

# 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, 4.marts</b>     |           |                               |                    |               |                |              |              |               |          |
| <b>Brokastis</b>              |           |                               |                    |               |                |              |              |               |          |
| Auzu pārslu putra             | 150       | 139                           | 6,72               | 10,32         | 20,3394        | 0,0001       | 0,0003       | 2,688         | 1;7      |
| levārijums                    | 5         | 37                            | 0,03               | 4,125         | 0,22           | 0            | 0            | 0             |          |
| 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<br>zupa    | 150       | 76                            | 1,3419             | 4,6813        | 6,8595         | 0,0001       | 0            | 2,4237        | 9        |
| Cūkgaļas 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         |          |
| Kolrābja salāti ar<br>krējumu | 70        | 40                            | 1,393              | 2,5242        | 2,7458         | 0,0003       | 0            | 1,0934        | 7        |
| Rudzu maize                   | 20        | 52                            | 1,72               | 0,28          | 10,04          | 0            | 0            | 1,1           | 1        |
| Augļu un ogu<br>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>                |           |                               |                    |               |                |              |              |               |          |
| 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        |
| Tēja                          | 200       | 45                            | 2,2544             | 2,386         | 3,4984         | 0            | 0            | 0,8512        |          |
| 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          |          |
| <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, 5.marts</b>      |           |                               |                    |               |                |              |              |               |          |
| <b>Brokastis</b>              |           |                               |                    |               |                |              |              |               |          |
| Piena zupa ar<br>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        |
| Gurķis                        | 20        | 41                            | 1,48               | 3,56          | 0,86           | 0            | 0            | 0             |          |
| 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        |
| Vārīti griķi                  | 100       | 110                           | 2,475              | 0,528         | 23,958         | 0,0001       | 0            | 1,056         |          |
| Maltās gaļas<br>mērce         | 80        | 118                           | 6,6116             | 9,171         | 2,091          | 0,0003       | 0            | 0,692         | 1,7      |
| Burkānu salāti ar<br>eļļu     | 70        | 52                            | 0,651              | 3,6302        | 4,1727         | 0,0002       | 0,0011       | 2,3436        |          |
| 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>                |           |                               |                    |               |                |              |              |               |          |
| Kēkss                         | 50        | 193                           | 2,05               | 8,7           | 26,2           | 0            | 0            | 0             | 1;3;7    |
| Kafijas dzēriens              | 200       | 45                            | 2,2544             | 2,386         | 3,4984         | 0            | 0            | 0,8512        | 7        |
| Ābols                         | 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         |          |
| <b>Diena kopā :</b>           |           | <b>946,039</b>                | <b>29,148</b>      | <b>37,386</b> | <b>121,365</b> | <b>0,001</b> | <b>0,011</b> | <b>11,193</b> |          |
| <b>trešdiena, 6.marts</b>     |           |                               |                    |               |                |              |              |               |          |
| <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   | 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             |      |
| <i>Kopā:</i>               |     | 250,707         | 11,956        | 13,089        | 19,965         | 0,           | 0,002        | 2,471         |      |
| <b>Pusdienas</b>           |     |                 |               |               |                |              |              |               |      |
| Vistas gaļas<br>kotlete    | 60  | 149             | 13,0458       | 9,7881        | 1,2414         | 0,0001       | 0            | 0,0933        |      |
| Kartupeļu<br>biezputra     | 150 | 127             | 4,0605        | 1,4288        | 23,718         | 0,0001       | 0            | 3,15          | 7    |
| Biešu salāti ar<br>krējumu | 70  | 25              | 1,0094        | 1,6019        | 0,8973         | 0,0001       | 0,0002       | 1,4902        | 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  |
| <i>Kopā:</i>               |     | 497,456         | 23,623        | 16,259        | 62,601         | 0,001        | 0            | 6,465         |      |
| <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             |      |
| Banāni                     | 100 | 56              | 0,79          | 0,25          | 12,2           | 0            | 0            | 0,7           |      |
| <i>Kopā:</i>               |     | 335,068         | 6,901         | 11,558        | 49,742         | 0            | 0,005        | 1,572         |      |
| <b>Diena kopā :</b>        |     | <b>1048,822</b> | <b>42,781</b> | <b>35,906</b> | <b>134,799</b> | <b>0,001</b> | <b>0,008</b> | <b>11,858</b> |      |

