

Nedēļas ēdienkarte  
Grupa

BD 1-2

| pirmdiena, 23.februāris    | Svars,<br>g | Kcal       | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvi<br>elas | Alerģēni |
|----------------------------|-------------|------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Brokastis</b>           |             |            |                    |              |              |              |              |                  |          |
| Četrus graudu pārslu putra | 130         | 121        | 5,824              | 2,766        | 17,627       | 0,13         | 0,26         | 2,33             | 1;7      |
| Ievārījums                 | 5           | 7          | 0,05               | 0,005        | 1,95         |              |              |                  |          |
| Saldskābmaize              | 20          | 46         | 1,26               | 0,2          | 9,6          |              |              | 0,9              | 1,       |
| Sviests                    | 10          | 75         | 0,06               | 8,25         | 0,44         |              |              |                  | 7,       |
| Tēja                       | 150         | 2          | 0,39               | 0,076        | 0,012        |              |              |                  |          |
| Cukurs baltais             | 2           | 8          |                    |              | 1,996        |              | 2,           |                  |          |
| <b>kopā:</b>               |             | <b>259</b> | <b>7,58</b>        | <b>11,30</b> | <b>31,63</b> | <b>0,130</b> | <b>2,260</b> | <b>3,230</b>     |          |

|                           |     |            |              |              |              |              |              |              |     |
|---------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-----|
| <b>Pusdienas</b>          |     |            |              |              |              |              |              |              |     |
| Kartupeļu - ķirbju zupa   | 100 | 38         | 0,725        | 2,084        | 3,965        | 0,4          |              | 1,134        |     |
| Krējums skābs             | 5   | 10         | 0,13         | 1,           | 0,135        |              |              |              | 7,  |
| Vistas gaļas frikasē      | 50  | 93         | 6,092        | 6,741        | 1,576        | 0,134        |              | 0,168        | 1;7 |
| Vārīti rīsi               | 100 | 113        | 2,244        | 0,198        | 25,641       | 0,1          |              | 0,462        |     |
| Burkānu salāti ar krējumu | 50  | 21         | 0,688        | 1,408        | 1,44         | 0,05         |              | 0,939        | 7,  |
| Augļu un ogu dzēriens     | 100 | 16         | 0,156        | 0,136        | 3,215        |              | 0,5          | 0,812        |     |
| <b>kopā:</b>              |     | <b>291</b> | <b>10,04</b> | <b>11,57</b> | <b>35,97</b> | <b>0,684</b> | <b>0,500</b> | <b>3,515</b> |     |

|                        |             |            |                    |              |              |              |              |                  |          |
|------------------------|-------------|------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Launags</b>         |             |            |                    |              |              |              |              |                  |          |
| Biezpiens ar krējumu   | 60          | 64         | 10,416             | 1,47         | 2,322        |              |              |                  | 7,       |
| Kanēļcukurs            | 5           | 18         | 0,118              | 0,008        | 4,47         |              | 2,5          | 1,328            |          |
| Zāļu tēja              | 150         | 1          | 0,02               | 0,038        | 0,006        |              |              |                  |          |
| Baltmaize              | 20          | 53         | 1,56               | 0,42         | 10,28        |              |              | 0,76             | 1,       |
| Sviests                | 5           | 37         | 0,03               | 4,125        | 0,22         |              |              |                  | 7,       |
| <b>kopā:</b>           |             | <b>174</b> | <b>12,14</b>       | <b>6,06</b>  | <b>17,30</b> | <b>0</b>     | <b>2,500</b> | <b>2,088</b>     |          |
| <b>Diena kopā:</b>     |             | <b>724</b> | <b>29,76</b>       | <b>28,93</b> | <b>84,90</b> | <b>0,814</b> | <b>5,260</b> | <b>8,833</b>     |          |
| otrdiena, 24.februāris | Svars,<br>g | Kcal       | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvi<br>elas | Alerģēni |

|                          |     |            |             |              |              |              |              |              |     |
|--------------------------|-----|------------|-------------|--------------|--------------|--------------|--------------|--------------|-----|
| <b>Brokastis</b>         |     |            |             |              |              |              |              |              |     |
| Piena zupa ar makaroniem | 180 | 107        | 5,116       | 2,538        | 16,093       | 0,18         | 1,8          | 0,459        | 1;7 |
| Saldskābmaize            | 20  | 46         | 1,26        | 0,2          | 9,6          |              |              | 0,9          | 1,  |
| Sviests                  | 5   | 37         | 0,03        | 4,125        | 0,22         |              |              |              | 7,  |
| <b>kopā:</b>             |     | <b>237</b> | <b>8,51</b> | <b>10,70</b> | <b>26,76</b> | <b>0,180</b> | <b>1,800</b> | <b>1,359</b> |     |

|                                                |     |            |             |              |              |              |              |              |    |
|------------------------------------------------|-----|------------|-------------|--------------|--------------|--------------|--------------|--------------|----|
| <b>Pusdienas</b>                               |     |            |             |              |              |              |              |              |    |
| Biešu zupa ar cūkgaļu                          | 120 | 46         | 1,756       | 2,125        | 4,83         | 0,12         | 0,12         | 1,863        |    |
| Cūkgaļas un dārzeņu sautējums ar saldo krējumu | 130 | 155        | 6,704       | 8,152        | 13,204       | 0,39         |              | 2,421        | 7, |
| Kāpostu salāti ar zaļumiem un eļļu             | 50  | 32         | 0,71        | 2,098        | 2,542        | 0,05         | 0,5          | 1,444        |    |
| Ābolu dzēriens                                 | 150 | 38         | 0,134       | 0,264        | 8,716        |              | 3,75         | 0,87         |    |
| <b>kopā:</b>                                   |     | <b>271</b> | <b>9,30</b> | <b>12,64</b> | <b>29,29</b> | <b>0,560</b> | <b>4,370</b> | <b>6,598</b> |    |

|                         |             |            |                    |              |              |              |              |                  |          |
|-------------------------|-------------|------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Launags</b>          |             |            |                    |              |              |              |              |                  |          |
| Kēkss                   | 50          | 193        | 2,05               | 8,7          | 26,2         |              |              |                  | 1;3;7    |
| Tēja                    | 130         | 72         | 3,52               | 2,26         | 9,181        |              | 3,25         | 0,755            | 7,       |
| Banāns                  | 50          | 28         | 0,395              | 0,125        | 6,1          |              |              | 0,35             |          |
| <b>kopā:</b>            |             | <b>293</b> | <b>5,97</b>        | <b>11,09</b> | <b>41,48</b> | <b>0</b>     | <b>3,250</b> | <b>1,105</b>     |          |
| <b>Diena kopā:</b>      |             | <b>801</b> | <b>23,78</b>       | <b>34,43</b> | <b>97,53</b> | <b>0,740</b> | <b>9,420</b> | <b>9,062</b>     |          |
| trešdiena, 25.februāris | Svars,<br>g | Kcal       | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvi<br>elas | Alerģēni |

|                       |     |            |             |             |              |              |              |              |      |
|-----------------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|------|
| <b>Brokastis</b>      |     |            |             |             |              |              |              |              |      |
| Omlete                | 50  | 64         | 4,874       | 4,276       | 1,164        | 0,2          |              | 0,013        | 3;7  |
| Sēkļu maize           | 15  | 45         | 1,575       | 0,96        | 7,065        |              |              | 0,645        | 1;11 |
| Sviests               | 5   | 37         | 0,03        | 4,125       | 0,22         |              |              |              | 7,   |
| Svaigu dārzeņu asorti | 60  | 12         | 0,549       | 0,12        | 2,088        |              |              | 1,392        |      |
| Tēja                  | 150 | 2          | 0,39        | 0,076       | 0,012        |              |              |              |      |
| Cukurs baltais        | 2   | 8          |             |             | 1,996        |              | 2,           |              |      |
| <b>kopā:</b>          |     | <b>169</b> | <b>7,42</b> | <b>9,56</b> | <b>12,55</b> | <b>0,200</b> | <b>2,000</b> | <b>2,050</b> |      |

|                  |    |     |        |       |       |     |  |       |  |
|------------------|----|-----|--------|-------|-------|-----|--|-------|--|
| <b>Pusdienas</b> |    |     |        |       |       |     |  |       |  |
| Cūkgaļas kotlete | 50 | 111 | 10,724 | 7,139 | 0,434 | 0,2 |  | 0,035 |  |



|                                 |     |            |              |              |              |              |          |              |        |
|---------------------------------|-----|------------|--------------|--------------|--------------|--------------|----------|--------------|--------|
| Kartupeļu biežputra             | 100 | 85         | 2,707        | 0,952        | 15,812       | 0,1          |          | 2,1          | 7,     |
| Biešu salāti ar majonēzes mērci | 50  | 52         | 0,778        | 3,378        | 3,338        | 0,008        |          | 0,812        | 10;3;7 |
| Persiku un jogurta kokteilis    | 150 | 117        | 3,539        | 2,03         | 21,951       |              |          | 0,644        | 7,     |
| <b>kopā:</b>                    |     | <b>367</b> | <b>17,78</b> | <b>13,53</b> | <b>41,70</b> | <b>0,308</b> | <b>0</b> | <b>3,591</b> |        |

#### Launags

|                                  |                 |             |                       |              |                   |              |               |                     |                 |
|----------------------------------|-----------------|-------------|-----------------------|--------------|-------------------|--------------|---------------|---------------------|-----------------|
| Rīsu putra                       | 60              | 55          | 2,148                 | 1,014        | 9,452             | 0,06         | 0,3           | 0,126               | 7,              |
| Ogu ķīselis                      | 70              | 69          | 0,224                 | 0,071        | 16,551            |              | 3,5           | 0,695               |                 |
| Kliju maize                      | 15              | 41          | 1,815                 | 0,405        | 7,095             |              |               | 0,87                | 1,              |
| Sviests                          | 5               | 37          | 0,03                  | 4,125        | 0,22              |              |               |                     | 7,              |
| <b>kopā:</b>                     |                 | <b>204</b>  | <b>4,24</b>           | <b>5,65</b>  | <b>33,32</b>      | <b>0,060</b> | <b>3,800</b>  | <b>1,691</b>        |                 |
| <b>Diena kopā:</b>               |                 | <b>739</b>  | <b>29,44</b>          | <b>28,74</b> | <b>87,56</b>      | <b>0,568</b> | <b>5,800</b>  | <b>7,332</b>        |                 |
| <b>ceturtdiena, 26.februāris</b> | <b>Svars, g</b> | <b>Kcal</b> | <b>Olbaltumvielas</b> | <b>Tauki</b> | <b>Ogļhidrāti</b> | <b>Sāls</b>  | <b>Cukurs</b> | <b>Šķiedrvielas</b> | <b>Alerģēni</b> |

#### Brokastis

|                          |     |            |             |             |              |              |              |              |     |
|--------------------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|-----|
| Trīs graudu pārslu putra | 100 | 87         | 3,84        | 1,832       | 13,11        | 0,1          | 0,2          | 1,92         | 1;7 |
| Sviests                  | 5   | 37         | 0,03        | 4,125       | 0,22         |              |              |              | 7,  |
| Baltmaize                | 15  | 39         | 1,17        | 0,315       | 7,71         |              |              | 0,57         | 1,  |
| Krēmsiers                | 20  | 40         | 1,44        | 3,56        | 0,66         |              |              |              | 7,  |
| Zāļu tēja                | 150 | 1          | 0,02        | 0,038       | 0,006        |              |              |              |     |
| Cukurs baltais           | 2   | 8          |             |             | 1,996        |              | 2,           |              |     |
| <b>kopā:</b>             |     | <b>214</b> | <b>6,50</b> | <b>9,87</b> | <b>23,70</b> | <b>0,100</b> | <b>2,200</b> | <b>2,490</b> |     |

