


## Nedēļas ēdienkarte/ Mūsu Latvijas garšas

**Grupa** 1.-4. klase

| 09.11.2026 KURZEME | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alergēni |
|---|---|---|---|---|---|---|---|---|---|
| **Brokastis** | | | | | | | | | |
| Trīs graudu pārslu putra | 200 | 167 | 7.68 | 3.664 | 26.219 | 0.2 | 0.4 | 3.84 | 1;7 |
| Kiršu ievārījums | 10 | 16 | 0.1 | 0.01 | 3.9 | | | | |
| Fazer Dzīvā sēklu maize | 20 | 58 | 2.1 | 1.28 | 9.42 | | | 0.86 | 1;11 |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | | | | 7. |
| Svaigs gurķis | 20 | 2 | 0.12 | 0.04 | 0.36 | | | 0.1 | |
| Tēja | 200 | 3 | 0.52 | 0.102 | 0.016 | | | | |
| **kopā:** | | **284** | **10.55** | **9.22** | **40.14** | **0.200** | **0.400** | **4.800** | |
| **Pusdienas** | | | | | | | | | |
| Vistas gaļas zupa ar dārzeņiem | 150 | 89 | 5.408 | 5.675 | 3.963 | 0.15 | | 2.059 | |
| Krējums skābs | 5 | 11 | 0.15 | 1. | 0.22 | | | | 7. |
| Kurzemes strogonovs | 50 | 77 | 4.873 | 5.755 | 1.523 | 0.2 | | 0.111 | 1;7 |
| Kūpinātas cūkgaļas mērce ar krējumu | 30 | 64 | 1.628 | 5.932 | 1.002 | 0.03 | | 0.09 | 1;7 |
| Vārīti kartupeļi | 100 | 72 | 2.12 | 0.106 | 15.688 | 0.1 | | 2.226 | |
| Miežu putraimu putra | 100 | 86 | 3.664 | 1.74 | 14.051 | 0.1 | 0.1 | 1.648 | 1;7 |
| Kolrābji | 30 | 7 | 0.57 | 0.03 | 1.11 | | | 0.42 | |
| Kāpostu gurķu salāti ar zaļumiem un eļļu | 30 | 15 | 0.379 | 0.96 | 1.133 | 0.03 | | 0.775 | |
| Burkānu salāti ar eļļu | 30 | 21 | 0.288 | 1.558 | 1.532 | 0.06 | 0.15 | 1.037 | |
| Klona rudzu maize | 20 | 50 | 1.72 | 0.28 | 10.04 | | | 1.1 | 1. |
| Ūdens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 | | | | |
| Piens (skolas) | 200 | 96 | 6.4 | 4. | 9. | | | | 7. |
| **kopā:** | | **591** | **27.27** | **27.10** | **59.58** | **0.670** | **0.250** | **9.466** | |
| **Launags** | | | | | | | | | |
| Biezpiens ar krējumu | 100 | 107 | 17.36 | 2.45 | 3.87 | | | | 7. |
| Kiršu ievārījums | 10 | 16 | 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. |
| Zāļu tēja | 200 | | | | | | | | |
| Pļavu ziedu medus | 5 | 15 | 0.02 | | 3.755 | | | | |
| **kopā:** | | **229** | **19.07** | **7.01** | **22.03** | **0** | **0** | **0.760** | |

