                   | 50  | 9          | 0.458        | 0.1          | 1.528         |              |              | 1.109         |    |  |
| <b>kopā:</b>                     |     | <b>207</b> | <b>7.08</b>  | <b>6.48</b>  | <b>29.81</b>  | <b>0.200</b> | <b>2.000</b> | <b>2.191</b>  |    |  |
| <b>Diena kopā:</b>               |     | <b>777</b> | <b>26.74</b> | <b>26.97</b> | <b>104.71</b> | <b>0.950</b> | <b>6.250</b> | <b>10.862</b> |    |  |

|                                        | ceturtdiena, 22.maijs | Svars, g   | Kcal         | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|----------------------------------------|-----------------------|------------|--------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Pusdienas</b>                       |                       |            |              |                |              |              |              |              |              |          |
| Zivju zupa                             | 150                   | 43         | 4.563        | 0.307          | 5.249        | 0.15         |              | 2.346        | 4;9          |          |
| Makaroni ar maltu cūkgaļu un dārzeņiem | 200                   | 440        | 11.917       | 19.947         | 46.141       | 0.68         |              | 3.726        | 1;9          |          |
| Svaigu dārzeņu salāti ar eļļas mērci   | 35                    | 18         | 0.377        | 1.463          | 0.84         | 0.018        | 0.105        | 0.328        |              |          |
| Tomāti                                 | 35                    | 6          | 0.35         | 0.07           | 0.91         |              |              | 0.35         |              |          |
| Rudzu maize                            | 20                    | 52         | 1.72         | 0.28           | 10.04        |              |              | 1.1          | 1.           |          |
| Ūdens ar upenēm                        | 150                   | 3          | 0.098        | 0.015          | 0.458        |              |              | 0.51         |              |          |
| <b>kopā:</b>                           |                       | <b>561</b> | <b>19.03</b> | <b>22.08</b>   | <b>63.64</b> | <b>0.848</b> | <b>0.105</b> | <b>8.360</b> |              |          |

|                            |     |            |              |              |               |              |              |              |       |  |
|----------------------------|-----|------------|--------------|--------------|---------------|--------------|--------------|--------------|-------|--|
| <b>Launags</b>             |     |            |              |              |               |              |              |              |       |  |
| Bezlaktozes banānu pankūka | 100 | 253        | 5.639        | 14.303       | 25.213        | 0.2          |              | 0.813        | 1,3;7 |  |
| Ievārījums                 | 15  | 21         | 0.15         | 0.015        | 5.85          |              |              |              |       |  |
| Zaļu tēja                  | 150 | 1          | 0.02         | 0.038        | 0.006         |              |              |              |       |  |
| Auglis                     | 100 | 56         | 0.79         | 0.25         | 12.2          |              |              | 0.7          |       |  |
| <b>kopā:</b>               |     | <b>331</b> | <b>6.60</b>  | <b>14.61</b> | <b>43.27</b>  | <b>0.200</b> | <b>0</b>     | <b>1.513</b> |       |  |
| <b>Diena kopā:</b>         |     | <b>892</b> | <b>25.62</b> | <b>36.69</b> | <b>106.91</b> | <b>1.048</b> | <b>0.105</b> | <b>9.873</b> |       |  |

| piektdiena, 23.maijs                   | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|----------------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>                       |          |            |                |              |              |              |              |               |          |
| Pupu zupa                              | 170      | 120        | 4.994          | 6.593        | 10.305       | 0.388        |              | 4.094         | 9.       |
| Cūkgālas mājas kotlete                 | 50       | 94         | 7.879          | 4.947        | 4.364        | 0.06         |              | 0.398         | 1;3      |
| Mīcīti kartupeļi ar dārzeņu buljonu    | 200      | 143        | 4.103          | 0.223        | 30.012       | 0.2          |              | 4.465         | 9.       |
| Kāpostu salāti ar sarkanajiem redīsiem | 50       | 29         | 0.694          | 1.594        | 2.892        | 0.2          | 1.           | 1.323         |          |
| Svaigu biešu salāti                    | 50       | 38         | 0.62           | 2.624        | 2.846        | 0.15         |              | 0.975         |          |
| Eļļas citrona mērce                    | 3        | 25         | 0.003          | 2.702        | 0.163        | 0.003        | 0.15         | 0.001         |          |
| Rudzu maize                            | 40       | 104        | 3.44           | 0.56         | 20.08        |              |              | 2.2           | 1.       |
| Ūdens ar dzērveņu garšu                | 150      | 37         | 0.015          |              | 9.12         |              |              | 0.27          |          |
| <b>kopā:</b>                           |          | <b>589</b> | <b>21.75</b>   | <b>19.24</b> | <b>79.78</b> | <b>1.001</b> | <b>1.150</b> | <b>13.726</b> |          |
| <b>Launags</b>                         |          |            |                |              |              |              |              |               |          |
| Vārīta cūkgāla                         | 20       | 56         | 4.418          | 4.204        | 0.087        | 0.02         |              | 0.038         |          |
| Baltmaize                              | 20       | 53         | 1.56           | 0.42         | 10.28        |              |              | 0.76          | 1.       |
| Margarīns sviestmaizēm                 | 5        | 36         |                | 4.           |              |              |              |               |          |
| Zāļu tēja                              | 150      | 1          | 0.02           | 0.038        | 0.006        |              |              |               |          |
| <b>kopā:</b>                           |          | <b>146</b> | <b>6.00</b>    | <b>8.66</b>  | <b>10.37</b> | <b>0.020</b> | <b>0</b>     | <b>0.798</b>  |          |
| <b>Diena kopā:</b>                     |          | <b>734</b> | <b>27.75</b>   | <b>27.91</b> | <b>90.16</b> | <b>1.021</b> | <b>1.150</b> | <b>14.524</b> |          |