#### Pusdienas

|                         |     |            |              |              |              |              |              |              |    |
|-------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| Frikadeļu zupa          | 100 | 49         | 2,458        | 1,588        | 6,12         | 0,11         |              | 1,078        | 9, |
| Krējums skābs           | 5   | 10         | 0,13         | 1,           | 0,135        |              |              |              | 7, |
| Cūkgaļas gulašs         | 50  | 76         | 4,838        | 4,963        | 2,722        | 0,05         |              | 0,355        |    |
| Vārīta pasta - makaroni | 100 | 182        | 5,596        | 2,774        | 32,988       | 0,4          |              |              | 1, |
| Burkānu salāti ar eļļu  | 60  | 43         | 0,576        | 3,115        | 3,064        | 0,12         | 0,3          | 2,074        |    |
| Ūdens ar citronu        | 100 | 2          | 0,035        | 0,03         | 0,16         |              |              |              |    |
| <b>kopā:</b>            |     | <b>361</b> | <b>13,63</b> | <b>13,47</b> | <b>45,19</b> | <b>0,680</b> | <b>0,300</b> | <b>3,507</b> |    |

#### Launags

|                                 |                 |             |                       |              |                   |              |               |                     |                 |
|---------------------------------|-----------------|-------------|-----------------------|--------------|-------------------|--------------|---------------|---------------------|-----------------|
| Biezpiena sacepums              | 40              | 61          | 7,966                 | 1,292        | 4,143             |              | 0,4           | 0,017               | 1;11;3;7        |
| Krējums skābs                   | 10              | 20          | 0,26                  | 2,           | 0,27              |              |               |                     | 7,              |
| Ābols                           | 70              | 39          | 0,553                 | 0,175        | 8,54              |              |               | 0,49                |                 |
| Kakao dzēriens                  | 150             | 34          | 1,691                 | 1,79         | 2,624             |              |               | 0,638               | 7,              |
| Cukurs baltais                  | 3               | 12          |                       |              | 2,994             |              | 3,            |                     |                 |
| <b>kopā:</b>                    |                 | <b>165</b>  | <b>10,47</b>          | <b>5,26</b>  | <b>18,57</b>      | <b>0</b>     | <b>3,400</b>  | <b>1,145</b>        |                 |
| <b>Diena kopā:</b>              |                 | <b>740</b>  | <b>30,60</b>          | <b>28,60</b> | <b>87,46</b>      | <b>0,780</b> | <b>5,900</b>  | <b>7,142</b>        |                 |
| <b>piektdiena, 27.februāris</b> | <b>Svars, g</b> | <b>Kcal</b> | <b>Olbaltumvielas</b> | <b>Tauki</b> | <b>Ogļhidrāti</b> | <b>Sāls</b>  | <b>Cukurs</b> | <b>Šķiedrvielas</b> | <b>Alerģēni</b> |

#### Brokastis

|                 |     |            |             |             |              |              |              |              |    |
|-----------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|----|
| Kukurūzas putra | 100 | 70         | 3,56        | 1,708       | 10,543       | 0,1          | 0,1          | 1,034        | 7, |
| Ievārījums      | 5   | 7          | 0,05        | 0,005       | 1,95         |              |              |              |    |
| Saldskābmaize   | 20  | 46         | 1,26        | 0,2         | 9,6          |              |              | 0,9          | 1, |
| Sviests         | 5   | 37         | 0,03        | 4,125       | 0,22         |              |              |              | 7, |
| Tēja            | 150 | 2          | 0,39        | 0,076       | 0,012        |              |              |              |    |
| Cukurs baltais  | 1   | 4          |             |             | 0,998        |              | 1,           |              |    |
| <b>kopā:</b>    |     | <b>203</b> | <b>8,37</b> | <b>8,56</b> | <b>23,58</b> | <b>0,100</b> | <b>1,100</b> | <b>1,934</b> |    |

#### Pusdienas

|                                     |     |            |              |              |              |              |              |              |     |
|-------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-----|
| Pupiņu zupa ar cūkgaļu              | 100 | 71         | 2,938        | 3,878        | 6,062        | 0,228        |              | 2,408        | 9,  |
| Krējums skābs                       | 5   | 10         | 0,13         | 1,           | 0,135        |              |              |              | 7,  |
| Zivju kotlete mājas gaumē           | 50  | 90         | 10,314       | 5,396        | 0,148        | 0,006        |              | 0,045        | 3;4 |
| Vārīti kartupeļi                    | 100 | 74         | 2,12         | 0,106        | 15,688       | 0,1          |              | 2,226        |     |
| Kāpostu svaigu biešu salāti ar eļļu | 60  | 56         | 0,779        | 4,606        | 2,977        | 0,06         | 0,18         | 1,683        |     |
| Jāņogu dzēriens                     | 100 | 13         | 0,114        | 0,023        | 2,991        |              | 2,5          | 0,35         |     |
| <b>kopā:</b>                        |     | <b>315</b> | <b>16,40</b> | <b>15,01</b> | <b>28,00</b> | <b>0,394</b> | <b>2,680</b> | <b>6,712</b> |     |

#### Launags

|                         |     |            |              |              |               |              |              |              |         |
|-------------------------|-----|------------|--------------|--------------|---------------|--------------|--------------|--------------|---------|
| Sausās brokastu pārslas | 30  | 107        | 2,1          | 0,24         | 26,4          |              |              |              | 1;3;5;8 |
| Plēns                   | 100 | 90         | 3,3          | 2,           | 14,7          |              |              |              | 7,      |
| Banāns                  | 70  | 39         | 0,553        | 0,175        | 8,54          |              |              | 0,49         |         |
| <b>kopā:</b>            |     | <b>236</b> | <b>5,95</b>  | <b>2,42</b>  | <b>49,64</b>  | <b>0</b>     | <b>0</b>     | <b>0,490</b> |         |
| <b>Diena kopā:</b>      |     | <b>754</b> | <b>30,72</b> | <b>25,99</b> | <b>101,22</b> | <b>0,494</b> | <b>3,780</b> | <b>9,136</b> |         |



Nedēļas ēdienkarte  
Grupa

BD 3-6

| pirmdiena, 23.februāris   | Svars,<br>g | Kcal       | Olbaltumv<br>ielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvi<br>elas | Alerģēni |
|---------------------------|-------------|------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Brokastis</b>          |             |            |                    |              |              |              |              |                  |          |
| Četru graudu pārslu putra | 150         | 139        | 6,72               | 3,192        | 20,339       | 0,15         | 0,3          | 2,688            | 1,7      |
| Ievārījums                | 5           | 7          | 0,05               | 0,005        | 1,95         |              |              |                  |          |
| Saldskābmaize             | 40          | 92         | 2,52               | 0,4          | 19,2         |              |              | 1,8              | 1,       |
| Sviests                   | 10          | 75         | 0,06               | 8,25         | 0,44         |              |              |                  | 7,       |
| Tēja                      | 200         | 3          | 0,52               | 0,102        | 0,016        |              |              |                  |          |
| Cukurs baltais            | 2           | 8          |                    |              | 1,996        |              | 2,           |                  |          |
| <b>kopā:</b>              |             | <b>324</b> | <b>9,87</b>        | <b>11,95</b> | <b>43,94</b> | <b>0,150</b> | <b>2,300</b> | <b>4,488</b>     |          |

|                           |     |            |              |              |              |              |              |              |     |
|---------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-----|
| <b>Pusdienas</b>          |     |            |              |              |              |              |              |              |     |
| Kartupeļu - ķirbju zupa   | 150 | 57         | 1,087        | 3,127        | 5,948        | 0,6          |              | 1,701        |     |
| Krējums skābs             | 5   | 10         | 0,13         | 1,           | 0,135        |              |              |              | 7,  |
| Vistas gaļas frikasē      | 70  | 130        | 8,528        | 9,437        | 2,206        | 0,187        |              | 0,235        | 1,7 |
| Vārīti rīsi               | 100 | 113        | 2,244        | 0,198        | 25,641       | 0,1          |              | 0,462        |     |
| Burkānu salāti ar krējumu | 60  | 26         | 0,826        | 1,689        | 1,728        | 0,06         |              | 1,127        | 7,  |
| Rudzu maize               | 20  | 52         | 1,72         | 0,28         | 10,04        |              |              | 1,1          | 1,  |
| Augļu un ogu dzēriens     | 150 | 23         | 0,234        | 0,204        | 4,822        |              | 0,75         | 1,218        |     |
| <b>kopā:</b>              |     | <b>411</b> | <b>14,77</b> | <b>15,94</b> | <b>50,52</b> | <b>0,947</b> | <b>0,750</b> | <b>5,843</b> |     |

|                               |             |            |                    |              |               |              |              |                  |          |
|-------------------------------|-------------|------------|--------------------|--------------|---------------|--------------|--------------|------------------|----------|
| <b>Launags</b>                |             |            |                    |              |               |              |              |                  |          |
| Biezpiens ar krējumu          | 70          | 75         | 12,152             | 1,715        | 2,709         |              |              |                  | 7,       |
| Kanēlcukurs                   | 5           | 18         | 0,118              | 0,008        | 4,47          |              | 2,5          | 1,328            |          |
| Zaļu tēja                     | 200         | 2          | 0,026              | 0,051        | 0,008         |              |              |                  |          |
| Baltmaize                     | 30          | 79         | 2,34               | 0,63         | 15,42         |              |              | 1,14             | 1,       |
| Sviests                       | 5           | 37         | 0,03               | 4,125        | 0,22          |              |              |                  | 7,       |
| <b>kopā:</b>                  |             | <b>212</b> | <b>14,67</b>       | <b>6,53</b>  | <b>22,83</b>  | <b>0</b>     | <b>2,500</b> | <b>2,468</b>     |          |
| <b>Diena kopā:</b>            |             | <b>946</b> | <b>39,31</b>       | <b>34,41</b> | <b>117,29</b> | <b>1,097</b> | <b>5,550</b> | <b>12,799</b>    |          |
| <b>otrdiena, 24.februāris</b> |             |            |                    |              |               |              |              |                  |          |
|                               | Svars,<br>g | Kcal       | Olbaltumv<br>ielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvi<br>elas | Alerģēni |

|                          |     |            |             |              |              |              |              |              |     |
|--------------------------|-----|------------|-------------|--------------|--------------|--------------|--------------|--------------|-----|
| <b>Brokastis</b>         |     |            |             |              |              |              |              |              |     |
| Piena zupa ar makaroniem | 180 | 107        | 5,116       | 2,538        | 16,093       | 0,18         | 1,8          | 0,459        | 1,7 |
| Saldskābmaize            | 20  | 46         | 1,26        | 0,2          | 9,6          |              |              | 0,9          | 1,  |
| Sviests                  | 5   | 37         | 0,03        | 4,125        | 0,22         |              |              |              | 7,  |
| <b>kopā:</b>             |     | <b>238</b> | <b>8,51</b> | <b>10,71</b> | <b>26,76</b> | <b>0,180</b> | <b>1,800</b> | <b>1,359</b> |     |

|                                                |     |            |              |              |              |              |              |              |    |
|------------------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| <b>Pusdienas</b>                               |     |            |              |              |              |              |              |              |    |
| Biešu zupa ar cūkgaļu                          | 150 | 57         | 2,195        | 2,656        | 6,037        | 0,15         | 0,15         | 2,328        |    |
| Cūkgaļas un dārzeņu sautējums ar saldo krējumu | 200 | 238        | 10,314       | 12,541       | 20,314       | 0,6          |              | 3,725        | 7, |
| Kāpostu salāti ar zaļumiem un eļļu             | 60  | 38         | 0,852        | 2,518        | 3,05         | 0,06         | 0,6          | 1,733        |    |
| Ābolu dzēriens                                 | 150 | 38         | 0,134        | 0,264        | 8,716        |              | 3,75         | 0,87         |    |
| <b>kopā:</b>                                   |     | <b>372</b> | <b>13,50</b> | <b>17,98</b> | <b>38,12</b> | <b>0,810</b> | <b>4,500</b> | <b>8,656</b> |    |