#### ceturtdiena, 7.marts

|                                 |     |                 |               |               |                |              |              |               |     |
|---------------------------------|-----|-----------------|---------------|---------------|----------------|--------------|--------------|---------------|-----|
| <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   |
| "Vārīta desa" Zaļā<br>dakšiņa"" | 20  | 46              | 2,08          | 3,8           | 0,84           | 0            | 0            | 0             | 1   |
| Zāļu tēja                       | 200 | 4               | 0,0624        | 0,1224        | 0,0192         | 0            | 0            | 0             |     |
| <i>Kopā:</i>                    |     | 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 gaļas<br>gulašs          | 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       | 60  | 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             |     |
| <i>Kopā:</i>                    |     | 499,916         | 13,053        | 19,381        | 59,739         | 0,001        | 0,001        | 6,585         |     |
| <b>Launags</b>                  |     |                 |               |               |                |              |              |               |     |
| Biezpiens ar<br>krējumu         | 50  | 54              | 8,68          | 1,225         | 1,935          | 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   |
| <i>Kopā:</i>                    |     | 192,164         | 11,23         | 6,11          | 22,064         | 0            | 0,003        | 2,468         |     |
| <b>Diena kopā :</b>             |     | <b>1024,807</b> | <b>39,835</b> | <b>39,338</b> | <b>116,705</b> | <b>0,001</b> | <b>0,006</b> | <b>11,836</b> |     |

#### piektdiena, 8.marts

|                  |     |     |      |       |         |        |        |       |   |
|------------------|-----|-----|------|-------|---------|--------|--------|-------|---|
| <b>Brokastis</b> |     |     |      |       |         |        |        |       |   |
| Kukurūzas putra  | 150 | 114 | 5,7  | 2,646 | 17,8032 | 0,0001 | 0,0001 | 1,833 | 7 |
| levārijums       | 10  | 14  | 0,1  | 0,01  | 3,9     | 0      | 0      | 0     |   |
| 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>                            |     | 259,036         | 10,693        | 9,533         | 33,788         | 0,           | 0,002        | 2,733         |     |
| <b>Pusdienas</b>                        |     |                 |               |               |                |              |              |               |     |
| Skābeņu zupa                            | 150 | 107             | 4,4069        | 5,8175        | 9,0928         | 0,0003       | 0            | 3,6122        | 9   |
| Krējums skābs                           | 5   | 10              | 0,13          | 1,            | 0,135          | 0            | 0            | 0             | 7   |
| Zivju kotlete                           |     |                 |               |               |                |              |              |               |     |
| mājas 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        |     |
| Piena mērce                             | 20  | 22              | 0,6489        | 1,403         | 1,7896         | 0,0001       | 0            | 0,0054        | 7   |
| Kāpostu un<br>burkānu salāti ar<br>eļļu | 60  | 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>                            |     | 421,101         | 22,766        | 19,705        | 36,553         | 0,001        | 0,003        | 9,64          |     |
| <b>Launags</b>                          |     |                 |               |               |                |              |              |               |     |
| Vārīti cīsiņi<br>(MK172)                | 50  | 108             | 5,65          | 8,35          | 2,6            | 0            | 0            | 0             | 7   |
| Rudzu maize                             | 20  | 52              | 1,72          | 0,28          | 10,04          | 0            | 0            | 1,1           | 1   |
| Sviests                                 | 5   | 37              | 0,03          | 4,125         | 0,22           | 0            | 0            | 0             | 7   |
| Gurķis                                  | 30  | 9               | 0,4579        | 0,0996        | 1,5279         | 0            | 0            | 1,1092        |     |
| Zāļu tēja                               | 200 | 4               | 0,0624        | 0,1224        | 0,0192         | 0            | 0            | 0             |     |
| Cukurs baltais                          | 3   | 12              | 0             | 0             | 2,994          | 0            | 0,003        | 0             |     |
| <i>Kopā:</i>                            |     | 304,594         | 8,96          | 13,284        | 36,979         | 0,           | 0,003        | 1,373         |     |
| <b>Diena kopā :</b>                     |     | <b>1049,467</b> | <b>42,698</b> | <b>32,888</b> | <b>148,591</b> | <b>0,001</b> | <b>0,005</b> | <b>13,073</b> |     |