# Nedēļas ēdienkarte

## Grupa

## BD 3-6

## BEZ GLUTĒNA

Papildus 3 x nedēļā programma "Piens un Auglis skolai" (pirmskola un 1.-9.klase)

|                                       | pirmdiena, 19.maijs | Svars, g | Kcal   | Olbaltumvielas | Tauki  | Ogļhidrāti | Sāls  | Cukurs | Šķiedrvielas | Alerģēni |
|---------------------------------------|---------------------|----------|--------|----------------|--------|------------|-------|--------|--------------|----------|
| Brokastis                             |                     |          |        |                |        |            |       |        |              |          |
| Piecu graudu pārslu putra             | 150                 | 156      | 6.72   | 3.21           | 24.    | 0.15       | 0.15  |        | 3.39         | 1,7      |
| Bezglutēna maize                      | 20                  | 44       | 0.058  | 0.646          | 9.46   | 0.2        |       |        |              |          |
| Sviests                               | 5                   | 37       | 0.03   | 4.125          | 0.22   |            |       |        |              | 7.       |
| Gurķi                                 | 20                  | 2        | 0.12   | 0.04           | 0.36   |            |       |        | 0.1          |          |
| Tēja                                  | 200                 | 3        | 0.52   | 0.102          | 0.016  |            |       |        |              |          |
| kopā:                                 |                     | 243      | 7.45   | 8.12           | 34.06  | 0.350      | 0.150 |        | 3.490        |          |
| Pusdienas                             |                     |          |        |                |        |            |       |        |              |          |
| Biešu zupa ar kāpostiem               | 150                 | 86       | 1.201  | 6.21           | 6.489  | 0.45       | 1.2   |        | 2.322        | 9.       |
| Krējums skābs                         | 5                   | 10       | 0.13   | 1.             | 0.135  |            |       |        |              | 7.       |
| Vārīti rīsi                           | 120                 | 136      | 2.693  | 0.238          | 30.769 | 0.12       |       |        | 0.554        |          |
| Maltās gaļas tomātu mērce             | 80                  | 117      | 6.61   | 9.171          | 2.113  | 0.32       |       |        | 0.692        |          |
| Kāpostu salāti ar zaļumiem un eļļu    | 60                  | 38       | 0.852  | 2.518          | 3.05   | 0.06       | 0.6   |        | 1.733        |          |
| Bezglutēna maize                      | 20                  | 44       | 0.058  | 0.646          | 9.46   | 0.2        |       |        |              |          |
| Ūdens ar ogām                         | 150                 | 3        | 0.06   | 0.03           | 0.412  |            |       |        |              |          |
| kopā:                                 |                     | 434      | 11.60  | 19.81          | 52.43  | 1.150      | 1.800 |        | 5.301        |          |
| Launags                               |                     |          |        |                |        |            |       |        |              |          |
| Siers                                 | 20                  | 68       | 4.96   | 5.36           |        |            |       |        |              | 7.       |
| Jogurts                               | 150                 | 135      | 4.95   | 3.             | 22.05  |            |       |        |              | 7.       |
| Bezglutēna maize ar saulespuķu sēklām | 40                  | 108      | 1.     | 3.04           | 17.2   |            |       |        | 4.           |          |
| Sviests                               | 5                   | 37       | 0.03   | 4.125          | 0.22   |            |       |        |              | 7.       |
| Auglis                                | 100                 | 56       | 0.79   | 0.25           | 12.2   |            |       |        | 0.7          |          |
| kopā:                                 |                     | 404      | 11.73  | 15.78          | 51.67  | 0          | 0     |        | 4.700        |          |
| Diena kopā:                           |                     | 1081     | 30.78  | 43.71          | 138.15 | 1.500      | 1.950 |        | 13.491       |          |
|                                       |                     |          |        |                |        |            |       |        |              |          |
|                                       | otrdiena, 20.maijs  | Svars, g | Kcal   | Olbaltumvielas | Tauki  | Ogļhidrāti | Sāls  | Cukurs | Šķiedrvielas | Alerģēni |
| Brokastis                             |                     |          |        |                |        |            |       |        |              |          |
| Griķu mannas putra                    | 150                 | 96       | 4.164  | 1.973          | 15.375 | 0.15       | 1.05  |        | 0.459        | 7.       |
| Ievārījums                            | 10                  | 14       | 0.1    | 0.01           | 3.9    |            |       |        |              |          |
| Bezglutēna maize                      | 20                  | 44       | 0.058  | 0.646          | 9.46   | 0.2        |       |        |              |          |
| Sviests                               | 5                   | 37       | 0.03   | 4.125          | 0.22   |            |       |        |              | 7.       |
| Zaļu tēja                             | 200                 | 2        | 0.026  | 0.051          | 0.008  |            |       |        |              |          |
| kopā:                                 |                     | 193      | 4.38   | 6.81           | 28.96  | 0.350      | 1.050 |        | 0.459        |          |
| Pusdienas                             |                     |          |        |                |        |            |       |        |              |          |
| Rasolņiks                             | 150                 | 107      | 1.543  | 6.213          | 11.115 | 0.612      | 0.75  |        | 2.032        | 9.       |
| Krējums skābs                         | 5                   | 10       | 0.13   | 1.             | 0.135  |            |       |        |              | 7.       |
| Cepts vistas šķiņķītis                | 50                  | 162      | 15.979 | 10.804         | 0.202  | 0.2        |       |        | 0.022        |          |
| Vārīti bezglutēna makaroni            | 120                 | 174      | 1.806  | 2.946          | 34.86  | 0.12       |       |        | 0.63         |          |
| Piena mērce ar baziliku               | 20                  | 22       | 0.649  | 1.403          | 1.79   | 0.08       |       |        | 0.005        | 7.       |
| Svaigu dārzeņu salāti ar eļļas mērci  | 60                  | 30       | 0.646  | 2.507          | 1.439  | 0.03       | 0.18  |        | 0.562        |          |
| Ūdens ar apelsīniem un piparmētrām    | 150                 | 3        | 0.075  | 0.015          | 0.622  |            |       |        | 0.18         |          |
| kopā:                                 |                     | 509      | 20.83  | 24.89          | 50.16  | 1.042      | 0.930 |        | 3.431        |          |
| Launags                               |                     |          |        |                |        |            |       |        |              |          |
| Biezpiena masa                        | 50                  | 64       | 7.798  | 1.703          | 4.314  |            | 2.5   |        |              | 7.       |
| Zemeņu mērce                          | 70                  | 37       | 0.448  | 0.224          | 7.837  |            | 3.5   |        | 0.896        |          |
| Bezglutēna maize ar saulespuķu sēklām | 20                  | 54       | 0.5    | 1.52           | 8.6    |            |       |        | 2.           |          |
| Sviests                               | 7                   | 52       | 0.042  | 5.775          | 0.308  |            |       |        |              | 7.       |
| Zaļu tēja                             | 200                 | 2        | 0.026  | 0.051          | 0.008  |            |       |        |              |          |
| kopā:                                 |                     | 208      | 8.81   | 9.27           | 21.07  | 0          | 6.000 |        | 2.896        |          |
| Diena kopā:                           |                     | 910      | 34.02  | 40.97          | 100.19 | 1.392      | 7.980 |        | 6.786        |          |

