

# Nedēļas Ēdienkarte

Grupa BD 3-6

Papildus 3x nedēļā LAD programma "Piens un Augļi skolai"(Pirmsskola un no 1.-9. klasei)

|                                | Svars (g) | Enerģētiskā<br>vērtība (kkal) | Olbaltum<br>vielas | Tauki         | Ogļhidrāti     | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|--------------------------------|-----------|-------------------------------|--------------------|---------------|----------------|--------------|--------------|---------------|----------|
| <b>pirmdienā, 27.novembris</b> |           |                               |                    |               |                |              |              |               |          |
| <b>Brokastis</b>               |           |                               |                    |               |                |              |              |               |          |
| Četru graudu pārslu            |           |                               |                    |               |                |              |              |               |          |
| putra                          | 150       | 139                           | 6,72               | 10,32         | 20,3394        | 0,0001       | 0,0003       | 2,688         | 1;7      |
| Sviests                        | 5         | 37                            | 0,03               | 4,125         | 0,22           | 0            | 0            | 0             | 7        |
| Saldskābmaize                  | 40        | 92                            | 2,52               | 0,4           | 19,2           | 0            | 0            | 1,8           | 1        |
| Sviests                        | 5         | 37                            | 0,03               | 4,125         | 0,22           | 0            | 0            | 0             | 7        |
| Tēja                           | 200       | 3                             | 0,52               | 0,102         | 0,016          | 0            | 0            | 0             |          |
| Cukurs baltais                 | 2         | 8                             | 0                  | 0             | 1,996          | 0            | 0,002        | 0             |          |
| Kopā:                          |           | 316,884                       | 9,82               | 19,072        | 41,991         | 0,           | 0,002        | 4,488         |          |
| <b>Pusdienas</b>               |           |                               |                    |               |                |              |              |               |          |
| Kartupeļu - ķirbju             |           |                               |                    |               |                |              |              |               |          |
| zupa                           | 150       | 76                            | 1,3419             | 4,6813        | 6,8595         | 0,0001       | 0            | 2,4237        | 9        |
| Cūkgāļas gabaliņi              |           |                               |                    |               |                |              |              |               |          |
| saldskābā mērcē                | 80        | 160                           | 7,6549             | 10,7648       | 8,1018         | 0,0001       | 0            | 0,4227        |          |
| Vārīti rīsi                    | 100       | 113                           | 2,244              | 0,198         | 25,641         | 0,0001       | 0            | 0,462         |          |
| Balto redīsu -                 |           |                               |                    |               |                |              |              |               |          |
| burkānu salāti ar              |           |                               |                    |               |                |              |              |               |          |
| krējumu                        | 70        | 30                            | 0,9632             | 1,9705        | 2,0156         | 0,0001       | 0            | 1,3146        | 7        |
| Rudzu maize                    | 20        | 52                            | 1,72               | 0,28          | 10,04          | 0            | 0            | 1,1           | 1        |
| Augļu un ogu                   |           |                               |                    |               |                |              |              |               |          |
| dzēriens                       | 150       | 23                            | 0,234              | 0,204         | 4,8225         | 0            | 0,0008       | 1,218         |          |
| Kopā:                          |           | 454,615                       | 14,158             | 18,099        | 57,48          | 0,           | 0,001        | 6,941         |          |
| <b>Launags</b>                 |           |                               |                    |               |                |              |              |               |          |
| Biezpiens ar                   |           |                               |                    |               |                |              |              |               |          |
| krējumu                        | 50        | 54                            | 8,68               | 1,225         | 1,935          | 0            | 0            | 0             | 7        |
| Kanēlcukurs                    | 5         | 18                            | 0,1175             | 0,0075        | 4,47           | 0            | 0,0025       | 1,3275        |          |
| Zāļu tēja                      | 200       | 4                             | 0,0624             | 0,1224        | 0,0192         | 0            | 0            | 0             |          |
| Baltmaize                      | 30        | 79                            | 2,34               | 0,63          | 15,42          | 0            | 0            | 1,14          | 1        |
| Sviests                        | 5         | 37                            | 0,03               | 4,125         | 0,22           | 0            | 0            | 0             | 7        |
| Kopā:                          |           | 192,164                       | 11,23              | 6,11          | 22,064         | 0            | 0,003        | 2,468         |          |
| <b>Diena kopā :</b>            |           | <b>963,663</b>                | <b>35,208</b>      | <b>43,281</b> | <b>121,536</b> | <b>0,001</b> | <b>0,006</b> | <b>13,897</b> |          |
| <b>otrdiena, 28.novembris</b>  |           |                               |                    |               |                |              |              |               |          |
| <b>Brokastis</b>               |           |                               |                    |               |                |              |              |               |          |
| Piena zupa ar                  |           |                               |                    |               |                |              |              |               |          |
| makaroniem                     | 180       | 107                           | 5,1165             | 2,538         | 16,0929        | 0,0002       | 0,0018       | 0,459         | 1;3;7    |
| Saldskābmaize                  | 20        | 46                            | 1,26               | 0,2           | 9,6            | 0            | 0            | 0,9           | 1        |
| Sviests                        | 5         | 37                            | 0,03               | 4,125         | 0,22           | 0            | 0            | 0             | 7        |
| "Vārīta desa" Zaļā             |           |                               |                    |               |                |              |              |               |          |
| dakšiņa""                      | 20        | 46                            | 2,08               | 3,8           | 0,84           | 0            | 0            | 0             | 1        |
| Kopā:                          |           | 239,774                       | 8,549              | 10,785        | 26,772         | 0,           | 0,002        | 1,359         |          |
| <b>Pusdienas</b>               |           |                               |                    |               |                |              |              |               |          |
| Biešu zupa                     | 150       | 71                            | 2,195              | 4,1558        | 6,037          | 0,0001       | 0,0001       | 2,3284        |          |
| Krējums skābs                  | 5         | 10                            | 0,13               | 1,            | 0,135          | 0            | 0            | 0             | 7        |
| Grūbu sautējums ar             |           |                               |                    |               |                |              |              |               |          |
| cūkgāļu                        | 180       | 207                           | 10,2452            | 6,6856        | 26,4046        | 0,0005       | 0            | 3,0422        | 1        |
| Kāpostu salāti ar              |           |                               |                    |               |                |              |              |               |          |
| zaļumiem un eļļu               | 70        | 45                            | 0,994              | 2,9372        | 3,5588         | 0,0001       | 0,0007       | 2,0223        |          |
| Ābolu dzēriens                 | 150       | 38                            | 0,1337             | 0,2637        | 8,7159         | 0            | 0,0038       | 0,87          |          |
| Kopā:                          |           | 371,197                       | 13,698             | 15,042        | 44,851         | 0,001        | 0,005        | 8,263         |          |
| <b>Launags</b>                 |           |                               |                    |               |                |              |              |               |          |
| Baltmaize                      | 30        | 79                            | 2,34               | 0,63          | 15,42          | 0            | 0            | 1,14          | 1        |
| Sviests                        | 5         | 37                            | 0,03               | 4,125         | 0,22           | 0            | 0            | 0             | 7        |
| Siers                          | 20        | 41                            | 1,48               | 3,56          | 0,86           | 0            | 0            | 0             | 7        |
| Zāļu tēja                      | 200       | 4                             | 0,0624             | 0,1224        | 0,0192         | 0            | 0            | 0             |          |
| Ābols (Skolas                  |           |                               |                    |               |                |              |              |               |          |
| auglis)                        | 100       | 56                            | 0,79               | 0,25          | 12,2           | 0            | 0            | 0,7           |          |