MŪSU LATVIJAS GARŠAS

# SĒLIJA



| 10.11.2026 SĒLIJA | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alergēni |
|---|---|---|---|---|---|---|---|---|---|
| **Brokastis** | | | | | | | | | |
| Olu kultenis | 100 | 143 | 10.536 | 10.17 | 2.457 | 0.1 | | 0.026 | 3;7 |
| Spēkavota Kliju maize | 20 | 52 | 2.42 | 0.54 | 9.46 | | | 1.16 | 1. |
| Sviests | 2 | 15 | 0.012 | 1.65 | 0.088 | | | | 7. |
| Siers Holandes | 20 | 68 | 4.96 | 5.36 | | | | | 7. |
| Zāļu tēja | 200 | | | | | | | | |
| **kopā:** | | **278** | **17.93** | **17.72** | **12.01** | **0.100** | **0** | **1.186** | |
| **Pusdienas** | | | | | | | | | |
| Pupiņu zupa ar cūkgaļu | 150 | 141 | 8.386 | 8.305 | 8.124 | 0.15 | | 3.081 | 9. |
| Krējums skābs | 10 | 21 | 0.3 | 2. | 0.44 | | | | 7. |
| Cūkgaļas mājas kotlete | 60 | 113 | 9.384 | 5.965 | 5.089 | | | 0.562 | 1;3 |
| Kartupeļu un ķirbja biezputra | 130 | 119 | 2.446 | 5.743 | 14.225 | 0.13 | | 2.497 | 7. |
| Pērļu grūbas ar rudens dārzeņiem | 50 | 55 | 1.177 | 2.228 | 7.739 | 0.1 | | 0.912 | 1. |
| Piena mērce | 30 | 11 | 0.542 | 0.257 | 1.594 | 0.12 | | 0.009 | 1;7 |
| Rīvēti burkāni | 30 | 8 | 0.3 | 0.06 | 1.44 | | | 1.08 | |
| Tvaicēti puķkāosti, brokoļi | 30 | 9 | 0.747 | 0.075 | 1.238 | 0.06 | | 0.97 | |
| Kāļi tīrīti | 30 | 10 | 0.36 | 0.06 | 2.16 | | | 0.93 | |
| Ūdens ar dzērvenēm | 200 | 4 | 0.08 | 0.04 | 0.55 | | | | |
| Spēkavota Saldskābmaize | 40 | 90 | 2.52 | 0.4 | 19.2 | | | 1.8 | 1. |
| **kopā:** | | **582** | **26.24** | **25.13** | **61.80** | **0.560** | **0** | **11.841** | |
| **Launags** | | | | | | | | | |
| Ābolu brūkleņu uzpūtenis | 100 | 102 | 1.087 | 0.215 | 23.558 | | 15. | 0.471 | 1. |
| Piens | 150 | 72 | 4.8 | 3. | 6.75 | | | | 7. |
| Auglis | 50 | 28 | 0.395 | 0.125 | 6.1 | | | 0.35 | |
| **kopā:** | | **202** | **6.28** | **3.34** | **36.41** | **0** | **15.000** | **0.821** | |

MŪSU LATVIJAS GARŠAS

# LATGALE



| 11.11.2026 LATGALE | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alergēni |
|---|---|---|---|---|---|---|---|---|---|
| **Brokastis** | | | | | | | | | |
| Vitamīnu biezpiens | 80 | 76 | 8.324 | 3.464 | 2.778 | 0.24 | | 0.535 | 7. |
| Spēkavota Saldskābmaize | 40 | 90 | 2.52 | 0.4 | 19.2 | | | 1.8 | 1. |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | | | | 7. |
| Banāni | 100 | 87 | 1.2 | 0.2 | 20. | | | 1.8 | |
| Tēja | 200 | 3 | 0.52 | 0.102 | 0.016 | | | | |
| **kopā:** | | **293** | **12.59** | **8.29** | **42.21** | **0.240** | **0** | **4.135** | |
| **Pusdienas** | | | | | | | | | |
| Skābu kāpostu zupa ar cūkgaļu | 200 | 91 | 2.813 | 5.896 | 6.194 | 0.2 | 4. | 2.021 | |
| Krējums skābs | 5 | 11 | 0.15 | 1. | 0.22 | | | | 7. |
| Maltas cūkgaļas mērce | 70 | 113 | 7.945 | 7.132 | 4.1 | 0.28 | | 0.382 | 1;7 |
| Vārīti makaroni Penne | 100 | 154 | 4.92 | 2.48 | 27.96 | 0.2 | | 1.36 | 1. |
| Grūbas ar kausēto Latgades Čedaras sieru | 70 | 88 | 3.062 | 0.429 | 16.905 | 0.14 | | 1.96 | 1. |
| Marinēti gurķi | 30 | 4 | 0.15 | | 0.9 | | | | |
| Sarkano kāpostu un burkānu mix | 30 | 7 | 0.435 | 0.06 | 1.089 | | | 0.783 | |
| Kukurūza bufetei | 30 | 26 | 0.99 | 0.36 | 4.71 | | | 0.72 | |
| Ūdens ar laimu | 200 | 34 | 0.338 | 0.443 | 6.912 | | | 0.664 | |
| Piens (skolas) | 200 | 96 | 6.4 | 4. | 9. | | | | 7. |
| Klona rudzu maize | 20 | 50 | 1.72 | 0.28 | 10.04 | | | 1.1 | 1. |
| **kopā:** | | **673** | **28.92** | **22.08** | **88.03** | **0.820** | **4.000** | **8.990** | |
| **Launags** | | | | | | | | | |
| Cepti kartupeļi | 200 | 287 | 5.92 | 9.296 | 43.808 | 0.2 | | 6.216 | |
| Skābā krējuma ķiploku mērce | 10 | 21 | 0.276 | 2.081 | 0.316 | 0.01 | 0.01 | 0.004 | 7. |
| Svaigs gurķis | 20 | 2 | 0.12 | 0.04 | 0.36 | | | 0.1 | |
| Zāļu tēja | 200 | | | | | | | | |
| **kopā:** | | **311** | **6.32** | **11.42** | **44.48** | **0.210** | **0.010** | **6.320** | |