| trešdiena, 21.maijs                                       | Svars, g | Kcal        | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|-----------------------------------------------------------|----------|-------------|----------------|--------------|---------------|--------------|--------------|---------------|----------|
| <b>Brokastis</b>                                          |          |             |                |              |               |              |              |               |          |
| Prosas biezputra                                          | 150      | 135         | 5.639          | 3.007        | 21.47         | 0.15         | 0.75         | 0.884         | 7.       |
| Ievārījums                                                | 10       | 14          | 0.1            | 0.01         | 3.9           |              |              |               |          |
| Gurķi                                                     | 30       | 4           | 0.18           | 0.06         | 0.54          |              |              | 0.15          |          |
| Sviests                                                   | 5        | 37          | 0.03           | 4.125        | 0.22          |              |              |               | 7.       |
| Bezglutēna maize                                          | 20       | 44          | 0.058          | 0.646        | 9.46          | 0.2          |              |               |          |
| Tēja                                                      | 200      | 3           | 0.52           | 0.102        | 0.016         |              |              |               |          |
| <b>kopā:</b>                                              |          | <b>236</b>  | <b>6.53</b>    | <b>7.95</b>  | <b>35.61</b>  | <b>0.350</b> | <b>0.750</b> | <b>1.034</b>  |          |
| <b>Pusdienas</b>                                          |          |             |                |              |               |              |              |               |          |
| Vistas gaļa ar dārzeņiem krējuma mērcē                    | 80       | 131         | 8.5            | 9.494        | 2.34          | 0.32         |              | 0.456         | 7.       |
| Vārīti kartupeļi                                          | 150      | 112         | 3.18           | 0.159        | 23.532        | 0.15         |              | 3.339         |          |
| Burkānu salāti ar sēkliņām                                | 30       | 44          | 0.69           | 3.839        | 1.744         | 0.09         | 0.45         | 1.05          |          |
| Salātu lapu maisījums ar Ķīnas kāpostiem                  | 30       | 5           | 0.518          | 0.1          | 0.597         |              |              | 0.368         |          |
| Biezais ogu ķīselis                                       | 70       | 38          | 0.336          | 0.089        | 8.634         |              | 3.5          | 1.018         |          |
| Piens                                                     | 100      | 48          | 3.2            | 2.           | 4.5           |              |              |               | 7.       |
| Ūdens ar citronu                                          | 150      | 3           | 0.052          | 0.045        | 0.24          |              |              |               |          |
| Bezglutēna maize                                          | 20       | 44          | 0.058          | 0.646        | 9.46          | 0.2          |              |               |          |
| <b>kopā:</b>                                              |          | <b>424</b>  | <b>16.53</b>   | <b>16.37</b> | <b>51.05</b>  | <b>0.760</b> | <b>3.950</b> | <b>6.231</b>  |          |
| <b>Launags</b>                                            |          |             |                |              |               |              |              |               |          |
| Piena zupa ar rīsiem                                      | 150      | 90          | 4.023          | 2.158        | 13.798        | 0.15         | 1.5          | 0.136         | 7.       |
| Siers                                                     | 15       | 51          | 3.72           | 4.02         |               |              |              |               | 7.       |
| Bezglutēna maize ar saulespuķu sēklām                     | 20       | 54          | 0.5            | 1.52         | 8.6           |              |              | 2.            |          |
| Sviests                                                   | 5        | 37          | 0.03           | 4.125        | 0.22          |              |              |               | 7.       |
| <b>kopā:</b>                                              |          | <b>232</b>  | <b>8.27</b>    | <b>11.82</b> | <b>22.62</b>  | <b>0.150</b> | <b>1.500</b> | <b>2.136</b>  |          |
| <b>Diena kopā:</b>                                        |          | <b>893</b>  | <b>31.33</b>   | <b>36.15</b> | <b>109.27</b> | <b>1.260</b> | <b>6.200</b> | <b>9.401</b>  |          |
|                                                           |          |             |                |              |               |              |              |               |          |
| ceturtdiena, 22.maijs                                     | Svars, g | Kcal        | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
| <b>Brokastis</b>                                          |          |             |                |              |               |              |              |               |          |
| Kukurūzas putra                                           | 150      | 104         | 5.34           | 2.562        | 15.814        | 0.15         | 0.15         | 1.551         | 7.       |
| Bezglutēna maize                                          | 20       | 44          | 0.058          | 0.646        | 9.46          | 0.2          |              |               |          |
| Siers                                                     | 20       | 68          | 4.96           | 5.36         |               |              |              |               | 7.       |
| Sviests                                                   | 5        | 37          | 0.03           | 4.125        | 0.22          |              |              |               | 7.       |
| Tēja                                                      | 200      | 3           | 0.52           | 0.102        | 0.016         |              |              |               |          |
| <b>kopā:</b>                                              |          | <b>257</b>  | <b>10.91</b>   | <b>12.80</b> | <b>25.51</b>  | <b>0.350</b> | <b>0.150</b> | <b>1.551</b>  |          |
| <b>Pusdienas</b>                                          |          |             |                |              |               |              |              |               |          |
| Zivju zupa                                                | 150      | 43          | 4.563          | 0.307        | 5.249         | 0.15         |              | 2.346         | 4;9      |
| Makaroni ar maltu cūkgaļu un dārzeņiem                    | 180      | 322         | 11.704         | 15.447       | 33.853        | 0.288        |              | 1.976         |          |
| Tomāti                                                    | 50       | 9           | 0.5            | 0.1          | 1.3           |              |              | 0.5           |          |