|                                   |     |          |         |        |         |        |        |        |          |
|-----------------------------------|-----|----------|---------|--------|---------|--------|--------|--------|----------|
| Kopā:                             |     | 335,068  | 6,901   | 11,558 | 49,742  | 0      | 0,005  | 1,572  |          |
| Diena kopā :                      |     | 946,039  | 29,148  | 37,386 | 121,365 | 0,001  | 0,011  | 11,193 |          |
| trešdiena, 29.novembris           |     |          |         |        |         |        |        |        |          |
| <b>Brokastis</b>                  |     |          |         |        |         |        |        |        |          |
| Olu kultenis                      | 80  | 103      | 7,7984  | 6,842  | 1,8628  | 0,0003 | 0,0001 | 0,0212 | 3;7      |
| Sēklu maize                       | 30  | 89       | 3,15    | 1,92   | 14,13   | 0      | 0      | 1,29   | 1;11     |
| Sviests                           | 5   | 37       | 0,03    | 4,125  | 0,22    | 0      | 0      | 0      | 7        |
| Svaigu dārzeņu<br>asorti ar ķirbi | 50  | 10       | 0,4579  | 0,0996 | 1,7404  | 0      | 0      | 1,1601 |          |
| Tēja                              | 200 | 3        | 0,52    | 0,102  | 0,016   | 0      | 0      | 0      |          |
| Cukurs baltais                    | 2   | 8        | 0       | 0      | 1,996   | 0      | 0,002  | 0      |          |
| Kopā:                             |     | 250,707  | 11,956  | 13,089 | 19,965  | 0,     | 0,002  | 2,471  |          |
| <b>Pusdienas</b>                  |     |          |         |        |         |        |        |        |          |
| Cepta vistas gaļa                 | 60  | 149      | 13,0458 | 9,7881 | 1,2414  | 0,0001 | 0      | 0,0933 |          |
| Kartupeļu biezputra               | 150 | 127      | 4,0605  | 1,4288 | 23,718  | 0,0001 | 0      | 3,15   | 7        |
| Biešu salāti ar<br>krējumu        | 70  | 50       | 1,2047  | 2,6873 | 5,411   | 0,0004 | 0      | 1,4777 | 7        |
| Rudzu maize                       | 20  | 52       | 1,72    | 0,28   | 10,04   | 0      | 0      | 1,1    | 1        |
| Jogurta krems ar<br>ķīseli        | 140 | 204      | 3,2265  | 1,4482 | 26,225  | 0      | 0,0182 | 0,7038 | 6;7      |
| Kopā:                             |     | 497,456  | 23,623  | 16,259 | 62,601  | 0,001  | 0      | 6,465  |          |
| <b>Launags</b>                    |     |          |         |        |         |        |        |        |          |
| Kēkss                             | 50  | 193      | 2,05    | 8,7    | 26,2    | 0      | 0      | 0      | 1;3;7    |
| Kakao dzēriens                    | 150 | 86       | 4,0612  | 2,6078 | 11,3415 | 0      | 0,0045 | 0,8715 | 7        |
| Ābols (Skolas<br>auglis)          | 100 | 56       | 0,79    | 0,25   | 12,2    | 0      | 0      | 0,7    |          |
| Kopā:                             |     | 335,068  | 6,901   | 11,558 | 49,742  | 0      | 0,005  | 1,572  |          |
| Diena kopā :                      |     | 1048,822 | 42,781  | 35,906 | 134,799 | 0,001  | 0,008  | 11,858 |          |
| ceturtdiena, 30.novembris         |     |          |         |        |         |        |        |        |          |
| <b>Brokastis</b>                  |     |          |         |        |         |        |        |        |          |
| Prosas putra                      | 150 | 131      | 5,76    | 2,748  | 19,6644 | 0,0001 | 0,0003 | 2,88   | 1;7      |
| Sviests                           | 5   | 37       | 0,03    | 4,125  | 0,22    | 0      | 0      | 0      | 7        |
| Baltmaize                         | 30  | 79       | 2,34    | 0,63   | 15,42   | 0      | 0      | 1,14   | 1        |
| Krēmsiers                         | 20  | 41       | 1,48    | 3,56   | 0,86    | 0      | 0      | 0      | 7        |
| Zāļu tēja                         | 200 | 4        | 0,0624  | 0,1224 | 0,0192  | 0      | 0      | 0      |          |
| Kopā:                             |     | 292,172  | 9,672   | 11,185 | 36,184  | 0,     | 0,     | 4,02   |          |
| <b>Pusdienas</b>                  |     |          |         |        |         |        |        |        |          |
| Frikadeļu zupa                    | 150 | 74       | 3,6884  | 2,3773 | 9,1491  | 0,0002 | 0      | 1,6044 | 9        |
| Krējums skābs                     | 5   | 10       | 0,13    | 1,     | 0,135   | 0      | 0      | 0      | 7        |
| Vistas gaļa karija<br>mērcē       | 80  | 115      | 7,7664  | 8,09   | 2,246   | 0,0001 | 0      | 0,2626 |          |
| Vārīta pasta -<br>makaroni        | 120 | 239      | 0,672   | 3,72   | 43,2    | 0,0005 | 0      | 2,04   | 1        |
| Burkānu salāti ar<br>eļļu         | 80  | 60       | 0,744   | 4,1488 | 4,7688  | 0,0002 | 0,0012 | 2,6784 |          |
| Ūdens ar citronu                  | 150 | 3        | 0,0525  | 0,045  | 0,24    | 0      | 0      | 0      |          |
| Kopā:                             |     | 499,916  | 13,053  | 19,381 | 59,739  | 0,001  | 0,001  | 6,585  |          |
| <b>Launags</b>                    |     |          |         |        |         |        |        |        |          |
| Biezpiena<br>sacepums             | 70  | 112      | 13,94   | 2,2605 | 8,6476  | 0      | 0,0021 | 0,0289 | 1;11;3;7 |
| Krējums skābs                     | 20  | 40       | 0,52    | 4,     | 0,54    | 0      | 0      | 0      | 7        |
| Bumbiers                          | 50  | 28       | 0,395   | 0,125  | 6,1     | 0      | 0      | 0,35   |          |
| Kafijas dzēriens                  | 200 | 45       | 2,2544  | 2,386  | 3,4984  | 0      | 0      | 0,8512 | 7        |
| Cukurs baltais                    | 2   | 8        | 0       | 0      | 1,996   | 0      | 0,002  | 0      |          |
| Kopā:                             |     | 232,719  | 17,109  | 8,772  | 20,782  | 0      | 0,004  | 1,23   |          |
| Diena kopā :                      |     | 1024,807 | 39,835  | 39,338 | 116,705 | 0,001  | 0,006  | 11,836 |          |
| piektdiena, 1.decembris           |     |          |         |        |         |        |        |        |          |
| <b>Brokastis</b>                  |     |          |         |        |         |        |        |        |          |
| Kukurūzas putra                   | 150 | 114      | 5,7     | 2,646  | 17,8032 | 0,0001 | 0,0001 | 1,833  | 7        |
| levārījums                        | 10  | 14       | 0,1     | 0,01   | 3,9     | 0      | 0      | 0      |          |
| Vārīta ola                        | 25  | 37       | 3,0825  | 2,45   | 0,2525  | 0      | 0      | 0      | 3        |
| Saldskābmaize                     | 20  | 46       | 1,26    | 0,2    | 9,6     | 0      | 0      | 0,9    | 1        |
| Sviests                           | 5   | 37       | 0,03    | 4,125  | 0,22    | 0      | 0      | 0      | 7        |

|                                        |     |                        |                      |                      |                       |                     |                     |                      |         |
|----------------------------------------|-----|------------------------|----------------------|----------------------|-----------------------|---------------------|---------------------|----------------------|---------|
| Tēja                                   | 200 | 3                      | 0,52                 | 0,102                | 0,016                 | 0                   | 0                   | 0                    |         |
| Cukurs baltais                         | 2   | 8                      | 0                    | 0                    | 1,996                 | 0                   | 0,002               | 0                    |         |
| <i>Kopā:</i>                           |     | <i>259,036</i>         | <i>10,693</i>        | <i>9,533</i>         | <i>33,788</i>         | <i>0,</i>           | <i>0,002</i>        | <i>2,733</i>         |         |
| <b>Pusdienas</b>                       |     |                        |                      |                      |                       |                     |                     |                      |         |
| Pupiņu zupa                            | 150 | 107                    | 4,4069               | 5,8175               | 9,0928                | 0,0003              | 0                   | 3,6122               | 9       |
| Zivju kotlete mājas<br>gaumē           | 70  | 127                    | 14,4402              | 7,5545               | 0,2074                | 0,0001              | 0                   | 0,0625               | 3;4     |
| Vārīti kartupeļi                       | 120 | 89                     | 2,544                | 0,1272               | 18,8256               | 0,0001              | 0                   | 2,6712               |         |
| Kāpostu svaigu<br>biešu salāti ar eļļu | 80  | 76                     | 1,0392               | 6,1416               | 3,9691                | 0,0001              | 0,0002              | 2,244                |         |
| Jāņogu dzēriens                        | 150 | 22                     | 0,3352               | 0,0645               | 4,458                 | 0                   | 0,003               | 1,05                 |         |
| <i>Kopā:</i>                           |     | <i>421,101</i>         | <i>22,766</i>        | <i>19,705</i>        | <i>36,553</i>         | <i>0,001</i>        | <i>0,003</i>        | <i>9,64</i>          |         |
| <b>Launags</b>                         |     |                        |                      |                      |                       |                     |                     |                      |         |
| Sausās brokastis<br>šokolādes pārslas  | 50  | 179                    | 3,5                  | 0,4                  | 44,                   | 0                   | 0                   | 0                    | 1;3;5;8 |
| Jogurts                                | 150 | 135                    | 4,95                 | 3,                   | 22,05                 | 0                   | 0                   | 0                    | 7       |
| Ābols (Skolas<br>auglis)               | 100 | 56                     | 0,79                 | 0,25                 | 12,2                  | 0                   | 0                   | 0,7                  |         |
| <i>Kopā:</i>                           |     | <i>369,33</i>          | <i>9,24</i>          | <i>3,65</i>          | <i>78,25</i>          | <i>0</i>            | <i>0</i>            | <i>0,7</i>           |         |
| <b><i>Diena kopā :</i></b>             |     | <b><i>1049,467</i></b> | <b><i>42,698</i></b> | <b><i>32,888</i></b> | <b><i>148,591</i></b> | <b><i>0,001</i></b> | <b><i>0,005</i></b> | <b><i>13,073</i></b> |         |