|                                |             |            |                    |              |               |              |               |                  |          |
|--------------------------------|-------------|------------|--------------------|--------------|---------------|--------------|---------------|------------------|----------|
| <b>Launags</b>                 |             |            |                    |              |               |              |               |                  |          |
| Kēss                           | 50          | 193        | 2,05               | 8,7          | 26,2          |              |               |                  | 1,3;7    |
| Tēja                           | 150         | 83         | 4,061              | 2,608        | 10,593        |              | 3,75          | 0,871            | 7,       |
| Banāns                         | 100         | 56         | 0,79               | 0,25         | 12,2          |              |               | 0,7              |          |
| <b>kopā:</b>                   |             | <b>332</b> | <b>6,90</b>        | <b>11,56</b> | <b>48,99</b>  | <b>0</b>     | <b>3,750</b>  | <b>1,571</b>     |          |
| <b>Diena kopā:</b>             |             | <b>941</b> | <b>28,91</b>       | <b>40,25</b> | <b>113,87</b> | <b>0,990</b> | <b>10,050</b> | <b>11,586</b>    |          |
| <b>trešdiena, 25.februāris</b> |             |            |                    |              |               |              |               |                  |          |
|                                | Svars,<br>g | Kcal       | Olbaltumv<br>ielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs        | Šķiedrvi<br>elas | Alerģēni |

|                       |     |            |              |              |              |              |              |              |      |
|-----------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|------|
| <b>Brokastis</b>      |     |            |              |              |              |              |              |              |      |
| Omelete               | 80  | 103        | 7,798        | 6,842        | 1,863        | 0,32         |              | 0,021        | 3;7  |
| Sēklu maize           | 30  | 89         | 3,15         | 1,92         | 14,13        |              |              | 1,29         | 1;11 |
| Sviests               | 5   | 37         | 0,03         | 4,125        | 0,22         |              |              |              | 7,   |
| Svaigu dārzeņu asorti | 60  | 12         | 0,549        | 0,12         | 2,088        |              |              | 1,392        |      |
| Tēja                  | 200 | 3          | 0,52         | 0,102        | 0,016        |              |              |              |      |
| Cukurs baltais        | 2   | 8          |              |              | 1,996        |              | 2,           |              |      |
| <b>kopā:</b>          |     | <b>253</b> | <b>12,05</b> | <b>13,11</b> | <b>20,31</b> | <b>0,320</b> | <b>2,000</b> | <b>2,703</b> |      |

|                  |    |     |        |       |       |     |  |       |  |
|------------------|----|-----|--------|-------|-------|-----|--|-------|--|
| <b>Pusdienas</b> |    |     |        |       |       |     |  |       |  |
| Cūkgaļas kotlete | 50 | 111 | 10,724 | 7,139 | 0,434 | 0,2 |  | 0,035 |  |



|                                 |     |            |              |              |              |              |          |              |        |
|---------------------------------|-----|------------|--------------|--------------|--------------|--------------|----------|--------------|--------|
| Kartupeļu biežputra             | 150 | 127        | 4,06         | 1,429        | 23,718       | 0,15         |          | 3,15         | 7,     |
| Biešu salāti ar majonēzes mērci | 60  | 62         | 0,933        | 4,053        | 4,006        | 0,01         |          | 0,975        | 10;3;7 |
| Persiku un jogurta kokteilis    | 150 | 117        | 3,539        | 2,03         | 21,951       |              |          | 0,644        | 7,     |
| <b>kopā:</b>                    |     | <b>420</b> | <b>19,31</b> | <b>14,70</b> | <b>50,35</b> | <b>0,360</b> | <b>0</b> | <b>4,804</b> |        |

#### Launags

|                                  |                 |             |                       |              |                   |              |               |                     |                 |
|----------------------------------|-----------------|-------------|-----------------------|--------------|-------------------|--------------|---------------|---------------------|-----------------|
| Rīsu putra                       | 90              | 83          | 3,222                 | 1,521        | 14,179            | 0,09         | 0,45          | 0,189               | 7,              |
| Ogu ķīselis                      | 100             | 99          | 0,32                  | 0,102        | 23,644            |              | 5,            | 0,993               |                 |
| Kliju maize                      | 30              | 82          | 3,63                  | 0,81         | 14,19             |              |               | 1,74                | 1,              |
| Sviests                          | 5               | 37          | 0,03                  | 4,125        | 0,22              |              |               |                     | 7,              |
| <b>kopā:</b>                     |                 | <b>302</b>  | <b>7,23</b>           | <b>6,61</b>  | <b>52,24</b>      | <b>0,090</b> | <b>5,450</b>  | <b>2,922</b>        |                 |
| <b>Diena kopā:</b>               |                 | <b>975</b>  | <b>38,58</b>          | <b>34,41</b> | <b>122,90</b>     | <b>0,770</b> | <b>7,450</b>  | <b>10,429</b>       |                 |
| <b>ceturtdiena, 26.februāris</b> | <b>Svars, g</b> | <b>Kcal</b> | <b>Olbaltumvielas</b> | <b>Tauki</b> | <b>Ogļhidrāti</b> | <b>Sāls</b>  | <b>Cukurs</b> | <b>Šķiedrvielas</b> | <b>Alerģēni</b> |

#### Brokastis

|                          |     |            |             |              |              |              |              |              |     |
|--------------------------|-----|------------|-------------|--------------|--------------|--------------|--------------|--------------|-----|
| Trīs graudu pārslu putra | 150 | 131        | 5,76        | 2,748        | 19,664       | 0,15         | 0,3          | 2,88         | 1;7 |
| Sviests                  | 5   | 37         | 0,03        | 4,125        | 0,22         |              |              |              | 7,  |
| Baltmaize                | 30  | 79         | 2,34        | 0,63         | 15,42        |              |              | 1,14         | 1,  |
| Krēmsiers                | 20  | 40         | 1,44        | 3,56         | 0,66         |              |              |              | 7,  |
| Zāļu tēja                | 200 | 2          | 0,026       | 0,051        | 0,008        |              |              |              |     |
| Cukurs baltais           | 3   | 12         |             |              | 2,994        |              | 3,           |              |     |
| <b>kopā:</b>             |     | <b>301</b> | <b>9,60</b> | <b>11,11</b> | <b>38,97</b> | <b>0,150</b> | <b>3,300</b> | <b>4,020</b> |     |

#### Pusdienas

|                         |     |            |              |              |              |              |              |              |    |
|-------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| Frikadeļu zupa          | 150 | 74         | 3,688        | 2,383        | 9,179        | 0,165        |              | 1,617        | 9, |
| Krējums skābs           | 5   | 10         | 0,13         | 1,           | 0,135        |              |              |              | 7, |
| Cūkgaiļas gulašs        | 60  | 91         | 5,805        | 5,955        | 3,266        | 0,06         |              | 0,426        |    |
| Vārīta pasta - makaroni | 150 | 273        | 8,395        | 4,16         | 49,481       | 0,6          |              |              | 1, |
| Burkānu salāti ar eļļu  | 70  | 50         | 0,672        | 3,634        | 3,575        | 0,14         | 0,35         | 2,419        |    |
| Ūdens ar citronu        | 150 | 3          | 0,052        | 0,045        | 0,24         |              |              |              |    |
| <b>kopā:</b>            |     | <b>500</b> | <b>18,74</b> | <b>17,18</b> | <b>65,88</b> | <b>0,965</b> | <b>0,350</b> | <b>4,462</b> |    |

#### Launags

|                                 |          |             |              |              |                   |              |               |              |                 |
|---------------------------------|----------|-------------|--------------|--------------|-------------------|--------------|---------------|--------------|-----------------|
| Biezpiena sacepums              | 60       | 91          | 11,949       | 1,938        | 6,215             |              | 0,6           | 0,025        | 1;11;3;7        |
| Krējums skābs                   | 10       | 20          | 0,26         | 2,           | 0,27              |              |               |              | 7,              |
| Ābols                           | 70       | 39          | 0,553        | 0,175        | 8,54              |              |               | 0,49         |                 |
| Kakao dzēriens                  | 200      | 45          | 2,254        | 2,386        | 3,498             |              |               | 0,851        | 7,              |
| Cukurs baltais                  | 3        | 12          |              |              | 2,994             |              | 3,            |              |                 |
| <b>kopā:</b>                    |          | <b>207</b>  | <b>15,02</b> | <b>6,50</b>  | <b>21,52</b>      | <b>0</b>     | <b>3,600</b>  | <b>1,366</b> |                 |
| <b>Diena kopā:</b>              |          | <b>1008</b> | <b>43,35</b> | <b>34,79</b> | <b>126,36</b>     | <b>1,115</b> | <b>7,250</b>  | <b>9,848</b> |                 |
| <b>piektdiena, 27.februāris</b> | <b>g</b> | <b>Kcal</b> | <b>ielas</b> | <b>Tauki</b> | <b>Ogļhidrāti</b> | <b>Sāls</b>  | <b>Cukurs</b> | <b>elas</b>  | <b>Alerģēni</b> |

#### Brokastis

|                 |     |            |              |             |              |              |              |              |    |
|-----------------|-----|------------|--------------|-------------|--------------|--------------|--------------|--------------|----|
| Kukurūzas putra | 150 | 104        | 5,34         | 2,562       | 15,814       | 0,15         | 0,15         | 1,551        | 7, |
| Ievārījums      | 10  | 14         | 0,1          | 0,01        | 3,9          |              |              |              |    |
| Saldskābmaize   | 20  | 46         | 1,26         | 0,2         | 9,6          |              |              | 0,9          | 1, |
| Sviests         | 5   | 37         | 0,03         | 4,125       | 0,22         |              |              |              | 7, |
| Tēja            | 200 | 3          | 0,52         | 0,102       | 0,016        |              |              |              |    |
| Cukurs baltais  | 2   | 8          |              |             | 1,996        |              | 2,           |              |    |
| <b>kopā:</b>    |     | <b>249</b> | <b>10,33</b> | <b>9,45</b> | <b>31,80</b> | <b>0,150</b> | <b>2,150</b> | <b>2,451</b> |    |

#### Pusdienas

|                                     |     |            |              |              |              |              |              |              |     |
|-------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-----|
| Pupiņu zupa ar cūkgaiļu             | 150 | 106        | 4,407        | 5,817        | 9,093        | 0,342        |              | 3,612        | 9,  |
| Krējums skābs                       | 5   | 10         | 0,13         | 1,           | 0,135        |              |              |              | 7,  |
| Zivju kotlete mājas gaumē           | 70  | 127        | 14,44        | 7,555        | 0,207        | 0,008        |              | 0,062        | 3;4 |
| Vārīti kartupeļi                    | 120 | 89         | 2,544        | 0,127        | 18,826       | 0,12         |              | 2,671        |     |
| Kāpostu svaigu biešu salāti ar eļļu | 70  | 66         | 0,909        | 5,374        | 3,473        | 0,07         | 0,21         | 1,964        |     |
| Jāņogu dzēriens                     | 150 | 20         | 0,17         | 0,034        | 4,486        |              | 3,75         | 0,525        |     |
| <b>kopā:</b>                        |     | <b>418</b> | <b>22,60</b> | <b>19,91</b> | <b>36,22</b> | <b>0,540</b> | <b>3,960</b> | <b>8,834</b> |     |