MŪSU LATVIJAS GARŠAS

# ZEMGALE



| 12.11.2026 ZEMGALE | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alergēni |
|---|---|---|---|---|---|---|---|---|---|
| **Brokastis** | | | | | | | | | |
| Jogurts ar piedevām | 200 | 180 | 6.6 | 4. | 29.4 | | | | 7. |
| Augļu salāti | 100 | 59 | 0.6 | 0.328 | 13.35 | | | 2.04 | |
| Fazer Dzīvā sēklu maize | 20 | 58 | 2.1 | 1.28 | 9.42 | | | 0.86 | 1;11 |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | | | | 7. |
| Tēja | 200 | 3 | 0.52 | 0.102 | 0.016 | | | | |
| **kopā:** | | **337** | **9.85** | **9.84** | **52.41** | **0** | **0** | **2.900** | |
| **Pusdienas** | | | | | | | | | |
| Kirbju krēmzupa | 200 | 130 | 2.376 | 8.759 | 10.385 | 0.8 | | 4.033 | 7;9 |
| Baltmaizes garšaugu grauzdiņi | 10 | 42 | 0.799 | 1.991 | 5.225 | 0.01 | | 0.35 | 1. |
| Sakņu sautējums ar pupiņām | 100 | 102 | 4.257 | 2.311 | 15.836 | 0.2 | | 3.957 | |
| Vistas gaļa karija mērcē | 70 | 111 | 7.135 | 8.134 | 1.869 | 0.28 | | 0.266 | 1;7 |
| Vārīti gliķi | 110 | 125 | 2.468 | 0.218 | 28.205 | 0.11 | | 0.508 | |
| Kāļu burkānu salāti ar krējumu | 30 | 15 | 0.388 | 0.655 | 1.787 | 0.03 | 0.03 | 0.904 | 7. |
| Rīvēti baltie redīsi | 30 | 4 | 0.33 | 0.03 | 0.63 | | | 0.48 | |
| Jauno kāpostu un tomātu salāti ar eļļas mērci | 30 | 16 | 0.395 | 1.067 | 1.134 | | | 0.73 | |
| Klona rudzu maize | 40 | 99 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1. |
| Ūdens ar ogām | 200 | 4 | 0.08 | 0.04 | 0.55 | | | | |
| **kopā:** | | **647** | **21.67** | **23.77** | **85.70** | **1.430** | **0.030** | **13.428** | |
| **Launags** | | | | | | | | | |
| Biezpiena sacepums | 60 | 104 | 10.817 | 1.509 | 11.782 | | 6.6 | 0.025 | 1;11;3;7 |
| Krējums skābs | 10 | 21 | 0.3 | 2. | 0.44 | | | | 7. |
| Kakao dzēriens | 200 | 45 | 2.254 | 2.386 | 3.498 | | | 0.851 | 7. |
| Sagriezta melone | 100 | 54 | 0.9 | 0.1 | 12.4 | | | 0.7 | |
| **kopā:** | | **225** | **14.27** | **6.00** | **28.12** | **0** | **6.600** | **1.576** | |