# Nedēļas Ēdienkarte

BGL

Grupa BD 3-6

Papildus 3x nedēļā LAD programma "Piens un Augļi skolai"(Pirmsskola un no 1.-9. klasei)

|                                                           | Svars (g) | Enerģētiskā<br>vērtība (kkal) | Olbaltum<br>vielas | Tauki         | Ogļhidrāti     | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|-----------------------------------------------------------|-----------|-------------------------------|--------------------|---------------|----------------|--------------|--------------|---------------|----------|
| <b>pirmdienā, 27.novembris</b>                            |           |                               |                    |               |                |              |              |               |          |
| <b>Brokastis</b>                                          |           |                               |                    |               |                |              |              |               |          |
| Bez glutēna auzu<br>pārslu putra bez<br>piena             | 150       | 147                           | 2,649              | 2,394         | 29,403         | 0,0008       | 0            | 1,974         |          |
| levāriņš                                                  | 10        | 14                            | 0,1                | 0,01          | 3,9            | 0            | 0            | 0             |          |
| Graudu maize<br>bezglutēna                                | 40        | 92                            | 2,04               | 2,04          | 16,32          | 0            | 0            | 0             |          |
| Margarīns<br>sviestmaizēm                                 | 5         | 36                            | 0                  | 4,            | 0              | 0            | 0            | 0             |          |
| Tēja                                                      | 200       | 3                             | 0,52               | 0,102         | 0,016          | 0            | 0            | 0             |          |
| Cukurs baltais                                            | 2         | 8                             | 0                  | 0             | 1,996          | 0            | 0,002        | 0             |          |
| <b>Kopā:</b>                                              |           | <b>299,234</b>                | <b>5,309</b>       | <b>8,546</b>  | <b>51,635</b>  | <b>0,001</b> | <b>0,002</b> | <b>1,974</b>  |          |
| <b>Pusdienas</b>                                          |           |                               |                    |               |                |              |              |               |          |
| Ķirbju zupa                                               | 150       | 76                            | 1,3419             | 4,6813        | 6,8595         | 0,0001       | 0            | 2,4237        | 9        |
| Cūkgaļas gabaliņi<br>saldskābā mērcē                      | 90        | 180                           | 8,6118             | 12,1104       | 9,1145         | 0,0001       | 0            | 0,4756        |          |
| Vārīti rīsi                                               | 120       | 136                           | 2,6928             | 0,2376        | 30,7692        | 0,0001       | 0            | 0,5544        |          |
| Balto redīsu un<br>burkānu salāti ar<br>kāpostiem un eļļu | 70        | 47                            | 0,7452             | 3,947         | 2,1113         | 0,0001       | 0,0001       | 1,4346        |          |
| Bezglutēna maize                                          | 20        | 44                            | 0,0581             | 0,6456        | 9,46           | 0,0002       | 0            | 0             |          |
| Augļu un ogu<br>dzēriens                                  | 150       | 23                            | 0,234              | 0,204         | 4,8225         | 0            | 0,0008       | 1,218         |          |
| <b>Kopā:</b>                                              |           | <b>506,342</b>                | <b>13,684</b>      | <b>21,826</b> | <b>63,137</b>  | <b>0,001</b> | <b>0,001</b> | <b>6,106</b>  |          |
| <b>Launags</b>                                            |           |                               |                    |               |                |              |              |               |          |
| Ābolu un ķirbju<br>pankūka                                | 100       | 226                           | 5,3383             | 12,1974       | 23,4452        | 0,0001       | 0,002        | 3,2331        | 3        |
| levāriņš                                                  | 10        | 14                            | 0,1                | 0,01          | 3,9            | 0            | 0            | 0             |          |
| Zāļu tēja                                                 | 150       | 3                             | 0,0468             | 0,0918        | 0,0144         | 0            | 0            | 0             |          |
| Ābols (Skolas<br>auglis)                                  | 100       | 56                            | 0,79               | 0,25          | 12,2           | 0            | 0            | 0,7           |          |
| <b>Kopā:</b>                                              |           | <b>298,751</b>                | <b>6,275</b>       | <b>12,549</b> | <b>39,56</b>   | <b>0,</b>    | <b>0,002</b> | <b>3,933</b>  |          |
| <b>Diena kopā :</b>                                       |           | <b>1104,327</b>               | <b>25,268</b>      | <b>42,921</b> | <b>154,332</b> | <b>0,002</b> | <b>0,005</b> | <b>12,013</b> |          |
| <b>otrdiena, 28.novembris</b>                             |           |                               |                    |               |                |              |              |               |          |
| <b>Brokastis</b>                                          |           |                               |                    |               |                |              |              |               |          |
| Bezglutēnu<br>makaronu zupa bez<br>piena                  | 180       | 79                            | 0,6255             | 0,8055        | 17,1439        | 0,0002       | 0,0005       | 0,2025        |          |
| Bezglutēna maize                                          | 20        | 44                            | 0,0581             | 0,6456        | 9,46           | 0,0002       | 0            | 0             |          |
| Margarīns<br>sviestmaizēm                                 | 5         | 36                            | 0                  | 4,            | 0              | 0            | 0            | 0             |          |
| Vārīta cūkgaļa                                            | 40        | 112                           | 8,836              | 8,4089        | 0,1736         | 0            | 0            | 0,0754        |          |
| Zāļu tēja                                                 | 200       | 4                             | 0,0624             | 0,1224        | 0,0192         | 0            | 0            | 0             |          |
| <b>Kopā:</b>                                              |           | <b>273,996</b>                | <b>9,582</b>       | <b>13,982</b> | <b>26,797</b>  | <b>0,</b>    | <b>0,001</b> | <b>0,278</b>  |          |
| <b>Pusdienas</b>                                          |           |                               |                    |               |                |              |              |               |          |
| Biešu zupa                                                | 150       | 71                            | 2,195              | 4,1558        | 6,037          | 0,0001       | 0,0001       | 2,3284        |          |
| Pupiņu sautējums<br>ar dārzeņiem un<br>maltu cūkgaļu      | 180       | 211                           | 13,879             | 8,5125        | 19,3912        | 0,0005       | 0            | 5,3069        |          |
| Kāpostu salāti ar<br>zaļumiem un eļļu                     | 70        | 45                            | 0,994              | 2,9372        | 3,5588         | 0,0001       | 0,0007       | 2,0223        |          |
| Ābolu dzēriens                                            | 150       | 38                            | 0,1337             | 0,2637        | 8,7159         | 0            | 0,0038       | 0,87          |          |
| <b>Kopā:</b>                                              |           | <b>365,119</b>                | <b>17,202</b>      | <b>15,869</b> | <b>37,703</b>  | <b>0,001</b> | <b>0,005</b> | <b>10,528</b> |          |
| <b>Launags</b>                                            |           |                               |                    |               |                |              |              |               |          |
| Olā panēta<br>baltmaize                                   | 40        | 192                           | 2,24               | 9,28          | 24,52          | 0            | 0            | 0,88          | 3        |



|                          |     |                |               |               |                |              |              |               |
|--------------------------|-----|----------------|---------------|---------------|----------------|--------------|--------------|---------------|
| Vegānais siers           | 20  | 6              | 0             | 4,6           | 1,6            | 0            | 0            | 0,36          |
| Ābols (Skolas<br>auglis) | 100 | 84             | 1,185         | 0,375         | 18,3           | 0            | 0            | 1,05          |
| Zāļu tēja                | 200 | 4              | 0,0624        | 0,1224        | 0,0192         | 0            | 0            | 0             |
| Kopā:                    |     | 279,669        | 3,487         | 9,777         | 42,839         | 0            | 0            | 1,93          |
| <b>Diena kopā :</b>      |     | <b>898,904</b> | <b>29,876</b> | <b>39,504</b> | <b>103,235</b> | <b>0,001</b> | <b>0,007</b> | <b>12,386</b> |