#### Launags

|                         |     |             |              |              |               |              |              |               |         |
|-------------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|---------------|---------|
| Sausās brokastu pārslas | 50  | 179         | 3,5          | 0,4          | 44,           |              |              |               | 1;3;5;8 |
| Piens                   | 150 | 135         | 4,95         | 3,           | 22,05         |              |              |               | 7,      |
| Banāns                  | 100 | 56          | 0,79         | 0,25         | 12,2          |              |              | 0,7           |         |
| <b>kopā:</b>            |     | <b>369</b>  | <b>9,24</b>  | <b>3,65</b>  | <b>78,25</b>  | <b>0</b>     | <b>0</b>     | <b>0,700</b>  |         |
| <b>Diena kopā:</b>      |     | <b>1036</b> | <b>42,17</b> | <b>33,01</b> | <b>146,27</b> | <b>0,690</b> | <b>6,110</b> | <b>11,985</b> |         |



## Nedēļas ēdienkarte

## Grupa

BD 3-6

## Diētu ēdienkarte

|  | Svars,<br>g | Kcal | Olbaltumv<br>ielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvi<br>elas | Alerģēni |
|--|-------------|------|--------------------|-------|------------|------|--------|------------------|----------|
|--|-------------|------|--------------------|-------|------------|------|--------|------------------|----------|

## Brokastis

|                            |     |            |             |              |              |              |              |              |  |
|----------------------------|-----|------------|-------------|--------------|--------------|--------------|--------------|--------------|--|
| Prosas biezputra bez piena | 150 | 161        | 2,478       | 2,7          | 31,632       | 0,3          |              | 0,912        |  |
| ļavārijums                 | 5   | 7          | 0,05        | 0,005        | 1,95         |              |              |              |  |
| Bezglutēna maize           | 20  | 44         | 0,058       | 0,646        | 9,46         | 0,2          |              |              |  |
| Margarīns sviestmaizēm     | 10  | 72         |             | 8,           |              |              |              |              |  |
| Tēja                       | 200 | 3          | 0,52        | 0,102        | 0,016        |              |              |              |  |
| Cukurs baltais             | 2   | 8          |             |              | 1,996        |              | 2,           |              |  |
| <b>kopā:</b>               |     | <b>294</b> | <b>3,11</b> | <b>11,45</b> | <b>45,05</b> | <b>0,500</b> | <b>2,000</b> | <b>0,912</b> |  |

## Pusdienas

|                                                     |     |            |              |              |              |              |              |              |  |
|-----------------------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| Kartupeļu - ķirbju zupa                             | 150 | 57         | 1,087        | 3,127        | 5,948        | 0,6          |              | 1,701        |  |
| Vistas gaļas frikasē                                | 80  | 155        | 10,99        | 8,82         | 7,368        | 0,326        |              | 0,098        |  |
| Vārīti rīsi                                         | 150 | 170        | 3,366        | 0,297        | 38,462       | 0,15         |              | 0,693        |  |
| Balto redīsu un burkānu salāti ar kāpostiem un eļļu | 70  | 46         | 0,745        | 3,947        | 2,111        | 0,07         | 0,14         | 1,435        |  |
| Augļu un ogu dzēriens                               | 150 | 23         | 0,234        | 0,204        | 4,822        |              | 0,75         | 1,218        |  |
| <b>kopā:</b>                                        |     | <b>452</b> | <b>16,42</b> | <b>16,40</b> | <b>58,71</b> | <b>1,146</b> | <b>0,890</b> | <b>5,145</b> |  |

## Launags

|                      |             |             |                    |              |               |              |              |                  |          |
|----------------------|-------------|-------------|--------------------|--------------|---------------|--------------|--------------|------------------|----------|
| Banānu griķu pankūka | 100         | 260         | 3,661              | 9,091        | 40,339        | 0,1          |              | 2,006            |          |
| ļavārijums           | 20          | 28          | 0,2                | 0,02         | 7,8           |              |              |                  |          |
| Zāļu tēja            | 200         | 2           | 0,026              | 0,051        | 0,008         |              |              |                  |          |
| <b>kopā:</b>         |             | <b>289</b>  | <b>3,89</b>        | <b>9,16</b>  | <b>48,15</b>  | <b>0,100</b> | <b>0</b>     | <b>2,006</b>     |          |
| <b>Diena kopā:</b>   |             | <b>1036</b> | <b>23,42</b>       | <b>37,01</b> | <b>151,91</b> | <b>1,746</b> | <b>2,890</b> | <b>8,063</b>     |          |
|                      | Svars,<br>g | Kcal        | Olbaltumv<br>ielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvi<br>elas | Alerģēni |

## Brokastis

|                                    |     |            |             |              |              |              |              |              |  |
|------------------------------------|-----|------------|-------------|--------------|--------------|--------------|--------------|--------------|--|
| Bezglutēna makaronu zupa bez piena | 200 | 87         | 0,695       | 0,895        | 19,049       | 0,2          | 0,6          | 0,225        |  |
| Bezglutēna maize                   | 20  | 44         | 0,058       | 0,646        | 9,46         | 0,2          |              |              |  |
| Margarīns sviestmaizēm             | 5   | 36         |             | 4,           |              |              |              |              |  |
| Vārīta cūkgāļa                     | 30  | 70         | 7,152       | 4,582        | 0,13         | 0,03         |              | 0,057        |  |
| <b>kopā:</b>                       |     | <b>238</b> | <b>7,91</b> | <b>10,12</b> | <b>28,64</b> | <b>0,430</b> | <b>0,600</b> | <b>0,282</b> |  |

## Pusdienas

|                                    |     |            |              |              |              |              |              |              |  |
|------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| Biešu zupa ar cūkgāļu              | 150 | 57         | 2,195        | 2,656        | 6,037        | 0,15         | 0,15         | 2,328        |  |
| Dārzeņu un cūkgāļas sautējums      | 150 | 138        | 8,433        | 7,281        | 9,504        | 0,15         |              | 3,417        |  |
| Kāpostu salāti ar zaļumiem un eļļu | 60  | 38         | 0,852        | 2,518        | 3,05         | 0,06         | 0,6          | 1,733        |  |
| Ābolu dzēriens                     | 150 | 38         | 0,134        | 0,264        | 8,716        |              | 3,75         | 0,87         |  |
| <b>kopā:</b>                       |     | <b>272</b> | <b>11,61</b> | <b>12,72</b> | <b>27,31</b> | <b>0,360</b> | <b>4,500</b> | <b>8,348</b> |  |

## Launags

|                            |             |            |                    |              |               |              |               |                  |          |
|----------------------------|-------------|------------|--------------------|--------------|---------------|--------------|---------------|------------------|----------|
| Kēkss bez glutēna un piena | 70          | 282        | 0,627              | 14,431       | 38,571        |              | 7,            | 0,431            |          |
| Auglis                     | 100         | 56         | 0,79               | 0,25         | 12,2          |              |               | 0,7              |          |
| Zāļu tēja                  | 200         | 2          | 0,026              | 0,051        | 0,008         |              |               |                  |          |
| Cukurs baltais             | 3           | 12         |                    |              | 2,994         |              | 3,            |                  |          |
| <b>kopā:</b>               |             | <b>351</b> | <b>1,44</b>        | <b>14,73</b> | <b>53,77</b>  | <b>0</b>     | <b>10,000</b> | <b>1,131</b>     |          |
| <b>Diena kopā:</b>         |             | <b>861</b> | <b>20,96</b>       | <b>37,57</b> | <b>109,72</b> | <b>0,790</b> | <b>15,100</b> | <b>9,761</b>     |          |
|                            | Svars,<br>g | Kcal       | Olbaltumv<br>ielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs        | Šķiedrvi<br>elas | Alerģēni |

## Brokastis

|                                |     |            |             |              |              |              |              |              |    |
|--------------------------------|-----|------------|-------------|--------------|--------------|--------------|--------------|--------------|----|
| Omlete                         | 70  | 103        | 6,589       | 6,895        | 2,98         | 0,07         |              | 0,019        | 3, |
| Bezglutēna maize               | 40  | 88         | 0,116       | 1,291        | 18,92        | 0,4          |              |              |    |
| Margarīns sviestmaizēm         | 5   | 36         |             | 4,           |              |              |              |              |    |
| Svaigu dārzeņu asorti ar ķirbi | 60  | 12         | 0,549       | 0,12         | 2,088        |              |              | 1,392        |    |
| Tēja                           | 200 | 3          | 0,52        | 0,102        | 0,016        |              |              |              |    |
| Cukurs baltais                 | 2   | 8          |             |              | 1,996        |              | 2,           |              |    |
| <b>kopā:</b>                   |     | <b>250</b> | <b>7,77</b> | <b>12,41</b> | <b>26,00</b> | <b>0,470</b> | <b>2,000</b> | <b>1,411</b> |    |

## Pusdienas

|                                     |     |     |        |       |        |      |  |       |    |
|-------------------------------------|-----|-----|--------|-------|--------|------|--|-------|----|
| Cepta vistas gaļa                   | 50  | 111 | 10,724 | 7,139 | 0,434  | 0,2  |  | 0,035 |    |
| Mīcīti kartupeļi ar dārzeņu buljonu | 150 | 107 | 3,077  | 0,167 | 22,509 | 0,15 |  | 3,349 | 9, |
| Margarīns sviestmaizēm              | 5   | 36  |        | 4,    |        |      |  |       |    |



|                                  |     |            |              |              |              |              |              |              |  |
|----------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| Biešu salāti ar eļļu             | 70  | 50         | 1,047        | 2,173        | 6,53         | 0,14         | 0,7          | 1,74         |  |
| Bezglutēna maize                 | 20  | 44         | 0,058        | 0,646        | 9,46         | 0,2          |              |              |  |
| Mango un rīsu dzēriena kokteilis | 200 | 124        | 0,36         | 2,36         | 26,          |              |              |              |  |
| Ūdens ar citronu                 | 150 | 3          | 0,052        | 0,045        | 0,24         |              |              |              |  |
| <b>kopā:</b>                     |     | <b>474</b> | <b>15,32</b> | <b>16,53</b> | <b>65,17</b> | <b>0,690</b> | <b>0,700</b> | <b>5,124</b> |  |

#### Launags

|                                  |               |             |                  |              |                   |              |               |                 |                 |
|----------------------------------|---------------|-------------|------------------|--------------|-------------------|--------------|---------------|-----------------|-----------------|
| Rīsu biezputra bez piena         | 50            | 52          | 0,552            | 0,64         | 10,928            | 0,1          |               | 0,105           |                 |
| Ogu ķīselis                      | 100           | 99          | 0,32             | 0,102        | 23,644            |              | 5,            | 0,993           |                 |
| Bezglutēna maize                 | 20            | 44          | 0,058            | 0,646        | 9,46              | 0,2          |               |                 |                 |
| Margarīns sviestmaizēm           | 5             | 36          |                  | 4,           |                   |              |               |                 |                 |
| Zāļu tēja                        | 200           | 2           | 0,026            | 0,051        | 0,008             |              |               |                 |                 |
| <b>kopā:</b>                     |               | <b>232</b>  | <b>0,96</b>      | <b>5,44</b>  | <b>44,04</b>      | <b>0,300</b> | <b>5,000</b>  | <b>1,098</b>    |                 |
| <b>Diena kopā:</b>               |               | <b>956</b>  | <b>24,05</b>     | <b>34,38</b> | <b>135,21</b>     | <b>1,460</b> | <b>7,700</b>  | <b>7,633</b>    |                 |
| <b>ceturtdiena, 26.februāris</b> | <b>Svars,</b> | <b>Kcal</b> | <b>Olbaltumv</b> | <b>Tauki</b> | <b>Ogļhidrāti</b> | <b>Sāls</b>  | <b>Cukurs</b> | <b>Šķiedrvi</b> | <b>Alerģēni</b> |
|                                  | <b>g</b>      |             | <b>ielas</b>     |              |                   |              |               | <b>elas</b>     |                 |