## Nedēļas Ēdienkarte

Grupa BD 3-6

BGL

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, 4.marts</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         |          |
| levārtījums                                   | 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             |          |
| <i>Kopā:</i>                                  |           | 299,234                       | 5,309              | 8,546         | 51,635         | 0,001        | 0,002        | 1,974         |          |
| <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        |          |
| Kolrābja salāti ar<br>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         |          |
| <i>Kopā:</i>                                  |           | 506,342                       | 13,684             | 21,826        | 63,137         | 0,001        | 0,001        | 6,106         |          |
| <b>Launags</b>                                |           |                               |                    |               |                |              |              |               |          |
| Ābolu un ķirbju<br>pankūka                    | 100       | 226                           | 5,3383             | 12,1974       | 23,4452        | 0,0001       | 0,002        | 3,2331        | 3        |
| levārtījums                                   | 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                                         | 100       | 56                            | 0,79               | 0,25          | 12,2           | 0            | 0            | 0,7           |          |
| <i>Kopā:</i>                                  |           | 298,751                       | 6,275              | 12,549        | 39,56          | 0,           | 0,002        | 3,933         |          |
| <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>otrdienā, 5.marts</b>                      |           |                               |                    |               |                |              |              |               |          |
| <b>Brokastis</b>                              |           |                               |                    |               |                |              |              |               |          |
| Bezglutēnu<br>makaronu zupa<br>bez 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             |          |
| <i>Kopā:</i>                                  |           | 273,996                       | 9,582              | 13,982        | 26,797         | 0,           | 0,001        | 0,278         |          |
| <b>Pusdienas</b>                              |           |                               |                    |               |                |              |              |               |          |
| Biešu zupa                                    | 150       | 71                            | 2,195              | 4,1558        | 6,037          | 0,0001       | 0,0001       | 2,3284        |          |
| Vārīti griķi                                  | 100       | 110                           | 2,475              | 0,528         | 23,958         | 0,0001       | 0            | 1,056         |          |
| Maltais gaļas<br>mērce bez piena              | 80        | 118                           | 6,6116             | 9,171         | 2,091          | 0,0003       | 0            | 0,692         |          |
| Burkānu salāti ar<br>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          |          |
| <i>Kopā:</i>                                  |           | 365,119                       | 17,202             | 15,869        | 37,703         | 0,001        | 0,005        | 10,528        |          |
| <b>Launags</b>                                |           |                               |                    |               |                |              |              |               |          |



|                     |     |                |               |               |                |              |              |               |   |
|---------------------|-----|----------------|---------------|---------------|----------------|--------------|--------------|---------------|---|
| Olā panēta          |     |                |               |               |                |              |              |               |   |
| 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          |   |
| Banāni              | 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, 6.marts

##### Brokastis

|                  |     |         |        |        |        |        |       |        |   |
|------------------|-----|---------|--------|--------|--------|--------|-------|--------|---|
| Olu kultenis     | 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        |     |         |        |        |        |        |       |        |   |
| sviestmaizēm     | 5   | 36      | 0      | 4,     | 0      | 0      | 0     | 0      |   |
| Svaigu dārzeņu   |     |         |        |        |        |        |       |        |   |
| 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

|                   |     |         |         |         |         |        |        |        |  |
|-------------------|-----|---------|---------|---------|---------|--------|--------|--------|--|
| Vistas gaļas      |     |         |         |         |         |        |        |        |  |
| kotlete           | 60  | 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      |     |         |         |         |         |        |        |        |  |
| 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       |     |                 |               |              |                |              |              |              |   |
| bezlaktozes         |     |                 |               |              |                |              |              |              |   |
| smilšu cepums       | 40  | 192             | 2,24          | 9,28         | 24,52          | 0            | 0            | 0,88         | 3 |
| Ābols               | 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, 7.marts