#### trešdiena, 29.novembris

##### Brokastis

|                                   |     |         |        |        |        |        |       |        |   |
|-----------------------------------|-----|---------|--------|--------|--------|--------|-------|--------|---|
| Omlete                            | 80  | 118     | 7,5298 | 7,8796 | 3,4053 | 0,0001 | 0     | 0,0212 | 3 |
| Bezglutēna maize                  | 30  | 66      | 0,0871 | 0,9684 | 14,19  | 0,0003 | 0     | 0      |   |
| Margarīns<br>sviestmaizēm         | 5   | 36      | 0      | 4,     | 0      | 0      | 0     | 0      |   |
| Svaigu dārzeņu<br>asorti ar ķirbi | 50  | 10      | 0,4579 | 0,0996 | 1,7404 | 0      | 0     | 1,1601 |   |
| Tēja                              | 200 | 3       | 0,52   | 0,102  | 0,016  | 0      | 0     | 0      |   |
| Cukurs baltais                    | 2   | 8       | 0      | 0      | 1,996  | 0      | 0,002 | 0      |   |
| Kopā:                             |     | 240,898 | 8,595  | 13,05  | 21,348 | 0,     | 0,002 | 1,181  |   |

##### Pusdienas

|                            |     |         |         |         |         |        |        |        |  |
|----------------------------|-----|---------|---------|---------|---------|--------|--------|--------|--|
| Cepta vistas gaļa          | 70  | 173     | 15,2201 | 11,4194 | 1,4483  | 0,0001 | 0      | 0,1088 |  |
| Vārīti griķi               | 150 | 107     | 3,0772  | 0,1669  | 22,5092 | 0,0004 | 0      | 3,3488 |  |
| Biešu salāti               | 70  | 59      | 0,9975  | 3,5665  | 5,6559  | 0,0003 | 0,0001 | 1,6625 |  |
| Graudu maize<br>bezglutēna | 20  | 46      | 1,02    | 1,02    | 8,16    | 0      | 0      | 0      |  |
| Ķīselis ar pudiņu          | 150 | 93      | 0,27    | 1,77    | 19,5    | 0      | 0      | 0      |  |
| Kopā:                      |     | 480,844 | 20,637  | 17,988  | 57,513  | 0,001  | 0,     | 5,12   |  |

##### Launags

|                                               |     |                 |               |              |                |              |              |              |   |
|-----------------------------------------------|-----|-----------------|---------------|--------------|----------------|--------------|--------------|--------------|---|
| Bezglutēna un<br>bezlaktozes smilšu<br>cepums | 40  | 192             | 2,24          | 9,28         | 24,52          | 0            | 0            | 0,88         | 3 |
| Ābols (Skolas<br>auglis)                      | 100 | 56              | 0,79          | 0,25         | 12,2           | 0            | 0            | 0,7          |   |
| Zāļu tēja                                     | 200 | 4               | 0,0624        | 0,1224       | 0,0192         | 0            | 0            | 0            |   |
| Cukurs baltais                                | 2   | 8               | 0             | 0            | 1,996          | 0            | 0,002        | 0            |   |
| Kopā:                                         |     | 259,788         | 3,092         | 9,652        | 38,735         | 0            | 0,002        | 1,58         |   |
| <b>Diena kopā :</b>                           |     | <b>1015,184</b> | <b>30,634</b> | <b>37,26</b> | <b>136,365</b> | <b>0,002</b> | <b>0,007</b> | <b>7,483</b> |   |

#### ceturtdiena, 30.novembris

##### Brokastis

|                               |     |         |        |        |        |        |   |       |  |
|-------------------------------|-----|---------|--------|--------|--------|--------|---|-------|--|
| Prosas biezputra<br>bez piena | 150 | 161     | 2,478  | 2,7    | 31,632 | 0,0008 | 0 | 0,912 |  |
| levārtjums                    | 10  | 14      | 0,1    | 0,01   | 3,9    | 0      | 0 | 0     |  |
| Bezglutēna maize              | 20  | 44      | 0,0581 | 0,6456 | 9,46   | 0,0002 | 0 | 0     |  |
| Vegāniskais siers<br>smēriņš  | 20  | 6       | 0      | 4,6    | 1,6    | 0      | 0 | 0,36  |  |
| Zāļu tēja                     | 200 | 4       | 0,0624 | 0,1224 | 0,0192 | 0      | 0 | 0     |  |
| Kopā:                         |     | 227,664 | 2,699  | 8,078  | 46,611 | 0,001  | 0 | 1,272 |  |

##### Pusdienas

|                               |     |         |        |        |        |        |        |        |   |
|-------------------------------|-----|---------|--------|--------|--------|--------|--------|--------|---|
| Frikadeļu zupa                | 150 | 74      | 3,6884 | 2,3773 | 9,1491 | 0,0002 | 0      | 1,6044 | 9 |
| Vistas gaļa karija<br>mērcē   | 90  | 129     | 8,7372 | 9,1012 | 2,5268 | 0,0001 | 0      | 0,2954 |   |
| Vārīti bezglutēna<br>makaroni | 180 | 262     | 2,709  | 4,419  | 52,29  | 0,0002 | 0      | 0,945  |   |
| Burkānu salāti ar<br>eļļu     | 80  | 60      | 0,744  | 4,1488 | 4,7688 | 0,0002 | 0,0012 | 2,6784 |   |
| Ūdens ar citronu              | 150 | 3       | 0,0525 | 0,045  | 0,24   | 0      | 0      | 0      |   |
| Kopā:                         |     | 527,112 | 15,931 | 20,091 | 68,975 | 0,001  | 0,001  | 5,523  |   |

##### Launags

|                           |     |         |        |        |         |        |        |        |  |
|---------------------------|-----|---------|--------|--------|---------|--------|--------|--------|--|
| Pupiņu pastēte            | 40  | 47      | 2,286  | 1,9858 | 4,9852  | 0,0002 | 0,0004 | 0,2194 |  |
| Bezglutēna maize          | 20  | 44      | 0,0581 | 0,6456 | 9,46    | 0,0002 | 0      | 0      |  |
| Margarīns<br>sviestmaizēm | 5   | 36      | 0      | 4,     | 0       | 0      | 0      | 0      |  |
| Auglis                    | 100 | 56      | 0,79   | 0,25   | 12,2    | 0      | 0      | 0,7    |  |
| Kakao bez piena           | 200 | 101     | 0,7044 | 2,786  | 18,3024 | 0      | 0      | 0,8512 |  |
| Cukurs baltais            | 2   | 8       | 0      | 0      | 1,996   | 0      | 0,002  | 0      |  |
| Kopā:                     |     | 291,627 | 3,839  | 9,667  | 46,944  | 0,     | 0,002  | 1,771  |  |