#### Brokastis

|                                   |     |            |             |              |              |              |              |              |  |
|-----------------------------------|-----|------------|-------------|--------------|--------------|--------------|--------------|--------------|--|
| Griķu mannas putra bez piena      | 150 | 108        | 1,746       | 1,505        | 21,674       | 0,15         | 1,5          | 0,459        |  |
| Ievārījums                        | 5   | 7          | 0,05        | 0,005        | 1,95         |              |              |              |  |
| Margarīns sviestmaizēm            | 5   | 36         |             | 4,           |              |              |              |              |  |
| Bezglutēna maize                  | 20  | 44         | 0,058       | 0,646        | 9,46         | 0,2          |              |              |  |
| Vegāniskais siers smēriņš Violife | 20  | 6          |             | 4,6          | 1,6          |              |              | 0,36         |  |
| Zāļu tēja                         | 200 | 2          | 0,026       | 0,051        | 0,008        |              |              |              |  |
| Cukurs baltais                    | 3   | 12         |             |              | 2,994        |              | 3,           |              |  |
| <b>kopā:</b>                      |     | <b>214</b> | <b>1,88</b> | <b>10,81</b> | <b>37,69</b> | <b>0,350</b> | <b>4,500</b> | <b>0,819</b> |  |

#### Pusdienas

|                            |     |            |              |              |              |              |              |              |    |
|----------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| Frikadeļu zupa             | 200 | 99         | 4,917        | 3,177        | 12,239       | 0,22         |              | 2,156        | 9, |
| Vistas gaļas gulašs        | 90  | 136        | 8,708        | 8,933        | 4,899        | 0,09         |              | 0,639        |    |
| Vārīti bezglutēna makaroni | 200 | 290        | 3,01         | 4,91         | 58,1         | 0,2          |              | 1,05         |    |
| Burkānu salāti ar eļļu     | 70  | 50         | 0,672        | 3,634        | 3,575        | 0,14         | 0,35         | 2,419        |    |
| Ūdens ar citronu           | 150 | 3          | 0,052        | 0,045        | 0,24         |              |              |              |    |
| <b>kopā:</b>               |     | <b>577</b> | <b>17,36</b> | <b>20,70</b> | <b>79,05</b> | <b>0,650</b> | <b>0,350</b> | <b>6,264</b> |    |

#### Launags

|                                 |               |             |                  |              |                   |              |               |                 |                 |
|---------------------------------|---------------|-------------|------------------|--------------|-------------------|--------------|---------------|-----------------|-----------------|
| Pupiņu pastēte                  | 40            | 46          | 2,371            | 1,992        | 4,746             | 0,16         |               | 2,247           |                 |
| Bezglutēna maize                | 40            | 88          | 0,116            | 1,291        | 18,92             | 0,4          |               |                 |                 |
| Auglis                          | 100           | 56          | 0,79             | 0,25         | 12,2              |              |               | 0,7             |                 |
| Kakao bez piena                 | 200           | 101         | 0,704            | 2,786        | 18,302            |              |               | 0,851           |                 |
| <b>kopā:</b>                    |               | <b>302</b>  | <b>3,98</b>      | <b>6,32</b>  | <b>57,16</b>      | <b>0,560</b> | <b>3,000</b>  | <b>3,798</b>    |                 |
| <b>Diena kopā:</b>              |               | <b>1094</b> | <b>23,22</b>     | <b>37,83</b> | <b>173,90</b>     | <b>1,560</b> | <b>7,850</b>  | <b>10,881</b>   |                 |
| <b>piektdiena, 27.februāris</b> | <b>Svars,</b> | <b>Kcal</b> | <b>Olbaltumv</b> | <b>Tauki</b> | <b>Ogļhidrāti</b> | <b>Sāls</b>  | <b>Cukurs</b> | <b>Šķiedrvi</b> | <b>Alerģēni</b> |
|                                 | <b>g</b>      |             | <b>ielas</b>     |              |                   |              |               | <b>elas</b>     |                 |

#### Brokastis

|                               |     |            |             |             |              |              |              |              |    |
|-------------------------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|----|
| Kukurūzas biezputra bez piena | 150 | 147        | 2,649       | 2,394       | 29,403       | 0,3          |              | 1,974        |    |
| Ievārījums                    | 10  | 14         | 0,1         | 0,01        | 3,9          |              |              |              |    |
| Vārīta ola                    | 25  | 37         | 3,082       | 2,45        | 0,252        |              |              |              | 3, |
| Bezglutēna maize              | 40  | 88         | 0,116       | 1,291       | 18,92        | 0,4          |              |              |    |
| Margarīns sviestmaizēm        | 4   | 29         |             | 3,2         |              |              |              |              |    |
| Tēja                          | 200 | 3          | 0,52        | 0,102       | 0,016        |              |              |              |    |
| Cukurs baltais                | 2   | 8          |             |             | 1,996        |              | 2,           |              |    |
| <b>kopā:</b>                  |     | <b>325</b> | <b>6,47</b> | <b>9,45</b> | <b>54,49</b> | <b>0,700</b> | <b>2,000</b> | <b>1,974</b> |    |

#### Pusdienas

|                                     |     |            |              |              |              |              |              |              |    |
|-------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| Pupiņu zupa ar cūkgaļu              | 150 | 106        | 4,407        | 5,817        | 9,093        | 0,342        |              | 3,612        | 9, |
| Zivju kotlete                       | 50  | 118        | 8,824        | 6,228        | 6,803        | 0,005        |              | 0,396        | 4, |
| Vārīti kartupeļi                    | 120 | 89         | 2,544        | 0,127        | 18,826       | 0,12         |              | 2,671        |    |
| Baltā mērce                         | 20  | 15         | 0,025        | 0,282        | 3,188        | 0,02         |              |              |    |
| Kāpostu svaigu biešu salāti ar eļļu | 70  | 66         | 0,909        | 5,374        | 3,473        | 0,07         | 0,21         | 1,964        |    |
| Jāņogu dzēriens                     | 150 | 20         | 0,17         | 0,034        | 4,486        |              | 3,75         | 0,525        |    |
| <b>kopā:</b>                        |     | <b>414</b> | <b>16,88</b> | <b>17,86</b> | <b>45,87</b> | <b>0,557</b> | <b>3,960</b> | <b>9,168</b> |    |

#### Launags

|                              |     |             |              |              |               |              |              |               |    |
|------------------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|---------------|----|
| Bezglutēna kukurūzas pārslas | 30  | 108         | 1,5          | 0,15         | 25,2          |              |              | 0,99          |    |
| Mandelju dzēriens            | 150 | 105         | 2,25         | 6,9          | 7,65          |              |              |               | 8, |
| Auglis                       | 100 | 56          | 0,79         | 0,25         | 12,2          |              |              | 0,7           |    |
| <b>kopā:</b>                 |     | <b>269</b>  | <b>4,54</b>  | <b>7,30</b>  | <b>45,05</b>  | <b>0</b>     | <b>0</b>     | <b>1,690</b>  |    |
| <b>Diena kopā:</b>           |     | <b>1008</b> | <b>27,89</b> | <b>34,61</b> | <b>145,41</b> | <b>1,257</b> | <b>5,960</b> | <b>12,832</b> |    |



## Nedēļas ēdienkarte

## Grupa

1.-4.klase

| pirmdienā, 23.februāris   | Svars, g | Kcal       | Olbaltumv<br>ielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvi<br>elas | Alerģēni |
|---------------------------|----------|------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>          |          |            |                    |              |              |              |              |                  |          |
| Kartupeļu - ķirbju zupa   | 200      | 76         | 1,449              | 4,169        | 7,93         | 0,8          |              | 2,268            |          |
| Krējums skābs             | 10       | 20         | 0,26               | 2,           | 0,27         |              |              |                  | 7,       |
| Vistas gaļas frikasē      | 80       | 148        | 9,747              | 10,785       | 2,521        | 0,214        |              | 0,268            | 1,7      |
| Vārīti rīsi               | 200      | 227        | 4,488              | 0,396        | 51,282       | 0,2          |              | 0,924            |          |
| Burkānu salāti ar krējumu | 80       | 34         | 1,101              | 2,252        | 2,304        | 0,08         |              | 1,502            | 7,       |
| Rudzu maize               | 40       | 104        | 3,44               | 0,56         | 20,08        |              |              | 2,2              | 1,       |
| Augļu un ogu dzēriens     | 150      | 23         | 0,234              | 0,204        | 4,822        |              | 0,75         | 1,218            |          |
| <b>kopā:</b>              |          | <b>632</b> | <b>20,72</b>       | <b>20,37</b> | <b>89,21</b> | <b>1,294</b> | <b>0,750</b> | <b>8,380</b>     |          |

|                      |     |            |              |              |              |          |              |              |    |
|----------------------|-----|------------|--------------|--------------|--------------|----------|--------------|--------------|----|
| <b>Launags</b>       |     |            |              |              |              |          |              |              |    |
| Biezpiens ar krējumu | 70  | 75         | 12,152       | 1,715        | 2,709        |          |              |              | 7, |
| Kanēļcukurs          | 5   | 18         | 0,118        | 0,008        | 4,47         |          | 2,5          | 1,328        |    |
| Zāļu tēja            | 200 | 2          | 0,026        | 0,051        | 0,008        |          |              |              |    |
| Baltmaize            | 30  | 79         | 2,34         | 0,63         | 15,42        |          |              | 1,14         | 1, |
| Sviests              | 10  | 75         | 0,06         | 8,25         | 0,44         |          |              |              | 7, |
| <b>kopā:</b>         |     | <b>249</b> | <b>14,70</b> | <b>10,65</b> | <b>23,05</b> | <b>0</b> | <b>2,500</b> | <b>2,468</b> |    |

| otrdienā, 24.februāris                         | Svars, g | Kcal       | Olbaltumv<br>ielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvi<br>elas | Alerģēni |
|------------------------------------------------|----------|------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>                               |          |            |                    |              |              |              |              |                  |          |
| Biešu zupa ar cūkgaļu                          | 200      | 76         | 2,927              | 3,541        | 8,049        | 0,2          | 0,2          | 3,105            |          |
| Krējums skābs                                  | 10       | 20         | 0,26               | 2,           | 0,27         |              |              |                  | 7,       |
| Cūkgaļas un dārzeņu sautējums ar saldo krējumu | 250      | 298        | 12,892             | 15,676       | 25,392       | 0,75         |              | 4,656            | 7,       |
| Kāpostu salāti ar zaļumiem un eļļu             | 80       | 51         | 1,136              | 3,357        | 4,067        | 0,08         | 0,8          | 2,311            |          |
| Ābolu dzēriens                                 | 150      | 72         | 4,5                | 3,           | 6,75         |              |              |                  | 7,       |
| <b>kopā:</b>                                   |          | <b>620</b> | <b>25,16</b>       | <b>28,13</b> | <b>64,61</b> | <b>1,030</b> | <b>1,000</b> | <b>12,272</b>    |          |

|                |     |            |             |              |              |          |              |              |       |
|----------------|-----|------------|-------------|--------------|--------------|----------|--------------|--------------|-------|
| <b>Launags</b> |     |            |             |              |              |          |              |              |       |
| Kēkss          | 50  | 193        | 2,05        | 8,7          | 26,2         |          |              |              | 1,3,7 |
| Tēja           | 150 | 83         | 4,061       | 2,608        | 10,593       |          | 3,75         | 0,871        | 7,    |
| Banāns         | 100 | 56         | 0,79        | 0,25         | 12,2         |          |              | 0,7          |       |
| <b>kopā:</b>   |     | <b>332</b> | <b>6,90</b> | <b>11,56</b> | <b>48,99</b> | <b>0</b> | <b>3,750</b> | <b>1,571</b> |       |