| Bezglutēna maize                                          | 20       | 44          | 0.058          | 0.646        | 9.46          | 0.2          |              |               |          |
| Ūdens ar upenēm                                           | 150      | 3           | 0.098          | 0.015        | 0.458         |              |              | 0.51          |          |
| <b>kopā:</b>                                              |          | <b>420</b>  | <b>16.92</b>   | <b>16.52</b> | <b>50.32</b>  | <b>0.638</b> | <b>0</b>     | <b>5.332</b>  |          |
| <b>Launags</b>                                            |          |             |                |              |               |              |              |               |          |
| Bezglutēna pankūka                                        | 100      | 223         | 1.295          | 7.352        | 37.99         | 0.1          | 0.5          |               | 3.       |
| Ievārījums                                                | 15       | 21          | 0.15           | 0.015        | 5.85          |              |              |               |          |
| Zāļu tēja                                                 | 150      | 1           | 0.02           | 0.038        | 0.006         |              |              |               |          |
| Auglis                                                    | 100      | 56          | 0.79           | 0.25         | 12.2          |              |              | 0.7           |          |
| <b>kopā:</b>                                              |          | <b>300</b>  | <b>2.26</b>    | <b>7.66</b>  | <b>56.05</b>  | <b>0.100</b> | <b>0.500</b> | <b>0.700</b>  |          |
| <b>Diena kopā:</b>                                        |          | <b>977</b>  | <b>30.09</b>   | <b>36.97</b> | <b>131.88</b> | <b>1.088</b> | <b>0.650</b> | <b>7.583</b>  |          |
|                                                           |          |             |                |              |               |              |              |               |          |
| piektdiena, 23.maijs                                      | Svars, g | Kcal        | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
| <b>Brokastis</b>                                          |          |             |                |              |               |              |              |               |          |
| Trīs graudu pārslu putra                                  | 150      | 130         | 5.76           | 2.748        | 19.365        | 0.15         |              | 2.88          | 1;7      |
| Ievārījums                                                | 10       | 14          | 0.1            | 0.01         | 3.9           |              |              |               |          |
| Bezglutēna maize                                          | 20       | 44          | 0.058          | 0.646        | 9.46          | 0.2          |              |               |          |
| Sviests                                                   | 7        | 52          | 0.042          | 5.775        | 0.308         |              |              |               | 7.       |
| Zāļu tēja                                                 | 200      | 2           | 0.026          | 0.051        | 0.008         |              |              |               |          |
| <b>kopā:</b>                                              |          | <b>241</b>  | <b>5.99</b>    | <b>9.23</b>  | <b>33.04</b>  | <b>0.350</b> | <b>0</b>     | <b>2.880</b>  |          |
| <b>Pusdienas</b>                                          |          |             |                |              |               |              |              |               |          |
| Pupiņu zupa                                               | 190      | 159         | 4.77           | 9.938        | 12.78         | 0.464        |              | 4.978         | 9.       |
| Krējums skābs                                             | 5        | 10          | 0.13           | 1.           | 0.135         |              |              |               | 7.       |
| Cūkgaļas kotlete bez miltiem                              | 60       | 192         | 11.453         | 13.895       | 5.435         | 0.072        |              | 0.019         |          |
| Kartupeļu biezputra                                       | 120      | 101         | 3.248          | 1.143        | 18.974        | 0.12         |              | 2.52          | 7.       |
| Jauno kāpostu un lapu salāti ar redīsiem un krējuma mērci | 30       | 13          | 0.494          | 0.694        | 1.112         | 0.03         |              | 0.628         | 7.       |
| Svaigu biešu salāti                                       | 30       | 23          | 0.372          | 1.575        | 1.707         | 0.09         |              | 0.585         |          |
| Bezglutēna maize ar saulespuķu sēklām                     | 20       | 54          | 0.5            | 1.52         | 8.6           |              |              | 2.            |          |
| Ūdens ar dzērveņu garšu                                   | 150      | 37          | 0.015          |              | 9.12          |              |              | 0.27          |          |
| <b>kopā:</b>                                              |          | <b>589</b>  | <b>20.98</b>   | <b>29.77</b> | <b>57.86</b>  | <b>0.776</b> | <b>0</b>     | <b>11.000</b> |          |
| <b>Launags</b>                                            |          |             |                |              |               |              |              |               |          |
| Biezpiens                                                 | 80       | 78          | 15.2           | 0.4          | 3.2           |              |              |               | 7.       |
| Krējums skābs                                             | 15       | 30          | 0.39           | 3.           | 0.405         |              |              |               | 7.       |
| Zemeņu ievārījums                                         | 10       | 22          | 0.06           | 0.03         | 5.402         |              | 5.           | 0.12          |          |
| Bezglutēna maize                                          | 40       | 88          | 0.116          | 1.291        | 18.92         | 0.4          |              |               |          |
| Sviests                                                   | 7        | 52          | 0.042          | 5.775        | 0.308         |              |              |               | 7.       |
| Zāļu tēja                                                 | 150      | 1           | 0.02           | 0.038        | 0.006         |              |              |               |          |
| Auglis                                                    | 100      | 56          | 0.79           | 0.25         | 12.2          |              |              | 0.7           |          |
| <b>kopā:</b>                                              |          | <b>327</b>  | <b>16.62</b>   | <b>10.78</b> | <b>40.44</b>  | <b>0.400</b> | <b>5.000</b> | <b>0.820</b>  |          |
| <b>Diena kopā:</b>                                        |          | <b>1157</b> | <b>43.59</b>   | <b>49.78</b> | <b>131.35</b> | <b>1.526</b> | <b>5.000</b> | <b>14.700</b> |          |