MŪSU LATVIJAS GARŠAS

# VIDZEME



| 13.11.2026 VIDZEME | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alergēni |
|---|---|---|---|---|---|---|---|---|---|
| **Brokastis** | | | | | | | | | |
| Vārīta ola | 50 | 74 | 6.165 | 4.9 | 0.505 | | | | 3. |
| Svaigs gurķis | 20 | 2 | 0.12 | 0.04 | 0.36 | | | 0.1 | |
| Spēkavota Saldskābmaize | 20 | 45 | 1.26 | 0.2 | 9.6 | | | 0.9 | 1. |
| Sviests | 2 | 15 | 0.012 | 1.65 | 0.088 | | | | 7. |
| Tēja | 200 | 3 | 0.52 | 0.102 | 0.016 | | | | |
| Pļavu ziedu medus | 5 | 15 | 0.02 | | 3.755 | | | | |
| **kopā:** | | **154** | **8.10** | **6.89** | **14.32** | **0** | **0** | **1.000** | |
| **Pusdienas** | | | | | | | | | |
| Laša zupa ar dārzeņiem | 180 | 98 | 6.396 | 5.153 | 6.445 | 0.72 | | 4.268 | 4. |
| Krējums skābs | 5 | 11 | 0.15 | 1. | 0.22 | | | | 7. |
| Krāsnī cepts vistas šķiņķītis | 60 | 134 | 12.869 | 8.567 | 0.52 | 0.24 | | 0.042 | |
| Vārīti kartupeļi ar zaļumiem | 100 | 72 | 2.12 | 0.106 | 15.688 | 0.1 | | 2.226 | |
| Vārīti rīsi | 100 | 113 | 2.244 | 0.198 | 25.641 | 0.1 | | 0.462 | |
| Tomātu mērce | 20 | 14 | 0.357 | 0.714 | 1.482 | 0.02 | | 0.02 | 1. |
| Kolrābja salāti ar krējumu | 30 | 17 | 0.597 | 1.082 | 1.177 | 0.12 | | 0.469 | 7. |
| Skābu kāpostu salāti ar eļļu | 30 | 9 | 0.433 | 0.687 | 0.355 | 0.06 | 0.06 | 0.639 | |
| Burkāni | 30 | 8 | 0.3 | 0.06 | 1.44 | | | 1.08 | |
| Klona rudzu maize | 40 | 99 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1. |
| Ūdens ar piparmētru | 200 | | | | | | | 0.32 | |
| **kopā:** | | **575** | **28.91** | **18.13** | **73.05** | **1.360** | **0.060** | **11.726** | |
| **Launags** | | | | | | | | | |
| Mannā putra | 200 | 151 | 7.055 | 3.075 | 23.725 | 0.2 | 0.2 | 0.025 | 1;7 |
| Mīcītas ogas ar cukuru | 20 | 16 | 0.17 | 0.062 | 3.426 | | 2. | 0.394 | |
| Spēkavota Kliju maize | 20 | 52 | 2.42 | 0.54 | 9.46 | | | 1.16 | 1. |
| Sviests | 2 | 15 | 0.012 | 1.65 | 0.088 | | | | 7. |
| Zāļu tēja | 200 | | | | | | | | |
| Auglis | 100 | 56 | 0.79 | 0.25 | 12.2 | | | 0.7 | |
| **kopā:** | | **290** | **10.45** | **5.58** | **48.90** | **0.200** | **2.200** | **2.279** | |