| trešdienā, 25.februāris         | Svars, g | Kcal       | Olbaltumv<br>ielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs   | Šķiedrvi<br>elas | Alerģēni |
|---------------------------------|----------|------------|--------------------|--------------|--------------|--------------|----------|------------------|----------|
| <b>Pusdienas</b>                |          |            |                    |              |              |              |          |                  |          |
| Cūkgaļas kotlete                | 70       | 164        | 16,363             | 10,72        | 0,587        | 0,28         |          | 0,021            |          |
| Kartupeļu biežputra             | 200      | 169        | 5,414              | 1,905        | 31,624       | 0,2          |          | 4,2              | 7,       |
| Biešu salāti ar majonēzes mērci | 100      | 104        | 1,555              | 6,756        | 6,676        | 0,016        |          | 1,625            | 10,3,7   |
| Persiku un jogurta kokteilis    | 150      | 117        | 3,539              | 2,03         | 21,951       |              |          | 0,644            | 7,       |
| <b>kopā:</b>                    |          | <b>609</b> | <b>28,64</b>       | <b>21,74</b> | <b>71,12</b> | <b>0,496</b> | <b>0</b> | <b>7,590</b>     |          |

|                |     |            |             |              |              |              |              |              |    |
|----------------|-----|------------|-------------|--------------|--------------|--------------|--------------|--------------|----|
| <b>Launags</b> |     |            |             |              |              |              |              |              |    |
| Rīsu putra     | 100 | 92         | 3,58        | 1,69         | 15,754       | 0,1          | 0,5          | 0,21         | 7, |
| Ogu ķīselis    | 100 | 99         | 0,32        | 0,102        | 23,644       |              | 5,           | 0,993        |    |
| Kliju maize    | 30  | 82         | 3,63        | 0,81         | 14,19        |              |              | 1,74         | 1, |
| Sviests        | 10  | 75         | 0,06        | 8,25         | 0,44         |              |              |              | 7, |
| <b>kopā:</b>   |     | <b>349</b> | <b>7,62</b> | <b>10,90</b> | <b>54,04</b> | <b>0,100</b> | <b>5,500</b> | <b>2,943</b> |    |

| ceturtdienā, 26.februāris | Svars, g | Kcal       | Olbaltumv<br>ielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvi<br>elas | Alerģēni |
|---------------------------|----------|------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>          |          |            |                    |              |              |              |              |                  |          |
| Frikadeļu zupa            | 200      | 99         | 4,917              | 3,177        | 12,239       | 0,22         |              | 2,156            | 9,       |
| Krējums skābs             | 5        | 10         | 0,13               | 1,           | 0,135        |              |              |                  | 7,       |
| Cūkgaļas gulašs           | 70       | 106        | 6,773              | 6,948        | 3,81         | 0,07         |              | 0,497            |          |
| Vārīta pasta - makaroni   | 200      | 364        | 11,193             | 5,547        | 65,975       | 0,8          |              |                  | 1,       |
| Burkānu salāti ar eļļu    | 80       | 57         | 0,768              | 4,154        | 4,086        | 0,16         | 0,4          | 2,765            |          |
| Ūdens ar citronu          | 150      | 72         | 4,8                | 3,           | 6,75         |              |              |                  | 7,       |
| <b>kopā:</b>              |          | <b>707</b> | <b>28,58</b>       | <b>23,83</b> | <b>93,00</b> | <b>1,250</b> | <b>0,400</b> | <b>5,418</b>     |          |

|                    |     |            |              |             |              |          |              |              |          |
|--------------------|-----|------------|--------------|-------------|--------------|----------|--------------|--------------|----------|
| <b>Launags</b>     |     |            |              |             |              |          |              |              |          |
| Biezpiena sacepums | 80  | 121        | 15,931       | 2,583       | 8,286        |          | 0,8          | 0,033        | 1,11,3,7 |
| Krējums skābs      | 20  | 40         | 0,52         | 4,          | 0,54         |          |              |              | 7,       |
| Kakao dzēriens     | 200 | 45         | 2,254        | 2,386       | 3,498        |          |              | 0,851        | 7,       |
| Cukurs baltais     | 2   | 8          |              |             | 1,996        |          | 2,           |              |          |
| <b>kopā:</b>       |     | <b>214</b> | <b>18,71</b> | <b>8,97</b> | <b>14,32</b> | <b>0</b> | <b>2,800</b> | <b>0,884</b> |          |

| piektdienā, 27.februāris | Svars, g | Kcal | Olbaltumv<br>ielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvi<br>elas | Alerģēni |
|--------------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|
|--------------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|

**Pusdienas**

|                                     |     |            |              |              |              |              |              |               |       |
|-------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|-------|
| Pupiņu zupa ar cūkgaļu              | 200 | 142        | 5,876        | 7,757        | 12,124       | 0,456        |              | 4,816         | 9,    |
| Krējums skābs                       | 10  | 20         | 0,26         | 2,           | 0,27         |              |              |               | 7,    |
| Zivju kotlete mājas gaumē           | 70  | 127        | 14,44        | 7,555        | 0,207        | 0,008        |              | 0,062         | 3,4   |
| Vārīti kartupeļi                    | 200 | 149        | 4,24         | 0,212        | 31,376       | 0,2          |              | 4,452         |       |
| Skābā krējuma mērce                 | 40  | 45         | 0,654        | 3,878        | 1,882        | 0,04         |              | 0,179         | 1;7;9 |
| Kāpostu svaigu biešu salāti ar eļļu | 80  | 75         | 1,039        | 6,142        | 3,969        | 0,08         | 0,24         | 2,244         |       |
| Jāņogu dzēriens                     | 150 | 20         | 0,17         | 0,034        | 4,486        |              | 3,75         | 0,525         |       |
| Rudzu maize                         | 20  | 52         | 1,72         | 0,28         | 10,04        |              |              | 1,1           | 1,    |
| <b>kopā:</b>                        |     | <b>629</b> | <b>28,40</b> | <b>27,86</b> | <b>64,35</b> | <b>0,784</b> | <b>3,990</b> | <b>13,378</b> |       |

**Launags**

|                                    |     |            |              |             |              |          |          |              |         |
|------------------------------------|-----|------------|--------------|-------------|--------------|----------|----------|--------------|---------|
| Sausās brokastis šokolādes pārslas | 50  | 179        | 3,5          | 0,4         | 44,          |          |          |              | 1;3;5;8 |
| Piens                              | 200 | 180        | 6,6          | 4,          | 29,4         |          |          |              | 7,      |
| Banāns                             | 100 | 56         | 0,79         | 0,25        | 12,2         |          |          | 0,7          |         |
| <b>kopā:</b>                       |     | <b>414</b> | <b>10,89</b> | <b>4,65</b> | <b>85,60</b> | <b>0</b> | <b>0</b> | <b>0,700</b> |         |



## Nedēļas ēdienkarte

## Grupa

1.-4.klase

## Veģetārā

| pirmdienā, 23.februāris                  | Svars, g | Kcal       | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvi<br>elas | Alerģēni |
|------------------------------------------|----------|------------|--------------------|--------------|---------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>                         |          |            |                    |              |               |              |              |                  |          |
| Kartupeļu - ķirbju zupa                  | 250      | 95         | 1,812              | 5,211        | 9,913         | 1,           |              | 2,834            |          |
| Krējums skābs                            | 20       | 40         | 0,52               | 4,           | 0,54          |              |              |                  | 7,       |
| Pupiņu plācenītis                        | 80       | 128        | 5,534              | 4,972        | 15,371        | 0,16         |              | 5,107            |          |
| Vārti rīsi                               | 200      | 227        | 4,488              | 0,396        | 51,282        | 0,2          |              | 0,924            |          |
| Saldā krējuma mērce ar kīplok            | 50       | 50         | 0,49               | 4,528        | 1,865         | 0,05         |              | 0,035            | 1;7      |
| Balto redīsu - burkānu salāti ar krējumu | 100      | 43         | 1,376              | 2,815        | 2,88          | 0,1          |              | 1,878            | 7,       |
| Rudzu maize                              | 40       | 104        | 3,44               | 0,56         | 20,08         |              |              | 2,2              | 1,       |
| Augļu un ogu dzēriens                    | 150      | 23         | 0,234              | 0,204        | 4,822         |              | 0,75         | 1,218            |          |
| <b>kopā:</b>                             |          | <b>710</b> | <b>17,89</b>       | <b>22,69</b> | <b>106,75</b> | <b>1,510</b> | <b>0,750</b> | <b>14,196</b>    |          |

## Launags

|                      |     |            |              |              |              |          |              |              |    |
|----------------------|-----|------------|--------------|--------------|--------------|----------|--------------|--------------|----|
| Biezpiens ar krējumu | 70  | 75         | 12,152       | 1,715        | 2,709        |          |              |              | 7, |
| Kanēļcukurs          | 5   | 18         | 0,118        | 0,008        | 4,47         |          | 2,5          | 1,328        |    |
| Zāļu tēja            | 200 | 2          | 0,026        | 0,051        | 0,008        |          |              |              |    |
| Baltmaize            | 30  | 79         | 2,34         | 0,63         | 15,42        |          |              | 1,14         | 1, |
| Sviests              | 10  | 75         | 0,06         | 8,25         | 0,44         |          |              |              | 7, |
| <b>kopā:</b>         |     | <b>249</b> | <b>14,70</b> | <b>10,65</b> | <b>23,05</b> | <b>0</b> | <b>2,500</b> | <b>2,468</b> |    |

| otrdienā, 24.februāris             | Svars, g | Kcal       | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvi<br>elas | Alerģēni |
|------------------------------------|----------|------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>                   |          |            |                    |              |              |              |              |                  |          |
| Biešu zupa ar kartupeļiem          | 200      | 67         | 1,684              | 2,213        | 9,861        | 0,2          | 0,6          | 2,956            | 9,       |
| Krējums skābs                      | 10       | 20         | 0,26               | 2,           | 0,27         |              |              |                  | 7,       |
| Sarkano lēcu sautējums             | 250      | 241        | 10,75              | 10,856       | 25,288       | 1,           |              | 7,525            |          |
| Kāpostu salāti ar zaļumiem un eļļu | 100      | 64         | 1,42               | 4,196        | 5,084        | 0,1          | 1,           | 2,889            |          |
| Kefīrs                             | 150      | 72         | 4,5                | 3,           | 6,75         |              |              |                  | 7,       |
| Rudzu maize                        | 40       | 104        | 3,44               | 0,56         | 20,08        |              |              | 2,2              | 1,       |
| <b>kopā:</b>                       |          | <b>567</b> | <b>22,05</b>       | <b>22,83</b> | <b>67,33</b> | <b>1,300</b> | <b>1,600</b> | <b>15,570</b>    |          |