|                                |     |                 |               |               |                |              |              |               |     |
|--------------------------------|-----|-----------------|---------------|---------------|----------------|--------------|--------------|---------------|-----|
| <b>Diena kopā :</b>            |     | <b>1046,403</b> | <b>22,468</b> | <b>37,837</b> | <b>162,53</b>  | <b>0,002</b> | <b>0,004</b> | <b>8,566</b>  |     |
| <b>piektdiena, 1.decembris</b> |     |                 |               |               |                |              |              |               |     |
| <b>Brokastis</b>               |     |                 |               |               |                |              |              |               |     |
| Kukurūzas                      |     |                 |               |               |                |              |              |               |     |
| biezputra bez piena            | 150 | 147             | 2,649         | 2,394         | 29,403         | 0,0008       | 0            | 1,974         |     |
| levārījums                     | 10  | 14              | 0,1           | 0,01          | 3,9            | 0            | 0            | 0             |     |
| Graudu maize                   |     |                 |               |               |                |              |              |               |     |
| bezglutēna                     | 20  | 46              | 1,02          | 1,02          | 8,16           | 0            | 0            | 0             |     |
| Margarīns                      |     |                 |               |               |                |              |              |               |     |
| sviestmaizēm                   | 5   | 36              | 0             | 4,            | 0              | 0            | 0            | 0             |     |
| Vārīta ola                     | 25  | 37              | 3,0825        | 2,45          | 0,2525         | 0            | 0            | 0             | 3   |
| Tēja                           | 200 | 3               | 0,52          | 0,102         | 0,016          | 0            | 0            | 0             |     |
| <i>Kopā:</i>                   |     | <i>282,2</i>    | <i>7,372</i>  | <i>9,976</i>  | <i>41,732</i>  | <i>0,001</i> | <i>0</i>     | <i>1,974</i>  |     |
| <b>Pusdienas</b>               |     |                 |               |               |                |              |              |               |     |
| Pupiņu zupa                    | 150 | 107             | 4,4069        | 5,8175        | 9,0928         | 0,0003       | 0            | 3,6122        | 9   |
| Zivju kotlete mājas            |     |                 |               |               |                |              |              |               |     |
| gaumē                          | 70  | 127             | 14,4402       | 7,5545        | 0,2074         | 0,0001       | 0            | 0,0625        | 3;4 |
| Vārīti griķi                   | 120 | 89              | 2,544         | 0,1272        | 18,8256        | 0,0001       | 0            | 2,6712        |     |
| Kāpostu svaigu                 |     |                 |               |               |                |              |              |               |     |
| biešu salāti ar eļļu           | 80  | 76              | 1,0392        | 6,1416        | 3,9691         | 0,0001       | 0,0002       | 2,244         |     |
| Jāņogu dzēriens                | 150 | 22              | 0,3352        | 0,0645        | 4,458          | 0            | 0,003        | 1,05          |     |
| Bezglutēna maize               | 20  | 44              | 0,0581        | 0,6456        | 9,46           | 0,0002       | 0            | 0             |     |
| <i>Kopā:</i>                   |     | <i>464,951</i>  | <i>22,824</i> | <i>20,351</i> | <i>46,013</i>  | <i>0,001</i> | <i>0,003</i> | <i>9,64</i>   |     |
| <b>Launags</b>                 |     |                 |               |               |                |              |              |               |     |
| Mandeļu dzēriens               | 100 | 70              | 1,5           | 4,6           | 5,1            | 0            | 0            | 0             | 8   |
| Bezglutēna                     |     |                 |               |               |                |              |              |               |     |
| kukurūzas pārslas              | 40  | 144             | 2,            | 0,2           | 33,6           | 0            | 0            | 1,32          |     |
| Ābols (Skolas                  |     |                 |               |               |                |              |              |               |     |
| auglis)                        | 100 | 56              | 0,79          | 0,25          | 12,2           | 0            | 0            | 0,7           |     |
| <i>Kopā:</i>                   |     | <i>270,13</i>   | <i>4,29</i>   | <i>5,05</i>   | <i>50,9</i>    | <i>0</i>     | <i>0</i>     | <i>2,02</i>   |     |
| <b>Diena kopā :</b>            |     | <b>1017,281</b> | <b>34,485</b> | <b>35,377</b> | <b>138,644</b> | <b>0,002</b> | <b>0,003</b> | <b>13,634</b> |     |

# Nedēļas Ēdienkarte

Grupa 1.-4.klase

Papildus 3x nedēļā LAD programma "Piens un Augļi skolai"(Pirmsskola un no 1.-9. klasei)

|                                  |     |         | Enerģētiskā<br>Svars (g) vērtība (kkal) | Olbaltum<br>vielas | Tauki   | Ogļhidrāti | Sāls   | Cukurs | Šķiedrvielas | Alerģēni |
|----------------------------------|-----|---------|-----------------------------------------|--------------------|---------|------------|--------|--------|--------------|----------|
| <b>pirmdienā, 27.novembris</b>   |     |         |                                         |                    |         |            |        |        |              |          |
| <b>Pusdienas</b>                 |     |         |                                         |                    |         |            |        |        |              |          |
| Kartupeļu - ķirbju               |     |         |                                         |                    |         |            |        |        |              |          |
| zupa                             | 150 | 76      | 1,3419                                  | 4,6813             | 6,8595  | 0,0001     | 0      | 2,4237 | 9            |          |
| Krējums skābs                    | 5   | 10      | 0,13                                    | 1,                 | 0,135   | 0          | 0      | 0      | 7            |          |
| Cūkgaļas gabaliņi                |     |         |                                         |                    |         |            |        |        |              |          |
| saldu skābā mērcē                | 80  | 160     | 7,6549                                  | 10,7648            | 8,1018  | 0,0001     | 0      | 0,4227 |              |          |
| Vārīti rīsi                      | 150 | 170     | 3,366                                   | 0,297              | 38,4615 | 0,0001     | 0      | 0,693  |              |          |
| Balto redīsu -                   |     |         |                                         |                    |         |            |        |        |              |          |
| burkānu salāti ar                |     |         |                                         |                    |         |            |        |        |              |          |
| krējumu                          | 80  | 34      | 1,1008                                  | 2,252              | 2,3036  | 0,0001     | 0      | 1,5024 | 7            |          |
| Rudzu maize                      | 40  | 104     | 3,44                                    | 0,56               | 20,08   | 0          | 0      | 2,2    | 1            |          |
| Augļu un ogu                     |     |         |                                         |                    |         |            |        |        |              |          |
| dzēriens                         | 150 | 23      | 0,234                                   | 0,204              | 4,8225  | 0          | 0,0008 | 1,218  |              |          |
| Kopā:                            |     | 577,491 | 17,268                                  | 19,759             | 80,764  | 0,         | 0,001  | 8,46   |              |          |
| <b>Launags</b>                   |     |         |                                         |                    |         |            |        |        |              |          |
| Biezpiens ar                     |     |         |                                         |                    |         |            |        |        |              |          |
| krējumu                          | 70  | 75      | 12,152                                  | 1,715              | 2,709   | 0          | 0      | 0      | 7            |          |
| Kanēļcukurs                      | 5   | 18      | 0,1175                                  | 0,0075             | 4,47    | 0          | 0,0025 | 1,3275 |              |          |
| Zāļu tēja                        | 200 | 4       | 0,0624                                  | 0,1224             | 0,0192  | 0          | 0      | 0      |              |          |
| Baltmaize                        | 30  | 79      | 2,34                                    | 0,63               | 15,42   | 0          | 0      | 1,14   | 1            |          |
| Sviests                          | 5   | 37      | 0,03                                    | 4,125              | 0,22    | 0          | 0      | 0      | 7            |          |
| Kopā:                            |     | 213,648 | 14,702                                  | 6,6                | 22,838  | 0          | 0,003  | 2,468  |              |          |
| <b>otrdiena, 28.novembris</b>    |     |         |                                         |                    |         |            |        |        |              |          |
| <b>Pusdienas</b>                 |     |         |                                         |                    |         |            |        |        |              |          |
| Biešu zupa                       | 150 | 71      | 2,195                                   | 4,1558             | 6,037   | 0,0001     | 0,0001 | 2,3284 |              |          |
| Krējums skābs                    | 10  | 20      | 0,26                                    | 2,                 | 0,27    | 0          | 0      | 0      | 7            |          |
| Grūbu sautējums ar               |     |         |                                         |                    |         |            |        |        |              |          |
| cūkgaļu                          | 250 | 287     | 14,2295                                 | 9,2855             | 36,673  | 0,0008     | 0      | 4,2252 | 1            |          |
| Kāpostu salāti ar                |     |         |                                         |                    |         |            |        |        |              |          |
| zaļumiem un eļļu                 | 70  | 45      | 0,994                                   | 2,9372             | 3,5588  | 0,0001     | 0,0007 | 2,0223 |              |          |
| Kefīrs                           | 150 | 72      | 4,5                                     | 3,                 | 6,75    | 0          | 0      | 0      | 7            |          |
| Rudzu maize                      | 20  | 52      | 1,72                                    | 0,28               | 10,04   | 0          | 0      | 1,1    | 1            |          |
| Kopā:                            |     | 547,04  | 23,899                                  | 21,659             | 63,329  | 0,001      | 0,001  | 9,676  |              |          |
| <b>Launags</b>                   |     |         |                                         |                    |         |            |        |        |              |          |
| Baltmaize                        | 30  | 79      | 2,34                                    | 0,63               | 15,42   | 0          | 0      | 1,14   | 1            |          |
| Sviests                          | 5   | 37      | 0,03                                    | 4,125              | 0,22    | 0          | 0      | 0      | 7            |          |
| Siers                            | 20  | 41      | 1,48                                    | 3,56               | 0,86    | 0          | 0      | 0      | 7            |          |
| Zāļu tēja                        | 200 | 4       | 0,0624                                  | 0,1224             | 0,0192  | 0          | 0      | 0      |              |          |
| Bumbiers                         | 100 | 56      | 0,79                                    | 0,25               | 12,2    | 0          | 0      | 0,7    |              |          |
| Kopā:                            |     | 217,    | 6,901                                   | 11,558             | 49,742  | 0          | 0,005  | 1,572  |              |          |
| <b>trešdiena, 29.novembris</b>   |     |         |                                         |                    |         |            |        |        |              |          |
| <b>Pusdienas</b>                 |     |         |                                         |                    |         |            |        |        |              |          |
| Cepts vistas stilbiņš            | 80  | 80      | 1,6922                                  | 5,0952             | 7,2384  | 0,0012     | 0      | 2,249  | 1;10;3;6;7   |          |
| Kartupeļu biežputra              | 200 | 169     | 5,414                                   | 1,905              | 31,624  | 0,0002     | 0      | 4,2    | 7            |          |
| Sviests                          | 5   | 37      | 0,03                                    | 4,125              | 0,22    | 0          | 0      | 0      | 7            |          |
| Biešu salāti ar                  |     |         |                                         |                    |         |            |        |        |              |          |
| krējumu                          | 80  | 58      | 1,3768                                  | 3,0712             | 6,184   | 0,0004     | 0      | 1,6888 | 7            |          |
| Rudzu maize                      | 20  | 52      | 1,72                                    | 0,28               | 10,04   | 0          | 0      | 1,1    | 1            |          |
| Jogurta krems ar                 |     |         |                                         |                    |         |            |        |        |              |          |
| ķīseli                           | 150 | 219     | 3,457                                   | 1,5516             | 28,0982 | 0          | 0,0195 | 0,7541 | 6;7          |          |
| Kopā:                            |     | 515,591 | 13,825                                  | 16,551             | 77,497  | 0,002      | 0      | 9,881  |              |          |
| <b>Launags</b>                   |     |         |                                         |                    |         |            |        |        |              |          |
| Kēkss                            | 50  | 193     | 2,05                                    | 8,7                | 26,2    | 0          | 0      | 0      | 1;3;7        |          |
| Kakao dzēriens                   | 150 | 86      | 4,0612                                  | 2,6078             | 11,3415 | 0          | 0,0045 | 0,8715 | 7            |          |
| Kopā:                            |     | 299,996 | 7,528                                   | 6,717              | 51,444  | 0,         | 0,005  | 2,844  |              |          |
| <b>ceturtdiena, 30.novembris</b> |     |         |                                         |                    |         |            |        |        |              |          |
| <b>Pusdienas</b>                 |     |         |                                         |                    |         |            |        |        |              |          |
| Frikadeļu zupa                   | 150 | 74      | 3,6884                                  | 2,3773             | 9,1491  | 0,0002     | 0      | 1,6044 | 9            |          |
| Krējums skābs                    | 5   | 10      | 0,13                                    | 1,                 | 0,135   | 0          | 0      | 0      | 7            |          |