## Nedēļas ēdienkarte

Grupa

1.-4.klase

**BEZ GLUTĒNA**

Papildus 3 x nedēļā programma "Piens un Auglis skolai" (pirmskola un 1.-9.klase)

| pirmdiena, 19.maijs                   | Svars, g | Kcal        | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|---------------------------------------|----------|-------------|----------------|--------------|---------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>                      |          |             |                |              |               |              |              |               |          |
| Biešu zupa ar kāpostiem               | 200      | 115         | 1.601          | 8.279        | 8.652         | 0.6          | 1.6          | 3.095         | 9.       |
| Krējums skābs                         | 10       | 20          | 0.26           | 2.           | 0.27          |              |              |               | 7.       |
| Vārti rīsi                            | 180      | 204         | 4.039          | 0.356        | 46.154        | 0.18         |              | 0.832         |          |
| Maltās gaļas tomātu mērce             | 100      | 146         | 8.262          | 11.464       | 2.642         | 0.4          |              | 0.865         |          |
| Kāpostu salāti ar zaļumiem un eļļu    | 100      | 64          | 1.42           | 4.196        | 5.084         | 0.1          | 1.           | 2.889         |          |
| Bezglutēna maize                      | 40       | 88          | 0.116          | 1.291        | 18.92         | 0.4          |              |               |          |
| Ūdens ar ogām                         | 200      | 4           | 0.08           | 0.04         | 0.55          |              |              |               |          |
| <b>kopā:</b>                          |          | <b>640</b>  | <b>15.78</b>   | <b>27.63</b> | <b>82.27</b>  | <b>1.680</b> | <b>2.600</b> | <b>7.681</b>  |          |
| <b>Launags</b>                        |          |             |                |              |               |              |              |               |          |
| Siers                                 | 20       | 68          | 4.96           | 5.36         |               |              |              |               | 7.       |
| Jogurts                               | 200      | 180         | 6.6            | 4.           | 29.4          |              |              |               | 7.       |
| Bezglutēna maize ar saulespuķu sēklām | 40       | 108         | 1.             | 3.04         | 17.2          |              |              | 4.            |          |
| Sviests                               | 5        | 37          | 0.03           | 4.125        | 0.22          |              |              |               | 7.       |
| <b>kopā:</b>                          |          | <b>393</b>  | <b>12.59</b>   | <b>16.53</b> | <b>46.82</b>  | <b>0</b>     | <b>0</b>     | <b>4.000</b>  |          |
| <b>Diena kopā:</b>                    |          | <b>1034</b> | <b>28.37</b>   | <b>44.15</b> | <b>129.09</b> | <b>1.680</b> | <b>2.600</b> | <b>11.681</b> |          |

  