##### Brokastis

|                   |     |         |        |        |        |        |   |       |  |
|-------------------|-----|---------|--------|--------|--------|--------|---|-------|--|
| Prosas biezputra  |     |         |        |        |        |        |   |       |  |
| 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 | 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 |     |         |        |        |        |        |        |        |   |
| mērcē              | 90  | 129     | 8,7372 | 9,1012 | 2,5268 | 0,0001 | 0      | 0,2954 |   |
| Vārīti bezglutēna  |     |         |        |        |        |        |        |        |   |
| makaroni           | 180 | 262     | 2,709  | 4,419  | 52,29  | 0,0002 | 0      | 0,945  |   |
| Burkānu salāti ar  |     |         |        |        |        |        |        |        |   |
| 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        |    |    |        |        |        |        |        |        |  |
| sviestmaizēm     | 5  | 36 | 0      | 4,     | 0      | 0      | 0      | 0      |  |

|                                         |     |                 |               |               |                |              |              |               |     |
|-----------------------------------------|-----|-----------------|---------------|---------------|----------------|--------------|--------------|---------------|-----|
| Kafija ar<br>bezlaktozes pienu          | 200 | 101             | 0,7044        | 2,786         | 18,3024        | 0            | 0            | 0,8512        |     |
| Cukurs baltais                          | 2   | 8               | 0             | 0             | 1,996          | 0            | 0,002        | 0             |     |
| <i>Kopā:</i>                            |     | 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, 8.marts</b>              |     |                 |               |               |                |              |              |               |     |
| <b>Brokastis</b>                        |     |                 |               |               |                |              |              |               |     |
| Kukurūzas<br>biezputra bez<br>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<br>bezglutēna              | 20  | 46              | 1,02          | 1,02          | 8,16           | 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             |     |
| <i>Kopā:</i>                            |     | 282,2           | 7,372         | 9,976         | 41,732         | 0,001        | 0            | 1,974         |     |
| <b>Pusdienas</b>                        |     |                 |               |               |                |              |              |               |     |
| Pupiņu zupa                             | 150 | 107             | 4,4069        | 5,8175        | 9,0928         | 0,0003       | 0            | 3,6122        | 9   |
| Zivju kotlete<br>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 un<br>burkānu salāti ar<br>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>                            |     | 464,951         | 22,824        | 20,351        | 46,013         | 0,001        | 0,003        | 9,64          |     |
| <b>Launags</b>                          |     |                 |               |               |                |              |              |               |     |
| Bezlaktozes piens                       | 150 | 70              | 1,5           | 4,6           | 5,1            | 0            | 0            | 0             | 8   |
| Bezglutēna<br>kukurūzas pārslas         | 40  | 144             | 2,            | 0,2           | 33,6           | 0            | 0            | 1,32          |     |
| Bumbiers                                | 100 | 56              | 0,79          | 0,25          | 12,2           | 0            | 0            | 0,7           |     |
| <i>Kopā:</i>                            |     | 270,13          | 4,29          | 5,05          | 50,9           | 0            | 0            | 2,02          |     |
| <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)