## Launags

|                          |     |            |             |             |              |              |              |              |     |
|--------------------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|-----|
| Mannā biezputra ar ķirbi | 200 | 144        | 6,804       | 3,044       | 22,182       | 0,2          | 1,           | 0,548        | 1;7 |
| Ievārījums               | 10  | 14         | 0,1         | 0,01        | 3,9          |              |              |              |     |
| Zāļu tēja                | 200 | 2          | 0,026       | 0,051       | 0,008        |              |              |              |     |
| Cukurs baltais           | 2   | 8          |             |             | 1,996        |              | 2,           |              |     |
| <b>kopā:</b>             |     | <b>167</b> | <b>6,93</b> | <b>3,11</b> | <b>28,09</b> | <b>0,200</b> | <b>3,000</b> | <b>0,548</b> |     |

| trešdienā, 25.februāris                               | Svars, g | Kcal       | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs   | Šķiedrvi<br>elas | Alerģēni |
|-------------------------------------------------------|----------|------------|--------------------|--------------|--------------|--------------|----------|------------------|----------|
| <b>Pusdienas</b>                                      |          |            |                    |              |              |              |          |                  |          |
| Pelēko zirņu plācenītis                               | 100      | 227        | 10,086             | 8,835        | 26,644       | 1,12         |          | 6,095            | 1;11;3;7 |
| Krējums skābs                                         | 20       | 40         | 0,52               | 4,           | 0,54         |              |          |                  | 7,       |
| Kartupeļu biezputra                                   | 200      | 169        | 5,414              | 1,905        | 31,624       | 0,2          |          | 4,2              | 7,       |
| Biešu salāti ar marinētiem gurķiem un majonēzes mērci | 100      | 104        | 1,555              | 6,756        | 6,676        | 0,016        |          | 1,625            | 10;3;7   |
| Rudzu maize                                           | 20       | 52         | 1,72               | 0,28         | 10,04        |              |          | 1,1              | 1,       |
| Persiku un jogurta kokteilis                          | 150      | 117        | 3,539              | 2,03         | 21,951       |              |          | 0,644            | 7,       |
| Ūdens ar citronu                                      | 150      | 3          | 0,052              | 0,045        | 0,24         |              |          |                  |          |
| <b>kopā:</b>                                          |          | <b>712</b> | <b>22,89</b>       | <b>23,85</b> | <b>97,72</b> | <b>1,336</b> | <b>0</b> | <b>13,664</b>    |          |

## Launags

|              |     |            |             |              |              |              |              |              |    |
|--------------|-----|------------|-------------|--------------|--------------|--------------|--------------|--------------|----|
| Rīsu putra   | 100 | 92         | 3,58        | 1,69         | 15,754       | 0,1          | 0,5          | 0,21         | 7, |
| Ogu ķīselis  | 100 | 99         | 0,32        | 0,102        | 23,644       |              | 5,           | 0,993        |    |
| Kliju maize  | 30  | 82         | 3,63        | 0,81         | 14,19        |              |              | 1,74         | 1, |
| Sviests      | 10  | 75         | 0,06        | 8,25         | 0,44         |              |              |              | 7, |
| Zāļu tēja    | 200 | 2          | 0,026       | 0,051        | 0,008        |              |              |              |    |
| <b>kopā:</b> |     | <b>349</b> | <b>7,62</b> | <b>10,90</b> | <b>54,04</b> | <b>0,100</b> | <b>5,500</b> | <b>2,943</b> |    |

| ceturtdienā, 26.februāris | Svars, g | Kcal | Olbaltumvi<br>elas | Tauki | Ogļhidrāti | Sāls  | Cukurs | Šķiedrvi<br>elas | Alerģēni |
|---------------------------|----------|------|--------------------|-------|------------|-------|--------|------------------|----------|
| <b>Pusdienas</b>          |          |      |                    |       |            |       |        |                  |          |
| Svaigu kāpostu zupa       | 200      | 92   | 1,964              | 5,273 | 8,973      | 0,8   |        | 3,306            | 9,       |
| Krējums skābs             | 10       | 20   | 0,26               | 2,    | 0,27       |       |        |                  | 7,       |
| Dārzeni siera mērcē       | 100      | 68   | 2,525              | 4,734 | 3,635      | 0,416 |        | 2,52             | 1;7      |
| Vārīta pasta - makaroni   | 200      | 364  | 11,193             | 5,547 | 65,975     | 0,8   |        |                  | 1,       |
| Burkānu salāti ar eļļu    | 80       | 57   | 0,766              | 4,154 | 4,086      | 0,16  | 0,4    | 2,765            |          |



|              |     |            |              |              |              |              |              |              |    |
|--------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| Piens        | 150 | 72         | 4,8          | 3,           | 6,75         |              |              |              | 7, |
| <b>kopā:</b> |     | <b>672</b> | <b>21,51</b> | <b>24,71</b> | <b>89,69</b> | <b>2,176</b> | <b>0,400</b> | <b>8,591</b> |    |

#### Launags

|                    |     |            |              |             |              |          |              |              |          |
|--------------------|-----|------------|--------------|-------------|--------------|----------|--------------|--------------|----------|
| Biezpiena sacepums | 80  | 121        | 15,931       | 2,583       | 8,286        |          | 0,8          | 0,033        | 1;11;3;7 |
| Krējums skābs      | 20  | 40         | 0,52         | 4,          | 0,54         |          |              |              | 7,       |
| Kakao dzēriens     | 200 | 45         | 2,254        | 2,386       | 3,498        |          |              | 0,851        | 7,       |
| Cukurs baltais     | 2   | 8          |              |             | 1,996        |          | 2,           |              |          |
| <b>kopā:</b>       |     | <b>214</b> | <b>18,71</b> | <b>8,97</b> | <b>14,32</b> | <b>0</b> | <b>2,800</b> | <b>0,884</b> |          |

| piektdiena, 27.februāris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|--------------------------|----------|------|----------------|-------|------------|------|--------|--------------|----------|
|--------------------------|----------|------|----------------|-------|------------|------|--------|--------------|----------|

#### Pusdienas

|                                     |     |            |              |              |              |              |              |               |       |
|-------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|-------|
| Pupu zupa                           | 200 | 137        | 5,425        | 6,491        | 14,215       | 1,12         |              | 5,563         | 9,    |
| Krējums skābs                       | 10  | 20         | 0,26         | 2,           | 0,27         |              |              |               | 7,    |
| Biezpiena burkānu plācenītis        | 70  | 133        | 8,99         | 4,759        | 13,51        | 0,21         | 4,41         | 1,428         | 3;7   |
| Vārīti kartupeļi                    | 200 | 149        | 4,24         | 0,212        | 31,376       | 0,2          |              | 4,452         |       |
| Skābā krējuma mērce                 | 20  | 23         | 0,327        | 1,939        | 0,941        | 0,02         |              | 0,09          | 1;7;9 |
| Kāpostu svaigu biešu salāti ar eļļu | 80  | 75         | 1,039        | 6,142        | 3,969        | 0,08         | 0,24         | 2,244         |       |
| Jāņogu dzēriens                     | 150 | 20         | 0,17         | 0,034        | 4,486        |              | 3,75         | 0,525         |       |
| <b>kopā:</b>                        |     | <b>556</b> | <b>20,45</b> | <b>21,58</b> | <b>68,77</b> | <b>1,630</b> | <b>8,400</b> | <b>14,302</b> |       |

#### Launags

|                      |     |            |              |              |              |          |          |              |    |
|----------------------|-----|------------|--------------|--------------|--------------|----------|----------|--------------|----|
| Baltmaize            | 60  | 158        | 4,68         | 1,26         | 30,84        |          |          | 2,28         | 1, |
| Zemesriekstu sviests | 30  | 193        | 8,07         | 15,9         | 4,2          |          |          | 0,9          | 5, |
| Auglis               | 100 | 56         | 0,79         | 0,25         | 12,2         |          |          | 0,7          |    |
| Zāļu tēja            | 200 | 2          | 0,026        | 0,051        | 0,008        |          |          |              |    |
| <b>kopā:</b>         |     | <b>408</b> | <b>13,57</b> | <b>17,46</b> | <b>47,25</b> | <b>0</b> | <b>0</b> | <b>3,880</b> |    |



## Nedēļas ēdienkarte

## Grupa

1.-4.klase

## Diētu ēdienkarte

| pirmdiena, 23.februāris                             | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|-----------------------------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Pusdienas</b>                                    |          |            |                |              |              |              |              |              |          |
| Kartupeļu - ķirbju zupa                             | 250      | 95         | 1,812          | 5,211        | 9,913        | 1,           |              | 2,834        |          |
| Vistas gaļas frikasē                                | 80       | 155        | 10,99          | 8,82         | 7,368        | 0,326        |              | 0,098        |          |
| Vārīti rīsi                                         | 200      | 227        | 4,488          | 0,396        | 51,282       | 0,2          |              | 0,924        |          |
| Balto redīsu un burkānu salāti ar kāpostiem un eļļu | 100      | 66         | 1,064          | 5,638        | 3,016        | 0,1          | 0,2          | 2,05         |          |
| Bezglutēna maize                                    | 20       | 44         | 0,058          | 0,646        | 9,46         | 0,2          |              |              |          |
| Augļu un ogu dzēriens                               | 150      | 23         | 0,234          | 0,204        | 4,822        |              | 0,75         | 1,218        |          |
| <b>kopā:</b>                                        |          | <b>610</b> | <b>18,65</b>   | <b>20,92</b> | <b>85,86</b> | <b>1,826</b> | <b>0,950</b> | <b>7,124</b> |          |

## Launags

|                      |     |            |             |             |              |              |          |              |  |
|----------------------|-----|------------|-------------|-------------|--------------|--------------|----------|--------------|--|
| Banānu griķu pankūka | 100 | 260        | 3,661       | 9,091       | 40,339       | 0,1          |          | 2,006        |  |
| Ievārījums           | 30  | 42         | 0,3         | 0,03        | 11,7         |              |          |              |  |
| Zāļu tēja            | 200 | 2          | 0,026       | 0,051       | 0,008        |              |          |              |  |
| <b>kopā:</b>         |     | <b>303</b> | <b>3,99</b> | <b>9,17</b> | <b>52,05</b> | <b>0,100</b> | <b>0</b> | <b>2,006</b> |  |

| otrdiena, 24.februāris             | Svars, g | Kcal        | Olbaltumvielas | Tauki         | Ogļhidrāti    | Sāls          | Cukurs        | Šķiedrvielas  | Alerģēni |
|------------------------------------|----------|-------------|----------------|---------------|---------------|---------------|---------------|---------------|----------|
| <b>Pusdienas</b>                   |          |             |                |               |               |               |               |               |          |
| Biešu zupa ar cūkgaļu              | 250      | 95          | 3,658          | 4,426         | 10,062        | 0,25          | 0,25          | 3,881         |          |
| Dārzeņu un cūkgaļas sautējums      | 250      | 230         | 14,055         | 12,135        | 15,84         | 0,25          |               | 5,695         |          |
| Kāpostu salāti ar zaļumiem un eļļu | 80       | 51          | 1,136          | 3,357         | 4,067         | 0,08          | 0,8           | 2,311         |          |
| Citronu eļļas mērce                | 1000     | 7364        | 1,04           | 800,805       | 64,73         | 10,           | 60,           | 0,265         |          |
| Sēkļu maistjums                    | 5        | 29          | 1,07           | 2,63          | 0,371         |               |               | 0,358         | 11,      |
| Ābolu dzēriens                     | 200      | 51          | 0,178          | 0,352         | 11,621        |               | 5,            | 1,16          |          |
| Bezglutēna maize                   | 20       | 44          | 0,058          | 0,646         | 9,46          | 0,2           |               |               |          |
| <b>kopā:</b>                       |          | <b>7863</b> | <b>21,20</b>   | <b>824,35</b> | <b>116,15</b> | <b>10,780</b> | <b>66,050</b> | <b>13,670</b> |          |