| otrdiena, 20.maijs                    | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|---------------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>                      |          |            |                |              |              |              |              |               |          |
| Rasolņiks                             | 180      | 129        | 1.852          | 7.455        | 13.338       | 0.734        | 0.9          | 2.439         | 9.       |
| Cepts vistas šķiņķītis                | 60       | 194        | 19.175         | 12.965       | 0.242        | 0.24         |              | 0.026         |          |
| Vārti kartupeļi                       | 200      | 149        | 4.24           | 0.212        | 31.376       | 0.2          |              | 4.452         |          |
| Piena mērce ar baziliku               | 40       | 44         | 1.298          | 2.806        | 3.579        | 0.16         |              | 0.011         | 7.       |
| Svaigu dārzeņu salāti ar eļļas mērci  | 50       | 25         | 0.538          | 2.09         | 1.199        | 0.025        | 0.15         | 0.468         |          |
| Biešu salāti ar eļļu                  | 40       | 29         | 0.598          | 1.242        | 3.731        | 0.08         | 0.4          | 0.994         |          |
| Bezglutēna maize                      | 20       | 44         | 0.058          | 0.646        | 9.46         | 0.2          |              |               |          |
| Ūdens ar apelsīniem un piparmētrām    | 200      | 4          | 0.1            | 0.02         | 0.83         |              |              | 0.24          |          |
| <b>kopā:</b>                          |          | <b>618</b> | <b>27.86</b>   | <b>27.44</b> | <b>63.76</b> | <b>1.639</b> | <b>1.450</b> | <b>8.630</b>  |          |
| <b>Launags</b>                        |          |            |                |              |              |              |              |               |          |
| Biezpiena masa                        | 70       | 90         | 10.918         | 2.384        | 6.039        |              | 3.5          |               | 7.       |
| Zemeņu mērce                          | 50       | 26         | 0.32           | 0.16         | 5.598        |              | 2.5          | 0.64          |          |
| Bezglutēna maize ar saulespuķu sēklām | 20       | 54         | 0.5            | 1.52         | 8.6          |              |              | 2.            |          |
| Sviests                               | 5        | 37         | 0.03           | 4.125        | 0.22         |              |              |               | 7.       |
| Zāļu tēja                             | 200      | 2          | 0.026          | 0.051        | 0.008        |              |              |               |          |
| <b>kopā:</b>                          |          | <b>209</b> | <b>11.79</b>   | <b>8.24</b>  | <b>20.47</b> | <b>0</b>     | <b>6.000</b> | <b>2.640</b>  |          |
| <b>Diena kopā:</b>                    |          | <b>826</b> | <b>39.65</b>   | <b>35.68</b> | <b>84.22</b> | <b>1.639</b> | <b>7.450</b> | <b>11.270</b> |          |

  

| trešdiena, 21.maijs                      | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|------------------------------------------|----------|------------|----------------|--------------|---------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>                         |          |            |                |              |               |              |              |               |          |
| Vistas gaļa ar dārzeņiem krējuma mērcē   | 100      | 163        | 10.625         | 11.867       | 2.925         | 0.4          |              | 0.57          | 7.       |
| Vārti kartupeļi                          | 180      | 134        | 3.816          | 0.191        | 28.238        | 0.18         |              | 4.007         |          |
| Burkānu salāti ar sēklīnām               | 100      | 147        | 2.299          | 12.796       | 5.815         | 0.3          | 1.5          | 3.501         |          |
| Salātu lapu maisījums ar Ķīnas kāpostiem | 100      | 16         | 1.725          | 0.335        | 1.99          |              |              | 1.225         |          |
| Biezais ogu ķīselis                      | 100      | 55         | 0.48           | 0.127        | 12.334        |              | 5.           | 1.455         |          |
| Piens                                    | 100      | 48         | 3.2            | 2.           | 4.5           |              |              |               | 7.       |
| Ūdens ar citronu                         | 200      | 4          | 0.07           | 0.06         | 0.32          |              |              |               |          |
| Bezglutēna maize                         | 40       | 88         | 0.116          | 1.291        | 18.92         | 0.4          |              |               |          |
| <b>kopā:</b>                             |          | <b>655</b> | <b>22.33</b>   | <b>28.67</b> | <b>75.04</b>  | <b>1.280</b> | <b>6.500</b> | <b>10.758</b> |          |
| <b>Launags</b>                           |          |            |                |              |               |              |              |               |          |
| Piena zupa ar rīsiem                     | 200      | 120        | 5.364          | 2.878        | 18.397        | 0.2          | 2.           | 0.182         | 7.       |
| Siers                                    | 15       | 51         | 3.72           | 4.02         |               |              |              |               | 7.       |
| Bezglutēna maize ar saulespuķu sēklām    | 40       | 108        | 1.             | 3.04         | 17.2          |              |              | 4.            |          |
| Sviests                                  | 5        | 37         | 0.03           | 4.125        | 0.22          |              |              |               | 7.       |
| <b>kopā:</b>                             |          | <b>316</b> | <b>10.11</b>   | <b>14.06</b> | <b>35.82</b>  | <b>0.200</b> | <b>2.000</b> | <b>4.182</b>  |          |
| <b>Diena kopā:</b>                       |          | <b>971</b> | <b>32.45</b>   | <b>42.73</b> | <b>110.86</b> | <b>1.480</b> | <b>8.500</b> | <b>14.940</b> |          |

| ceturtdiena, 22.maijs                  | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|----------------------------------------|----------|------------|----------------|--------------|---------------|--------------|--------------|--------------|----------|
| <b>Pusdienas</b>                       |          |            |                |              |               |              |              |              |          |
| Zivju zupa                             | 150      | 43         | 4.563          | 0.307        | 5.249         | 0.15         |              | 2.346        | 4;9      |
| Makaroni ar maltu cūkgaļu un dārzeņiem | 200      | 357        | 13.004         | 17.163       | 37.614        | 0.32         |              | 2.195        |          |
| Svaigu dārzeņu salāti ar eļļas mērci   | 35       | 18         | 0.377          | 1.463        | 0.84          | 0.018        | 0.105        | 0.328        |          |
| Tomāti                                 | 35       | 6          | 0.35           | 0.07         | 0.91          |              |              | 0.35         |          |
| Bezglutēna maize                       | 20       | 44         | 0.058          | 0.646        | 9.46          | 0.2          |              |              |          |
| Ūdens ar upenēm                        | 200      | 4          | 0.13           | 0.02         | 0.61          |              |              | 0.68         |          |
| Piens                                  | 150      | 72         | 4.8            | 3.           | 6.75          |              |              |              | 7.       |
| <b>kopā:</b>                           |          | <b>543</b> | <b>23.28</b>   | <b>22.67</b> | <b>61.43</b>  | <b>0.688</b> | <b>0.105</b> | <b>5.899</b> |          |
| <b>Launags</b>                         |          |            |                |              |               |              |              |              |          |
| Bezglutēna pankūka                     | 100      | 223        | 1.295          | 7.352        | 37.99         | 0.1          | 0.5          |              | 3.       |
| Ievārījums                             | 15       | 21         | 0.15           | 0.015        | 5.85          |              |              |              |          |
| Zāļu tēja                              | 200      | 2          | 0.026          | 0.051        | 0.008         |              |              |              |          |
| Auglis                                 | 100      | 56         | 0.79           | 0.25         | 12.2          |              |              | 0.7          |          |
| <b>kopā:</b>                           |          | <b>301</b> | <b>2.26</b>    | <b>7.67</b>  | <b>56.05</b>  | <b>0.100</b> | <b>0.500</b> | <b>0.700</b> |          |
| <b>Diena kopā:</b>                     |          | <b>844</b> | <b>25.54</b>   | <b>30.34</b> | <b>117.48</b> | <b>0.788</b> | <b>0.605</b> | <b>6.599</b> |          |