|                                      | Svars (g) | Enerģētiskā<br>vērtība (kkal) | Olbaltum<br>vielas | Tauki   | Ogļhidrāti | Sāls   | Cukurs | Šķiedrvielas | Alerģēni   |
|--------------------------------------|-----------|-------------------------------|--------------------|---------|------------|--------|--------|--------------|------------|
| <b>pirmdiena, 4.marts</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          |
| Cūkgaļas gabaliņi<br>saldskābā 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        |            |
| Kolrābja salāti ar<br>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<br>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>                       |           |                               |                    |         |            |        |        |              |            |
| Biezpiena<br>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          |
| 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:                                |           | 220,806                       | 18,706             | 8,969   | 15,917     | 0      | 0,004  | 0,884        |            |
| <b>otrdiena, 5.marts</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          |
| Vārīti griķi                         | 150       | 166                           | 3,7125             | 0,792   | 35,937     | 0,0001 | 0      | 1,584        | 1          |
| Maltās gaļas<br>mērce                | 80        | 118                           | 6,6116             | 9,171   | 2,091      | 0,0003 | 0      | 0,692        |            |
| Burkānu salāti ar<br>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>                       |           |                               |                    |         |            |        |        |              |            |
| Kēkss                                | 50        | 193                           | 2,05               | 8,7     | 26,2       | 0      | 0      | 0            | 1;3;7      |
| Kafijas dzēriens                     | 200       | 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>trešdiena, 6.marts</b>            |           |                               |                    |         |            |        |        |              |            |
| <b>Pusdienas</b>                     |           |                               |                    |         |            |        |        |              |            |
| Cepts vistas<br>stilbiņš             | 80        | 80                            | 1,6922             | 5,0952  | 7,2384     | 0,0012 | 0      | 2,249        | 1;10;3;6;7 |
| Kartupeļu<br>biezputra               | 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<br>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<br>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>                       |           |                               |                    |         |            |        |        |              |            |
| 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            |            |
| Banāni                               | 100       | 56                            | 0,79               | 0,25    | 12,2       | 0      | 0      | 0,7          |            |
| Kopā:                                |           | 299,996                       | 7,528              | 6,717   | 51,444     | 0,     | 0,005  | 2,844        |            |
| <b>ceturtdiena, 7.marts</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 gaļas gulašs     | 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 |
| <b>Kopā:</b>            |     | <b>609,053</b> | <b>17,913</b> | <b>22,956</b> | <b>73,449</b> | <b>0,001</b> | <b>0,001</b> | <b>6,925</b> |   |
| <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 |
| <b>Kopā:</b>            |     | <b>213,648</b> | <b>14,702</b> | <b>6,6</b>    | <b>22,838</b> | <b>0</b>     | <b>0,003</b> | <b>2,468</b> |   |

**piektdiena, 8.marts**

|                                   |     |                |               |               |               |              |              |               |       |
|-----------------------------------|-----|----------------|---------------|---------------|---------------|--------------|--------------|---------------|-------|
| <b>Pusdienas</b>                  |     |                |               |               |               |              |              |               |       |
| Skābeņu zupa                      | 150 | 107            | 4,4069        | 5,8175        | 9,0928        | 0,0003       | 0            | 3,6122        | 9     |
| Zivju kotlete mājās 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        |       |
| Piena mērce                       | 40  | 45             | 0,6536        | 3,8782        | 1,882         | 0            | 0            | 0,1794        | 1;7;9 |
| Kāpostu un burkānu 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     |
| <b>Kopā:</b>                      |     | <b>553,237</b> | <b>26,281</b> | <b>23,159</b> | <b>57,392</b> | <b>0,001</b> | <b>0,003</b> | <b>11,974</b> |       |
| <b>Launags</b>                    |     |                |               |               |               |              |              |               |       |
| Vārīti cīsiņi (MK172)             | 50  | 108            | 5,65          | 8,35          | 2,6           | 0            | 0            | 0             | 7     |
| Rudzu maize                       | 40  | 52             | 1,72          | 0,28          | 10,04         | 0            | 0            | 1,1           | 1     |
| Sviests                           | 5   | 37             | 0,03          | 4,125         | 0,22          | 0            | 0            | 0             | 7     |
| Gurķis                            | 30  | 9              | 0,4579        | 0,0996        | 1,5279        | 0            | 0            | 1,1092        |       |
| Zāļu tēja                         | 200 | 4              | 0,0624        | 0,1224        | 0,0192        | 0            | 0            | 0             |       |
| Cukurs baltais                    | 3   | 12             | 0             | 0             | 2,994         | 0            | 0,003        | 0             |       |
| <b>Kopā:</b>                      |     | <b>304,594</b> | <b>8,96</b>   | <b>13,284</b> | <b>36,979</b> | <b>0,</b>    | <b>0,003</b> | <b>1,373</b>  |       |

**piektdiena, 8.marts**

**Pusdienas**

|                                         |     |         |        |        |         |        |        |        |        |
|-----------------------------------------|-----|---------|--------|--------|---------|--------|--------|--------|--------|
| Skābeņu zupa                            | 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 |        |
| Piena mērce                             | 40  | 45      | 0,6536 | 3,8782 | 1,882   | 0      | 0      | 0,1794 | 1;7;9  |
| Kāpostu un<br>burkānu salāti ar<br>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 |        |