|                                     |     |         |         |        |         |        |        |        |          |
|-------------------------------------|-----|---------|---------|--------|---------|--------|--------|--------|----------|
| Vistas gaļa karija mērcē            | 80  | 115     | 7,7664  | 8,09   | 2,246   | 0,0001 | 0      | 0,2626 |          |
| Vārīta pasta - makaroni             | 140 | 279     | 0,784   | 4,34   | 50,4    | 0,0006 | 0      | 2,38   | 1        |
| Burkānu salāti ar eļļu              | 80  | 60      | 0,744   | 4,1488 | 4,7688  | 0,0002 | 0,0012 | 2,6784 |          |
| Piens                               | 150 | 72      | 4,8     | 3,     | 6,75    | 0      | 0      | 0      | 7        |
| Kopā:                               |     | 609,053 | 17,913  | 22,956 | 73,449  | 0,001  | 0,001  | 6,925  |          |
| <b>Launags</b>                      |     |         |         |        |         |        |        |        |          |
| Biezpiena sacepums                  | 80  | 128     | 15,9314 | 2,5834 | 9,883   | 0      | 0,0024 | 0,033  | 1;11;3;7 |
| Krējums skābs                       | 20  | 40      | 0,52    | 4,     | 0,54    | 0      | 0      | 0      | 7        |
| Kakao dzēriens                      | 200 | 45      | 2,2544  | 2,386  | 3,4984  | 0      | 0      | 0,8512 | 7        |
| Cukurs baltais                      | 2   | 8       | 0       | 0      | 1,996   | 0      | 0,002  | 0      |          |
| Kopā:                               |     | 220,806 | 18,706  | 8,969  | 15,917  | 0      | 0,004  | 0,884  |          |
| <b>piektdiena, 1.decembris</b>      |     |         |         |        |         |        |        |        |          |
| <b>Pusdienas</b>                    |     |         |         |        |         |        |        |        |          |
| Pupiņu zupa                         | 150 | 107     | 4,4069  | 5,8175 | 9,0928  | 0,0003 | 0      | 3,6122 | 9        |
| Zivju kotlete mājas gaumē           | 70  | 127     | 14,4402 | 7,5545 | 0,2074  | 0,0001 | 0      | 0,0625 | 3;4      |
| Vārīti kartupeļi                    | 180 | 134     | 3,816   | 0,1908 | 28,2384 | 0,0002 | 0      | 4,0068 |          |
| Skābā krējuma mērce                 | 40  | 45      | 0,6536  | 3,8782 | 1,882   | 0      | 0      | 0,1794 | 1;7;9    |
| Kāpostu svaigu biešu salāti ar eļļu | 70  | 66      | 0,9093  | 5,3739 | 3,473   | 0,0001 | 0,0002 | 1,9635 |          |
| Jāņogu dzēriens                     | 150 | 22      | 0,3352  | 0,0645 | 4,458   | 0      | 0,003  | 1,05   |          |
| Rudzu maize                         | 20  | 52      | 1,72    | 0,28   | 10,04   | 0      | 0      | 1,1    | 1        |
| Kopā:                               |     | 553,237 | 26,281  | 23,159 | 57,392  | 0,001  | 0,003  | 11,974 |          |
| <b>Launags</b>                      |     |         |         |        |         |        |        |        |          |
| Sausās brokastis šokolādes pārslas  | 50  | 179     | 3,5     | 0,4    | 44,     | 0      | 0      | 0      | 1;3;5;8  |
| Jogurts                             | 200 | 180     | 6,6     | 4,     | 29,4    | 0      | 0      | 0      | 7        |
| Kopā:                               |     | 358,6   | 10,1    | 4,4    | 73,4    | 0      | 0      | 0      |          |

ceturtdiena, 30. novembris

**Pusdienas**

|                          |     |         |        |         |        |        |        |        |   |
|--------------------------|-----|---------|--------|---------|--------|--------|--------|--------|---|
| Frikadeļu zupa           | 150 | 74      | 3,6884 | 2,3773  | 9,1491 | 0,0002 | 0      | 1,6044 | 9 |
| Vistas gaļa karija mērcē | 100 | 143     | 9,708  | 10,1125 | 2,8075 | 0,0001 | 0      | 0,3282 |   |
| Vārīta pasta - makaroni  | 140 | 279     | 0,784  | 4,34    | 50,4   | 0,0006 | 0      | 2,38   | 1 |
| Burkānu salāti ar eļļu   | 80  | 60      | 0,744  | 4,1488  | 4,7688 | 0,0002 | 0,0012 | 2,6784 |   |
| Rudzu maize              | 20  | 52      | 1,72   | 0,28    | 10,04  | 0      | 0      | 1,1    | 1 |
| Ūdens ar citronu         | 150 | 3       | 0,0525 | 0,045   | 0,24   | 0      | 0      | 0      |   |
| Kopā:                    |     | 610,128 | 16,697 | 21,304  | 77,405 | 0,001  | 0,001  | 8,091  |   |

**Launags**

|                       |     |        |        |        |         |        |        |        |   |
|-----------------------|-----|--------|--------|--------|---------|--------|--------|--------|---|
| Pupiņu pastēte        | 40  | 47     | 2,286  | 1,9858 | 4,9852  | 0,0002 | 0,0004 | 0,2194 |   |
| Kliju maize           | 30  | 82     | 3,63   | 0,81   | 14,19   | 0      | 0      | 1,74   | 1 |
| Ābols (Skolas auglis) | 100 | 56     | 0,79   | 0,25   | 12,2    | 0      | 0      | 0,7    |   |
| Kakao bez piena       | 200 | 101    | 0,7044 | 2,786  | 18,3024 | 0      | 0      | 0,8512 |   |
| Cukurs baltais        | 3   | 12     | 0      | 0      | 2,994   | 0      | 0,003  | 0      |   |
| Kopā:                 |     | 297,67 | 7,41   | 5,832  | 52,672  | 0,     | 0,003  | 3,511  |   |