## Nedēļas ēdienkarte/ Mūsu Latvijas garšas

**Grupa** 5.-9.klase

| 09.11.2026 Kurzeme | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alergēni |
|---|---|---|---|---|---|---|---|---|---|
| **Brokastis** | | | | | | | | | |
| Trīs graudu pārslu putra | 200 | 167 | 7.68 | 3.664 | 26.219 | 0.2 | 0.4 | 3.84 | 1;7 |
| Ķiršu ievārījums | 10 | 16 | 0.1 | 0.01 | 3.9 | | | | |
| Fazer Dzīvā sēklu maize | 20 | 58 | 2.1 | 1.28 | 9.42 | | | 0.86 | 1;11 |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | | | | 7. |
| Svaigs gurķis | 20 | 2 | 0.12 | 0.04 | 0.36 | | | 0.1 | |
| Tēja | 200 | 3 | 0.52 | 0.102 | 0.016 | | | | |
| **kopā:** | | **284** | **10.55** | **9.22** | **40.14** | **0.200** | **0.400** | **4.800** | |
| **Pusdienas** | | | | | | | | | |
| Vistas gaļas zupa ar dārzeņiem | 250 | 148 | 9.012 | 9.458 | 6.605 | 0.25 | | 3.431 | |
| Krējums skābs | 5 | 11 | 0.15 | 1. | 0.22 | | | | 7. |
| Kurzemes strogonovs | 60 | 93 | 5.847 | 6.906 | 1.828 | 0.24 | | 0.133 | 1;7 |
| Kūpinātas cūkgaļas mērce ar krējumu | 40 | 85 | 2.171 | 7.91 | 1.336 | 0.04 | | 0.119 | 1;7 |
| Vārīti kartupeļi | 110 | 79 | 2.332 | 0.117 | 17.257 | 0.11 | | 2.449 | |
| Miežu putraimu putra | 100 | 86 | 3.664 | 1.74 | 14.051 | 0.1 | 0.1 | 1.648 | 1;7 |
| Kolrābji | 30 | 7 | 0.57 | 0.03 | 1.11 | | | 0.42 | |
| Kāpostu gurķu salāti ar zaļumiem un eļļu | 50 | 24 | 0.632 | 1.599 | 1.888 | 0.05 | | 1.291 | |
| Burkānu salāti ar eļļu | 30 | 21 | 0.288 | 1.558 | 1.532 | 0.06 | 0.15 | 1.037 | |
| Klona rudzu maize | 50 | 124 | 4.3 | 0.7 | 25.1 | | | 2.75 | 1. |
| Ūdens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 | | | | |
| Piens (skolas) | 200 | 96 | 6.4 | 4. | 9. | | | | 7. |
| **kopā:** | | **778** | **35.44** | **35.08** | **80.25** | **0.850** | **0.250** | **13.278** | |

MŪSU LATVIJAS GARŠAS

# SĒLIJA

| 10.11.2026 SĒLIJA | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alergēni |
|---|---|---|---|---|---|---|---|---|---|
| **Brokastis** | | | | | | | | | |
| Olu kultenis | 100 | 143 | 10.536 | 10.17 | 2.457 | 0.1 | | 0.026 | 3;7 |
| Spēkavota Kliju maize | 20 | 52 | 2.42 | 0.54 | 9.46 | | | 1.16 | 1. |
| Sviests | 2 | 15 | 0.012 | 1.65 | 0.088 | | | | 7. |
| Siers Holandes | 20 | 68 | 4.96 | 5.36 | | | | | 7. |
| Zāļu tēja | 200 | | | | | | | | |
| **kopā:** | | **278** | **17.93** | **17.72** | **12.01** | **0.100** | **0** | **1.186** | |
| **Pusdienas** | | | | | | | | | |
| Pupiņu zupa ar cūkgaļu | 200 | 188 | 11.182 | 11.074 | 10.832 | 0.2 | | 4.108 | 9. |
| Krējums skābs | 10 | 21 | 0.3 | 2. | 0.44 | | | | 7. |
| Cūkgaļas mājas kotlete | 80 | 150 | 12.512 | 7.954 | 6.786 | | | 0.749 | 1;3 |
| Kartupeļu un ķirbja biezputra | 180 | 165 | 3.387 | 7.952 | 19.696 | 0.18 | | 3.457 | 7. |
| Pērļu grūbas ar rudens dārzeņiem | 100 | 111 | 2.354 | 4.455 | 15.477 | 0.2 | | 1.825 | 1. |
| Piena mērce | 30 | 11 | 0.542 | 0.257 | 1.594 | 0.12 | | 0.009 | 1;7 |
| Rīvēti burkāni | 30 | 8 | 0.3 | 0.06 | 1.44 | | | 1.08 | |
| Tvaicēti puķkāosti, brokoļi | 30 | 9 | 0.747 | 0.075 | 1.238 | 0.06 | | 0.97 | |
| Kāļi tīrīti | 30 | 10 | 0.36 | 0.06 | 2.16 | | | 0.93 | |
| Ūdens ar dzērvenēm | 200 | 4 | 0.08 | 0.04 | 0.55 | | | | |
| Spēkavota Saldskābmaize | 40 | 90 | 2.52 | 0.4 | 19.2 | | | 1.8 | 1. |
| **kopā:** | | **767** | **34.28** | **34.33** | **79.41** | **0.760** | **0** | **14.928** | |