  

| piektdiena, 23.maijs                                      | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|-----------------------------------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>                                          |          |            |                |              |              |              |              |               |          |
| Pupiņu zupa                                               | 170      | 142        | 4.268          | 8.892        | 11.435       | 0.415        |              | 4.454         | 9.       |
| Krējums skābs                                             | 5        | 10         | 0.13           | 1.           | 0.135        |              |              |               | 7.       |
| Cūkgaļas kotlete bez miltiem                              | 50       | 160        | 9.544          | 11.579       | 4.529        | 0.06         |              | 0.016         |          |
| Kartupeļu biežputra                                       | 200      | 169        | 5.414          | 1.905        | 31.624       | 0.2          |              | 4.2           | 7.       |
| Jauno kāpostu un lapu salāti ar redīsiem un krējuma mērci | 50       | 21         | 0.824          | 1.156        | 1.854        | 0.05         |              | 1.046         | 7.       |
| Svaigu biešu salāti                                       | 50       | 38         | 0.62           | 2.624        | 2.846        | 0.15         |              | 0.975         |          |
| Bezglutēna maize ar saulespuķu sēklām                     | 20       | 54         | 0.5            | 1.52         | 8.6          |              |              | 2.            |          |
| Ūdens ar dzērveņu garšu                                   | 200      | 49         | 0.02           |              | 12.16        |              |              | 0.36          |          |
| <b>kopā:</b>                                              |          | <b>643</b> | <b>21.32</b>   | <b>28.68</b> | <b>73.18</b> | <b>0.875</b> | <b>0</b>     | <b>13.051</b> |          |
| <b>Launags</b>                                            |          |            |                |              |              |              |              |               |          |
| Biezpiens                                                 | 100      | 97         | 19.            | 0.5          | 4.           |              |              |               | 7.       |
| Krējums skābs                                             | 5        | 10         | 0.13           | 1.           | 0.135        |              |              |               | 7.       |
| Zemeņu ievārījums                                         | 15       | 34         | 0.09           | 0.045        | 8.104        |              | 7.5          | 0.18          |          |
| Bezglutēna maize                                          | 20       | 44         | 0.058          | 0.646        | 9.46         | 0.2          |              |               |          |
| Sviests                                                   | 3        | 22         | 0.018          | 2.475        | 0.132        |              |              |               | 7.       |
| Zāļu tēja                                                 | 150      | 1          | 0.02           | 0.038        | 0.006        |              |              |               |          |
| <b>kopā:</b>                                              |          | <b>208</b> | <b>19.32</b>   | <b>4.70</b>  | <b>21.84</b> | <b>0.200</b> | <b>7.500</b> | <b>0.180</b>  |          |
| <b>Diena kopā:</b>                                        |          | <b>851</b> | <b>40.64</b>   | <b>33.38</b> | <b>95.02</b> | <b>1.075</b> | <b>7.500</b> | <b>13.231</b> |          |

## Nedēļas ēdienkarte

### Grupa

### 1.-4.klase

## VEĢETĀRĀ

Papildus 3 x nedēļā programma "Piens un Auglis skolai"(pirmskola un 1.-9.klase)

| pirmdiena, 19.maijs                | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|------------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>                   |          |            |                |              |              |              |              |               |          |
| Biešu zupa ar kāpostiem            | 200      | 115        | 1.601          | 8.279        | 8.652        | 0.6          | 1.6          | 3.095         | 9.       |
| Krējums skābs                      | 5        | 10         | 0.13           | 1.           | 0.135        |              |              |               | 7.       |
| Vārīti rīsi                        | 150      | 170        | 3.366          | 0.297        | 38.462       | 0.15         |              | 0.693         |          |
| Sviests                            | 10       | 75         | 0.06           | 8.25         | 0.44         |              |              |               | 7.       |
| Pākšaugu karijs                    | 150      | 176        | 9.024          | 5.818        | 22.16        | 0.872        |              | 5.973         | 9.       |
| Kāpostu salāti ar zaļumiem un eļļu | 100      | 64         | 1.42           | 4.196        | 5.084        | 0.1          | 1.           | 2.889         |          |
| Rudzu maize                        | 40       | 104        | 3.44           | 0.56         | 20.08        |              |              | 2.2           | 1.       |
| Ūdens ar ogām                      | 200      | 4          | 0.08           | 0.04         | 0.55         |              |              |               |          |
| <b>kopā:</b>                       |          | <b>716</b> | <b>19.12</b>   | <b>28.44</b> | <b>95.56</b> | <b>1.722</b> | <b>2.600</b> | <b>14.850</b> |          |