**piektdiena, 1.decembris****Pusdienas**

|                                     |     |         |         |        |         |        |        |        |     |
|-------------------------------------|-----|---------|---------|--------|---------|--------|--------|--------|-----|
| Pupiņu zupa                         | 150 | 107     | 4,4069  | 5,8175 | 9,0928  | 0,0003 | 0      | 3,6122 | 9   |
| Zivju kotlete mājas gaumē           | 70  | 127     | 14,4402 | 7,5545 | 0,2074  | 0,0001 | 0      | 0,0625 | 3,4 |
| Vārīti kartupeļi                    | 180 | 134     | 3,816   | 0,1908 | 28,2384 | 0,0002 | 0      | 4,0068 |     |
| Baltā mērce                         | 40  | 28      | 0,048   | 0,5449 | 5,8251  | 0      | 0      | 0,0011 |     |
| Kāpostu svaigu biešu salāti ar eļļu | 90  | 85      | 1,1691  | 6,9093 | 4,4653  | 0,0001 | 0,0003 | 2,5245 |     |
| Jāņogu dzēriens                     | 150 | 22      | 0,3352  | 0,0645 | 4,458   | 0      | 0,003  | 1,05   |     |
| Rudzu maize                         | 40  | 104     | 3,44    | 0,56   | 20,08   | 0      | 0      | 2,2    | 1   |
| Kopā:                               |     | 607,225 | 27,655  | 21,642 | 72,367  | 0,001  | 0,003  | 13,457 |     |

**Launags**

|                              |     |       |     |      |      |   |   |      |   |
|------------------------------|-----|-------|-----|------|------|---|---|------|---|
| Bezglutēna kukurūzas pārslas | 50  | 181   | 2,5 | 0,25 | 42,  | 0 | 0 | 1,65 |   |
| Mandeļu dzēriens             | 100 | 70    | 1,5 | 4,6  | 5,1  | 0 | 0 | 0    | 8 |
| Kopā:                        |     | 250,5 | 4,  | 4,85 | 47,1 | 0 | 0 | 1,65 |   |



# Nedēļas Ēdienkarte

VEĢ

Grupa 1.-4.klase

Papildus 3x nedēļā LAD programma "Piens un Augļi skolai"(Pirmsskola un no 1.-9. klasei)

|                                                | Svars (g) | Enerģētiskā<br>vērtība (kkal) | Olbaltum<br>vielas | Tauki   | Ogļhidrāti | Sāls   | Cukurs | Šķiedrvielas | Alerģēni |
|------------------------------------------------|-----------|-------------------------------|--------------------|---------|------------|--------|--------|--------------|----------|
| <b>pirmdienā, 27.novembris</b>                 |           |                               |                    |         |            |        |        |              |          |
| <b>Pusdienas</b>                               |           |                               |                    |         |            |        |        |              |          |
| Kartupeļu - ķirbju<br>zupa                     | 150       | 76                            | 1,3419             | 4,6813  | 6,8595     | 0,0001 | 0      | 2,4237       | 9        |
| Krējums skābs                                  | 5         | 10                            | 0,13               | 1,      | 0,135      | 0      | 0      | 0            | 7        |
| Pupiņu sautējums<br>ar tomātiem                | 100       | 102                           | 6,6223             | 2,5541  | 13,1217    | 0,0006 | 0      | 5,4083       | 9        |
| Vārīti rīsi                                    | 100       | 113                           | 2,244              | 0,198   | 25,641     | 0,0001 | 0      | 0,462        |          |
| Sviests                                        | 5         | 37                            | 0,03               | 4,125   | 0,22       | 0      | 0      | 0            | 7        |
| Balto redīsu -<br>burkānu salāti ar<br>krējumu | 100       | 43                            | 1,376              | 2,815   | 2,8795     | 0,0001 | 0      | 1,878        | 7        |
| Rudzu maize                                    | 40        | 104                           | 3,44               | 0,56    | 20,08      | 0      | 0      | 2,2          | 1        |
| Augļu un ogu<br>dzēriens                       | 150       | 23                            | 0,234              | 0,204   | 4,8225     | 0      | 0,0008 | 1,218        |          |
| Kopā:                                          |           | 509,056                       | 15,418             | 16,137  | 73,759     | 0,001  | 0,001  | 13,59        |          |
| <b>otrdiena, 28.novembris</b>                  |           |                               |                    |         |            |        |        |              |          |
| <b>Pusdienas</b>                               |           |                               |                    |         |            |        |        |              |          |
| Biešu zupa ar<br>kāpostiem                     | 150       | 87                            | 1,2009             | 6,2095  | 6,4892     | 0,0015 | 0,0012 | 2,3215       | 9        |
| Krējums skābs                                  | 5         | 10                            | 0,13               | 1,      | 0,135      | 0      | 0      | 0            | 7        |
| Grūbas ar kausēto<br>Latgales Čedaras<br>sieru | 180       | 233                           | 5,6308             | 11,2009 | 27,3692    | 0,0005 | 0      | 4,0982       | 1;7;9    |
| Kāpostu salāti ar<br>zaļumiem un eļļu          | 100       | 64                            | 1,42               | 4,196   | 5,084      | 0,0001 | 0,001  | 2,889        |          |
| Kefīrs                                         | 150       | 72                            | 4,5                | 3,      | 6,75       | 0      | 0      | 0            | 7        |
| Rudzu maize                                    | 40        | 104                           | 3,44               | 0,56    | 20,08      | 0      | 0      | 2,2          | 1        |
| Kopā:                                          |           | 569,913                       | 16,322             | 26,166  | 65,907     | 0,002  | 0,002  | 11,509       |          |
| <b>trešdiena, 29.novembris</b>                 |           |                               |                    |         |            |        |        |              |          |
| <b>Pusdienas</b>                               |           |                               |                    |         |            |        |        |              |          |
| Zirņu pārslu<br>plācenītis                     | 100       | 153                           | 4,7704             | 7,2283  | 18,1764    | 0,0005 | 0      | 2,792        |          |
| Kartupeļu biezputra                            | 180       | 152                           | 4,8726             | 1,7145  | 28,4616    | 0,0002 | 0      | 3,78         | 7        |
| Skābā krējuma<br>mērce                         | 50        | 56                            | 0,8171             | 4,8477  | 2,3525     | 0      | 0      | 0,2243       | 1;7;9    |
| Biešu salāti ar<br>krējumu                     | 100       | 72                            | 1,721              | 3,839   | 7,73       | 0,0005 | 0      | 2,111        | 7        |
| Rudzu maize                                    | 20        | 52                            | 1,72               | 0,28    | 10,04      | 0      | 0      | 1,1          | 1        |
| Jogurta krems ar<br>ķīseli                     | 150       | 219                           | 3,457              | 1,5516  | 28,0982    | 0      | 0,0195 | 0,7541       | 6;7      |
| Kopā:                                          |           | 604,845                       | 17,493             | 19,984  | 88,952     | 0,001  | 0      | 10,651       |          |
| <b>ceturtdiena, 30.novembris</b>               |           |                               |                    |         |            |        |        |              |          |
| <b>Pusdienas</b>                               |           |                               |                    |         |            |        |        |              |          |
| Dārzeņu<br>biezeņzupa                          | 150       | 98                            | 1,1415             | 7,6575  | 6,1395     | 0,0001 | 0      | 2,451        |          |
| Dārzeni saldā<br>krējuma mērcē                 | 100       | 49                            | 1,9618             | 2,4043  | 4,6458     | 0,0006 | 0      | 2,64         | 1;7      |
| Siers                                          | 20        | 68                            | 4,96               | 5,36    | 0          | 0      | 0      | 0            | 7        |
| Vārīta pasta -<br>makaroni                     | 140       | 279                           | 0,784              | 4,34    | 50,4       | 0,0006 | 0      | 2,38         | 1        |
| Burkānu salāti ar<br>eļļu                      | 80        | 60                            | 0,744              | 4,1488  | 4,7688     | 0,0002 | 0,0012 | 2,6784       |          |
| Piens                                          | 150       | 72                            | 4,8                | 3,      | 6,75       | 0      | 0      | 0            | 7        |
| Kopā:                                          |           | 625,593                       | 14,391             | 26,911  | 72,704     | 0,002  | 0,001  | 10,149       |          |

**piektdiena, 1.decembris****Pusdienas**

|                      |     |         |        |        |         |        |        |        |        |
|----------------------|-----|---------|--------|--------|---------|--------|--------|--------|--------|
| Kabaču pupiņu        |     |         |        |        |         |        |        |        |        |
| zupa ar dārzeņiem    | 200 | 86      | 3,3711 | 4,0639 | 8,9233  | 0,0004 | 0      | 3,6555 | 9      |
| Kāpostu plācenītis   | 70  | 99      | 3,1752 | 6,0723 | 7,6503  | 0,0006 | 0      | 1,9368 | 1;11;3 |
| Vārīti kartupeļi     | 180 | 134     | 3,816  | 0,1908 | 28,2384 | 0,0002 | 0      | 4,0068 |        |
| Skābā krējuma        |     |         |        |        |         |        |        |        |        |
| mērce                | 40  | 45      | 0,6536 | 3,8782 | 1,882   | 0      | 0      | 0,1794 | 1;7;9  |
| Kāpostu svaigu       |     |         |        |        |         |        |        |        |        |
| biešu salāti ar eļļu | 70  | 66      | 0,9093 | 5,3739 | 3,473   | 0,0001 | 0,0002 | 1,9635 |        |
| Jāņogu dzēriens      | 150 | 22      | 0,3352 | 0,0645 | 4,458   | 0      | 0,003  | 1,05   |        |
| Rudzu maize          | 40  | 104     | 3,44   | 0,56   | 20,08   | 0      | 0      | 2,2    | 1      |
| Kopā:                |     | 556,272 | 15,7   | 20,204 | 74,705  | 0,001  | 0,003  | 14,992 |        |