MŪSU LATVIJAS GARŠAS

# LATGALE



| 11.11.2026 LATGALE | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alergēni |
|---|---|---|---|---|---|---|---|---|---|
| **Brokastis** | | | | | | | | | |
| Vitamīnu biezpiens | 80 | 76 | 8.324 | 3.464 | 2.778 | 0.24 | | 0.535 | 7. |
| Spēkavota Saldskābmaize | 40 | 90 | 2.52 | 0.4 | 19.2 | | | 1.8 | 1. |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | | | | 7. |
| Banāni | 100 | 87 | 1.2 | 0.2 | 20. | | | 1.8 | |
| Tēja | 200 | 3 | 0.52 | 0.102 | 0.016 | | | | |
| **kopā:** | | **293** | **12.59** | **8.29** | **42.21** | **0.240** | **0** | **4.135** | |
| **Pusdienas** | | | | | | | | | |
| Skābu kāpostu zupa ar cūkgaļu | 250 | 113 | 3.516 | 7.371 | 7.742 | 0.25 | 5. | 2.527 | |
| Krējums skābs | 5 | 11 | 0.15 | 1. | 0.22 | | | | 7. |
| Maltas cūkgaļas mērce | 80 | 129 | 9.08 | 8.151 | 4.686 | 0.32 | | 0.436 | 1;7 |
| Vārīti makaroni Penne | 120 | 185 | 5.904 | 2.976 | 33 552 | 0.24 | | 1.632 | 1. |
| Grūbas ar kausēto Latgades Čedaras sieru | 100 | 126 | 4.375 | 0.612 | 24.15 | 0.2 | | 2.8 | 1. |
| Marinēti gurķi | 30 | 4 | 0.15 | | 0.9 | | | | |
| Sarkano kāpostu un burkānu mix | 50 | 11 | 0.725 | 0.1 | 1.815 | | | 1.305 | |
| Kukurūza bufetei | 30 | 26 | 0.99 | 0.36 | 4.71 | | | 0.72 | |
| Ūdens ar laimu | 200 | 34 | 0.338 | 0.443 | 6.912 | | | 0.664 | |
| Piens (skolas) | 200 | 96 | 6.4 | 4. | 9. | | | | 7. |
| Klona rudzu maize | 40 | 99 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1. |
| **kopā:** | | **835** | **35.07** | **25.57** | **113.77** | **1.010** | **5.000** | **12.284** | |