| otrdiena, 20.maijs                 | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|------------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Pusdienas</b>                   |          |            |                |              |              |              |              |              |          |
| Rasolņiks                          | 150      | 107        | 1.543          | 6.213        | 11.115       | 0.612        | 0.75         | 2.032        | 9.       |
| Krējums skābs                      | 5        | 10         | 0.13           | 1.           | 0.135        |              |              |              | 7.       |
| Kartupeļu plācenītis ar biezpienu  | 80       | 140        | 5.89           | 5.493        | 16.434       | 0.118        | 1.6          | 1.219        | 1,3;7    |
| Vārīta pasta - makaroni            | 150      | 298        | 0.84           | 4.65         | 54.          | 0.6          |              | 2.55         | 1.       |
| Piena mērce                        | 50       | 18         | 0.904          | 0.429        | 2.657        | 0.202        |              | 0.016        | 1,7      |
| Biešu salāti ar eļļu               | 70       | 50         | 1.047          | 2.173        | 6.53         | 0.14         | 0.7          | 1.74         |          |
| Ūdens ar apelsīniem un piparmētrām | 150      | 3          | 0.075          | 0.015        | 0.622        |              |              | 0.18         |          |
| Piens                              | 150      | 72         | 4.8            | 3.           | 6.75         |              |              |              | 7.       |
| <b>kopā:</b>                       |          | <b>699</b> | <b>15.23</b>   | <b>22.97</b> | <b>98.24</b> | <b>1.672</b> | <b>3.050</b> | <b>7.737</b> |          |

| trešdiena, 21.maijs        | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|----------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>           |          |            |                |              |              |              |              |               |          |
| Dārzeni siera mērcē        | 150      | 127        | 6.729          | 8.967        | 4.814        | 0.615        |              | 3.773         | 1,7      |
| Vārīti kartupeļi           | 150      | 112        | 3.18           | 0.159        | 23.532       | 0.15         |              | 3.339         |          |
| Burkānu salāti ar sēkliņām | 100      | 147        | 2.299          | 12.796       | 5.815        | 0.3          | 1.5          | 3.501         |          |
| Ievārījuma uzpūtenis       | 100      | 86         | 1.274          | 0.145        | 20.914       |              | 5.           | 0.01          | 1.       |
| Piens                      | 100      | 48         | 3.2            | 2.           | 4.5          |              |              |               | 7.       |
| Ūdens ar citronu           | 200      | 4          | 0.07           | 0.06         | 0.32         |              |              |               |          |
| Rudzu maize                | 40       | 104        | 3.44           | 0.56         | 20.08        |              |              | 2.2           | 1.       |
| <b>kopā:</b>               |          | <b>627</b> | <b>20.19</b>   | <b>24.69</b> | <b>79.98</b> | <b>1.065</b> | <b>6.500</b> | <b>12.823</b> |          |

| ceturtdiena, 22.maijs                | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni  |
|--------------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|-----------|
| <b>Pusdienas</b>                     |          |            |                |              |              |              |              |              |           |
| Dārzeņu zupa                         | 150      | 69         | 2.045          | 3.241        | 7.592        | 0.15         |              | 2.885        | 9.        |
| Krējums skābs                        | 5        | 10         | 0.13           | 1.           | 0.135        |              |              |              | 7.        |
| Pasta ar spinātiem                   | 250      | 294        | 8.529          | 10.767       | 40.008       | 1.75         |              | 3.555        | 1,3;6;7;9 |
| Svaigu dārzeņu salāti ar eļļas mērci | 70       | 35         | 0.753          | 2.925        | 1.679        | 0.035        | 0.21         | 0.655        |           |
| Rudzu maize                          | 40       | 104        | 3.44           | 0.56         | 20.08        |              |              | 2.2          | 1.        |
| Ūdens ar upenēm                      | 200      | 4          | 0.13           | 0.02         | 0.61         |              |              | 0.68         |           |
| Piens                                | 150      | 72         | 4.8            | 3.           | 6.75         |              |              |              | 7.        |
| <b>kopā:</b>                         |          | <b>587</b> | <b>19.83</b>   | <b>21.51</b> | <b>76.85</b> | <b>1.935</b> | <b>0.210</b> | <b>9.975</b> |           |

| piektdiena, 23.maijs                                      | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|-----------------------------------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>                                          |          |            |                |              |              |              |              |               |          |
| Buljons ar makaroniem                                     | 200      | 102        | 3.36           | 2.021        | 17.428       | 0.14         |              | 1.122         | 1.       |
| Krējums skābs                                             | 10       | 20         | 0.26           | 2.           | 0.27         |              |              |               | 7.       |
| Burkānu kotlete                                           | 100      | 194        | 6.456          | 10.479       | 18.384       | 0.4          | 2.5          | 2.611         | 1,11;3;7 |
| Kartupeļu biezputra                                       | 200      | 169        | 5.414          | 1.905        | 31.624       | 0.2          |              | 4.2           | 7.       |
| Sviests                                                   | 10       | 75         | 0.06           | 8.25         | 0.44         |              |              |               | 7.       |
| Jauno kāpostu un lapu salāti ar redīsiem un krējuma mērci | 100      | 43         | 1.648          | 2.312        | 3.708        | 0.1          |              | 2.092         | 7.       |
| Rudzu maize                                               | 20       | 52         | 1.72           | 0.28         | 10.04        |              |              | 1.1           | 1.       |
| Ūdens ar dzērveņu garšu                                   | 200      | 49         | 0.02           |              | 12.16        |              |              | 0.36          |          |
| <b>kopā:</b>                                              |          | <b>703</b> | <b>18.94</b>   | <b>27.25</b> | <b>94.05</b> | <b>0.840</b> | <b>2.500</b> | <b>11.485</b> |          |