# Nedēļas Ēdienkarte

Grupa 5.-9.klase

Papildus 3x nedēļā LAD programma "Piens un Augļi skolai"(Pirmsskola un no 1.-9. klasei)

|                                          | Svars (g) | Enerģētiskā<br>vērtība (kkal) | Olbaltumvi<br>elas | Tauki         | Ogļhidrāti     | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni   |
|------------------------------------------|-----------|-------------------------------|--------------------|---------------|----------------|--------------|--------------|---------------|------------|
| <b>pirmdienā, 27.novembris</b>           |           |                               |                    |               |                |              |              |               |            |
| <b>Pusdienas</b>                         |           |                               |                    |               |                |              |              |               |            |
| Kartupeļu - ķirbju zupa                  | 200       | 101                           | 1,7892             | 6,2417        | 9,146          | 0,0002       | 0            | 3,2316        | 9          |
| Krējums skābs                            | 10        | 20                            | 0,26               | 2,            | 0,27           | 0            | 0            | 0             | 7          |
| Cūkgaļas gabaliņi                        |           |                               |                    |               |                |              |              |               |            |
| saltskābā mērcē                          | 100       | 200                           | 9,5686             | 13,456        | 10,1273        | 0,0001       | 0            | 0,5284        |            |
| Vārīti rīsi                              | 200       | 227                           | 4,488              | 0,396         | 51,282         | 0,0002       | 0            | 0,924         |            |
| Balto redīsu - burkānu salāti ar krējumu | 100       | 43                            | 1,376              | 2,815         | 2,8795         | 0,0001       | 0            | 1,878         | 7          |
| Rudzu maize                              | 60        | 155                           | 5,16               | 0,84          | 30,12          | 0            | 0            | 3,3           | 1          |
| Augļu un ogu dzēriens                    | 200       | 31                            | 0,312              | 0,272         | 6,43           | 0            | 0,001        | 1,624         |            |
| <b>Kopā:</b>                             |           | <b>777,768</b>                | <b>22,954</b>      | <b>26,021</b> | <b>110,255</b> | <b>0,001</b> | <b>0,001</b> | <b>11,486</b> |            |
| <b>otrdiena, 28.novembris</b>            |           |                               |                    |               |                |              |              |               |            |
| <b>Pusdienas</b>                         |           |                               |                    |               |                |              |              |               |            |
| Biešu zupa                               | 250       | 118                           | 3,6582             | 6,9262        | 10,0618        | 0,0002       | 0,0002       | 3,8808        |            |
| Krējums skābs                            | 10        | 20                            | 0,26               | 2,            | 0,27           | 0            | 0            | 0             | 7          |
| Grūbu sautējums ar cūkgaļu               | 280       | 322                           | 15,937             | 10,3998       | 41,0738        | 0,0008       | 0            | 4,7323        | 1          |
| Kāpostu salāti ar zaļumiem un eļļu       | 100       | 64                            | 1,42               | 4,196         | 5,084          | 0,0001       | 0,001        | 2,889         |            |
| Kefīrs                                   | 200       | 96                            | 6,                 | 4,            | 9,             | 0            | 0            | 0             | 7          |
| Rudzu maize                              | 40        | 104                           | 3,44               | 0,56          | 20,08          | 0            | 0            | 2,2           | 1          |
| <b>Kopā:</b>                             |           | <b>723,784</b>                | <b>30,715</b>      | <b>28,082</b> | <b>85,57</b>   | <b>0,001</b> | <b>0,001</b> | <b>13,702</b> |            |
| <b>trešdiena, 29.novembris</b>           |           |                               |                    |               |                |              |              |               |            |
| <b>Pusdienas</b>                         |           |                               |                    |               |                |              |              |               |            |
| Cepts vistas stilbiņš                    | 100       | 100                           | 2,1153             | 6,369         | 9,048          | 0,0015       | 0            | 2,8113        | 1;10;3;6;7 |
| Kartupeļu biežputra                      | 220       | 186                           | 5,9554             | 2,0955        | 34,7864        | 0,0002       | 0            | 4,62          | 7          |
| Sviests                                  | 10        | 75                            | 0,06               | 8,25          | 0,44           | 0            | 0            | 0             | 7          |
| Biešu salāti ar krējumu                  | 100       | 72                            | 1,721              | 3,839         | 7,73           | 0,0005       | 0            | 2,111         | 7          |
| Rudzu maize                              | 60        | 155                           | 5,16               | 0,84          | 30,12          | 0            | 0            | 3,3           | 1          |
| Jogurta krems ar ķīseli                  | 150       | 219                           | 3,457              | 1,5516        | 28,0982        | 0            | 0,0195       | 0,7541        | 6;7        |
| <b>Kopā:</b>                             |           | <b>747,826</b>                | <b>19,801</b>      | <b>24,16</b>  | <b>111,712</b> | <b>0,002</b> | <b>0</b>     | <b>13,7</b>   |            |
| <b>ceturtdiena, 30.novembris</b>         |           |                               |                    |               |                |              |              |               |            |
| <b>Pusdienas</b>                         |           |                               |                    |               |                |              |              |               |            |
| Frikadeļu zupa                           | 200       | 98                            | 4,9178             | 3,1697        | 12,1988        | 0,0002       | 0            | 2,1392        | 9          |
| Krējums skābs                            | 5         | 10                            | 0,13               | 1,            | 0,135          | 0            | 0            | 0             | 7          |
| Vistas gaļa karija mērcē                 | 100       | 143                           | 9,708              | 10,1125       | 2,8075         | 0,0001       | 0            | 0,3282        |            |
| Vārīta pasta - makaroni                  | 180       | 358                           | 1,008              | 5,58          | 64,8           | 0,0007       | 0            | 3,06          | 1          |
| Burkānu salāti ar eļļu                   | 90        | 67                            | 0,837              | 4,6674        | 5,3649         | 0,0003       | 0,0013       | 3,0132        |            |
| Rudzu maize                              | 40        | 104                           | 3,44               | 0,56          | 20,08          | 0            | 0            | 2,2           | 1          |
| Piens                                    | 200       | 96                            | 6,4                | 4,            | 9,             | 0            | 0            | 0             | 7          |
| <b>Kopā:</b>                             |           | <b>877,012</b>                | <b>26,441</b>      | <b>29,09</b>  | <b>114,386</b> | <b>0,001</b> | <b>0,001</b> | <b>10,741</b> |            |
| <b>piektdiena, 1.decembris</b>           |           |                               |                    |               |                |              |              |               |            |
| <b>Pusdienas</b>                         |           |                               |                    |               |                |              |              |               |            |
| Pupiņu zupa                              | 200       | 142                           | 5,8758             | 7,7566        | 12,1238        | 0,0005       | 0            | 4,8163        | 9          |
| Zivju kotlete mājas gaumē                | 70        | 127                           | 14,4402            | 7,5545        | 0,2074         | 0,0001       | 0            | 0,0625        | 3;4        |
| Vārīti kartupeļi                         | 220       | 164                           | 4,664              | 0,2332        | 34,5136        | 0,0002       | 0            | 4,8972        |            |
| Skābā krējuma mērce                      | 50        | 56                            | 0,8171             | 4,8477        | 2,3525         | 0            | 0            | 0,2243        | 1;7;9      |
| Kāpostu svaigu biešu salāti ar eļļu      | 100       | 95                            | 1,299              | 7,677         | 4,9614         | 0,0001       | 0,0003       | 2,805         |            |
| Jāņogu dzēriens                          | 200       | 29                            | 0,447              | 0,086         | 5,944          | 0            | 0,004        | 1,4           |            |
| Rudzu maize                              | 40        | 104                           | 3,44               | 0,56          | 20,08          | 0            | 0            | 2,2           | 1          |
| <b>Kopā:</b>                             |           | <b>717,494</b>                | <b>30,983</b>      | <b>28,715</b> | <b>80,183</b>  | <b>0,001</b> | <b>0,004</b> | <b>16,405</b> |            |