MŪSU LATVIJAS GARŠAS

# ZEMGALE



| 12.11.2026 ZEMGALE | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alergēni |
|---|---|---|---|---|---|---|---|---|---|
| **Brokastis** | | | | | | | | | |
| Jogurts ar piedevām | 200 | 180 | 6.6 | 4. | 29.4 | | | | 7. |
| Augļu salāti | 100 | 59 | 0.6 | 0.328 | 13.35 | | | 2.04 | |
| Fazer Dzīvā sēklu maize | 20 | 58 | 2.1 | 1.28 | 9.42 | | | 0.86 | 1;11 |
| Sviests | 20 | 150 | 0.12 | 16.5 | 0.88 | | | | 7. |
| Tēja | 200 | 3 | 0.52 | 0.102 | 0.016 | | | | |
| **kopā:** | | **449** | **9.94** | **22.21** | **53.07** | **0** | **0** | **2.900** | |
| **Pusdienas** | | | | | | | | | |
| Kirbju krēmzupa | 220 | 143 | 2.613 | 9.635 | 11.423 | 0.88 | | 4.436 | 7;9 |
| Baltmaizes garšaugu grauzdiņi | 10 | 42 | 0.799 | 1.991 | 5.225 | 0.01 | | 0.35 | 1. |
| Sakņu sautējums ar pupiņām | 100 | 102 | 4.257 | 2.311 | 15.836 | 0.2 | | 3.957 | |
| Vistas gaļa karija mērcē | 80 | 126 | 8.155 | 9.296 | 2.136 | 0.32 | | 0.304 | 1;7 |
| Vārīti rīsi | 120 | 136 | 2.693 | 0.238 | 30.769 | 0.12 | | 0.554 | |
| Kāļu burkānu salāti ar krējumu | 30 | 15 | 0.388 | 0.655 | 1.787 | 0.03 | 0.03 | 0.904 | 7. |
| Rīvēti baltie redīsi | 30 | 4 | 0.33 | 0.03 | 0.63 | | | 0.48 | |
| Jauno kāpostu un tomātu salāti ar eļļas mērci | 50 | 26 | 0.659 | 1.778 | 1.89 | | | 1.217 | |
| Klona rudzu maize | 60 | 149 | 5.16 | 0.84 | 30.12 | | | 3.3 | 1. |
| Ūdens ar ogām | 200 | 4 | 0.08 | 0.04 | 0.55 | | | | |
| **kopā:** | | **747** | **25.13** | **26.81** | **100.37** | **1.560** | **0.030** | **15.502** | |

MŪSU LATVIJAS GARŠAS

# VIDZEME



| 13.11.2026 VIDZEME | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alergēni |
|---|---|---|---|---|---|---|---|---|---|
| **Brokastis** | | | | | | | | | |
| Vārīta ola | 50 | 74 | 6.165 | 4.9 | 0.505 | | | | 3. |
| Svaigs gurķis | 20 | 2 | 0.12 | 0.04 | 0.36 | | | 0.1 | |
| Spēkavota Saldskābmaize | 20 | 45 | 1.26 | 0.2 | 9.6 | | | 0.9 | 1. |
| Sviests | 2 | 15 | 0.012 | 1.65 | 0.088 | | | | 7. |
| Tēja | 200 | 3 | 0.52 | 0.102 | 0.016 | | | | |
| Pļavu ziedu medus | 5 | 15 | 0.02 | | 3.755 | | | | |
| **kopā:** | | **154** | **8.10** | **6.89** | **14.32** | **0** | **0** | **1.000** | |
| **Pusdienas** | | | | | | | | | |
| Laša zupa ar dārzeņiem | 200 | 109 | 7.107 | 5.725 | 7.161 | 0.8 | | 4.742 | 4. |
| Krējums skābs | 5 | 11 | 0.15 | 1. | 0.22 | | | | 7. |
| Krāsnī cepts vistas šķiņķītis | 90 | 200 | 19.304 | 12.851 | 0.78 | 0.36 | | 0.063 | |
| Vārīti kartupeļi ar zaļumiem | 120 | 87 | 2.544 | 0.127 | 18.826 | 0.12 | | 2.671 | |
| Vārīti rīsi | 100 | 113 | 2.244 | 0.198 | 25.641 | 0.1 | | 0.462 | |
| Tomātu mērce | 30 | 21 | 0.535 | 1.07 | 2.223 | 0.03 | | 0.03 | 1. |
| Kolrābja salāti ar krējumu | 30 | 17 | 0.597 | 1.082 | 1.177 | 0.12 | | 0.469 | 7. |
| Skābu kāpostu salāti ar eļļu | 50 | 15 | 0.721 | 1.144 | 0.591 | 0.1 | 0.1 | 1.064 | |
| Burkāni | 30 | 8 | 0.3 | 0.06 | 1.44 | | | 1.08 | |
| Klona rudzu maize | 60 | 149 | 5.16 | 0.84 | 30.12 | | | 3.3 | 1. |
| Ūdens ar piparmētru | 200 | | | | | | | 0.32 | |
| **kopā:** | | **730** | **38.66** | **24.10** | **88.18** | **1.630** | **0.100** | **14.201** | |