## Launags

|                            |     |            |             |              |              |          |               |              |  |
|----------------------------|-----|------------|-------------|--------------|--------------|----------|---------------|--------------|--|
| Kēkss bez glutēna un piena | 70  | 282        | 0,627       | 14,431       | 38,571       |          | 7,            | 0,431        |  |
| Auglis                     | 100 | 56         | 0,79        | 0,25         | 12,2         |          |               | 0,7          |  |
| Zāļu tēja                  | 200 | 2          | 0,026       | 0,051        | 0,008        |          |               |              |  |
| Cukurs baltais             | 3   | 12         |             |              | 2,994        |          | 3,            |              |  |
| <b>kopā:</b>               |     | <b>351</b> | <b>1,44</b> | <b>14,73</b> | <b>53,77</b> | <b>0</b> | <b>10,000</b> | <b>1,131</b> |  |

| trešdiena, 25.februāris             | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|-------------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Pusdienas</b>                    |          |            |                |              |              |              |              |              |          |
| Cepta vistas gaļa                   | 70       | 156        | 15,014         | 9,995        | 0,607        | 0,28         |              | 0,049        |          |
| Mīcīti kartupeļi ar dārzeņu buljonu | 200      | 143        | 4,103          | 0,223        | 30,012       | 0,2          |              | 4,465        | 9,       |
| Margarīns sviestmaizēm              | 10       | 72         |                | 8,           |              |              |              |              |          |
| Biešu salāti ar eļļu                | 100      | 71         | 1,496          | 3,104        | 9,328        | 0,2          | 1,           | 2,486        |          |
| Bezglutēna maize                    | 40       | 88         | 0,116          | 1,291        | 18,92        | 0,4          |              |              |          |
| Mango un rīsu dzēriena kokteilis    | 200      | 124        | 0,36           | 2,36         | 26,          |              |              |              |          |
| Ūdens ar citronu                    | 150      | 3          | 0,052          | 0,045        | 0,24         |              |              |              |          |
| <b>kopā:</b>                        |          | <b>656</b> | <b>21,14</b>   | <b>25,02</b> | <b>85,11</b> | <b>1,080</b> | <b>1,000</b> | <b>7,000</b> |          |

## Launags

|                          |     |            |             |              |              |              |              |              |  |
|--------------------------|-----|------------|-------------|--------------|--------------|--------------|--------------|--------------|--|
| Rīsu biezputra bez piena | 100 | 103        | 1,105       | 1,28         | 21,855       | 0,2          |              | 0,21         |  |
| Ogu ķīselis              | 100 | 99         | 0,32        | 0,102        | 23,644       |              | 5,           | 0,993        |  |
| Bezglutēna maize         | 40  | 88         | 0,116       | 1,291        | 18,92        | 0,4          |              |              |  |
| Margarīns sviestmaizēm   | 10  | 72         |             | 8,           |              |              |              |              |  |
| Zāļu tēja                | 200 | 2          | 0,026       | 0,051        | 0,008        |              |              |              |  |
| <b>kopā:</b>             |     | <b>363</b> | <b>1,57</b> | <b>10,72</b> | <b>64,43</b> | <b>0,600</b> | <b>5,000</b> | <b>1,203</b> |  |

| ceturtdiena, 26.februāris  | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|----------------------------|----------|------|----------------|-------|------------|------|--------|--------------|----------|
| <b>Pusdienas</b>           |          |      |                |       |            |      |        |              |          |
| Frikadeļu zupa             | 200      | 99   | 4,917          | 3,177 | 12,239     | 0,22 |        | 2,156        | 9,       |
| Vistas gaļas gulašs        | 100      | 151  | 9,676          | 9,926 | 5,443      | 0,1  |        | 0,71         |          |
| Vārīti bezglutēna makaroni | 200      | 290  | 3,01           | 4,91  | 58,1       | 0,2  |        | 1,05         |          |
| Burkānu salāti ar eļļu     | 80       | 57   | 0,768          | 4,154 | 4,086      | 0,16 | 0,4    | 2,765        |          |
| Bezglutēna maize           | 20       | 44   | 0,058          | 0,646 | 9,46       | 0,2  |        |              |          |
| Ūdens ar citronu           | 200      | 4    | 0,07           | 0,06  | 0,32       |      |        |              |          |



|              |  |            |              |              |              |              |              |              |  |
|--------------|--|------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| <b>kopā:</b> |  | <b>644</b> | <b>18,50</b> | <b>22,87</b> | <b>89,65</b> | <b>0,880</b> | <b>0,400</b> | <b>6,681</b> |  |
|--------------|--|------------|--------------|--------------|--------------|--------------|--------------|--------------|--|

#### Launags

|                  |     |            |             |             |              |              |              |              |  |
|------------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|--|
| Pupiņu pastēte   | 40  | 46         | 2,371       | 1,992       | 4,746        | 0,16         |              | 2,247        |  |
| Bezglutēna maize | 40  | 88         | 0,116       | 1,291       | 18,92        | 0,4          |              |              |  |
| Kakao bez piena  | 200 | 101        | 0,704       | 2,786       | 18,302       |              |              | 0,851        |  |
| Cukurs baltais   | 2   | 8          |             |             | 1,996        |              | 2,           |              |  |
| <b>kopā:</b>     |     | <b>243</b> | <b>3,19</b> | <b>6,07</b> | <b>43,96</b> | <b>0,560</b> | <b>2,000</b> | <b>3,098</b> |  |

| piektdiena, 27.februāris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāļi | Cukurs | Šķiedrvielas | Alerģēni |
|--------------------------|----------|------|----------------|-------|------------|------|--------|--------------|----------|
|--------------------------|----------|------|----------------|-------|------------|------|--------|--------------|----------|

#### Pusdienas

|                                     |     |            |              |              |              |              |              |               |    |
|-------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|----|
| Pupiņu zupa ar cūkgaļu              | 200 | 142        | 5,876        | 7,757        | 12,124       | 0,456        |              | 4,816         | 9, |
| Zivju kotlete                       | 50  | 118        | 8,824        | 6,228        | 6,803        | 0,005        |              | 0,396         | 4, |
| Vārīti kartupeļi                    | 200 | 149        | 4,24         | 0,212        | 31,376       | 0,2          |              | 4,452         |    |
| Baltā mērce                         | 20  | 15         | 0,025        | 0,282        | 3,188        | 0,02         |              |               |    |
| Kāpostu svaigu biešu salāti ar eļļu | 80  | 75         | 1,039        | 6,142        | 3,969        | 0,08         | 0,24         | 2,244         |    |
| Citronu eļļas mērce                 | 5   | 37         | 0,005        | 4,004        | 0,324        | 0,05         | 0,3          | 0,001         |    |
| Jāņogu dzēriens                     | 150 | 20         | 0,17         | 0,034        | 4,486        |              | 3,75         | 0,525         |    |
| Bezglutēna maize                    | 20  | 44         | 0,058        | 0,646        | 9,46         | 0,2          |              |               |    |
| <b>kopā:</b>                        |     | <b>599</b> | <b>20,24</b> | <b>25,31</b> | <b>71,73</b> | <b>1,011</b> | <b>4,290</b> | <b>12,434</b> |    |

#### Launags

|                              |     |            |             |             |              |          |          |              |    |
|------------------------------|-----|------------|-------------|-------------|--------------|----------|----------|--------------|----|
| Bezglutēna kukurūzas pārslas | 50  | 181        | 2,5         | 0,25        | 42,          |          |          | 1,65         |    |
| Mandeļu dzēriens             | 200 | 140        | 3,          | 9,2         | 10,2         |          |          |              | 8, |
| Auglis                       | 100 | 56         | 0,79        | 0,25        | 12,2         |          |          | 0,7          |    |
| <b>kopā:</b>                 |     | <b>376</b> | <b>6,29</b> | <b>9,70</b> | <b>64,40</b> | <b>0</b> | <b>0</b> | <b>2,350</b> |    |



## Nedēļas ēdienkarte

## Grupa

5-9.klase

| pirmdienā, 23.februāris                        | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|------------------------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>                               |          |            |                |              |              |              |              |               |          |
| Kartupeļu - ķirbju zupa                        | 200      | 76         | 1,449          | 4,169        | 7,93         | 0,8          |              | 2,268         |          |
| Krējums skābs                                  | 10       | 20         | 0,26           | 2,           | 0,27         |              |              |               | 7,       |
| Vistas gaļas frikasē                           | 80       | 148        | 9,747          | 10,785       | 2,521        | 0,214        |              | 0,268         | 1,7      |
| Vārīti rīsi                                    | 200      | 227        | 4,488          | 0,396        | 51,282       | 0,2          |              | 0,924         |          |
| Burkānu salāti ar krējumu                      | 80       | 34         | 1,101          | 2,252        | 2,304        | 0,08         |              | 1,502         | 7,       |
| Rudzu maize                                    | 40       | 104        | 3,44           | 0,56         | 20,08        |              |              | 2,2           | 1,       |
| Augļu un ogu dzēriens                          | 150      | 23         | 0,234          | 0,204        | 4,822        |              | 0,75         | 1,218         |          |
| <b>kopā:</b>                                   |          | <b>632</b> | <b>20,72</b>   | <b>20,37</b> | <b>89,21</b> | <b>1,294</b> | <b>0,750</b> | <b>8,380</b>  |          |
| <b>Launags</b>                                 |          |            |                |              |              |              |              |               |          |
| Biezpiens ar krējumu                           | 70       | 75         | 12,152         | 1,715        | 2,709        |              |              |               | 7,       |
| Kanēļcukurs                                    | 5        | 18         | 0,118          | 0,008        | 4,47         |              | 2,5          | 1,328         |          |
| Zāļu tēja                                      | 200      | 2          | 0,026          | 0,051        | 0,008        |              |              |               |          |
| Baltmaize                                      | 30       | 79         | 2,34           | 0,63         | 15,42        |              |              | 1,14          | 1,       |
| Sviests                                        | 10       | 75         | 0,06           | 8,25         | 0,44         |              |              |               | 7,       |
| <b>kopā:</b>                                   |          | <b>249</b> | <b>14,70</b>   | <b>10,65</b> | <b>23,05</b> | <b>0</b>     | <b>2,500</b> | <b>2,468</b>  |          |
| <b>otrdiena, 24.februāris</b>                  |          |            |                |              |              |              |              |               |          |
| <b>Pusdienas</b>                               |          |            |                |              |              |              |              |               |          |
| Biešu zupa ar cūkgalu                          | 200      | 76         | 2,927          | 3,541        | 8,049        | 0,2          | 0,2          | 3,105         |          |
| Krējums skābs                                  | 10       | 20         | 0,26           | 2,           | 0,27         |              |              |               | 7,       |
| Cūkgāļas un dārzeņu sautējums ar saldo krējumu | 250      | 298        | 12,892         | 15,676       | 25,392       | 0,75         |              | 4,656         | 7,       |
| Kāpostu salāti ar zaļumiem un eļļu             | 80       | 51         | 1,136          | 3,357        | 4,067        | 0,08         | 0,8          | 2,311         |          |
| Ābolu dzēriens                                 | 150      | 72         | 4,5            | 3,           | 6,75         |              |              |               | 7,       |
| <b>kopā:</b>                                   |          | <b>620</b> | <b>25,16</b>   | <b>28,13</b> | <b>64,61</b> | <b>1,030</b> | <b>1,000</b> | <b>12,272</b> |          |
| <b>Launags</b>                                 |          |            |                |              |              |              |              |               |          |
| Kēkss                                          | 50       | 193        | 2,05           | 8,7          | 26,2         |              |              |               | 1,3,7    |
| Tēja                                           | 150      | 83         | 4,081          | 2,608        | 10,593       |              | 3,75         | 0,871         | 7,       |
| Banāns                                         | 100      | 56         | 0,79           | 0,25         | 12,2         |              |              | 0,7           |          |
| <b>kopā:</b>                                   |          | <b>332</b> | <b>6,90</b>    | <b>11,56</b> | <b>48,99</b> | <b>0</b>     | <b>3,750</b> | <b>1,571</b>  |          |
| <b>trešdiena, 25.februāris</b>                 |          |            |                |              |              |              |              |               |          |
| <b>Pusdienas</b>                               |          |            |                |              |              |              |              |               |          |
| Cūkgāļas kotlete                               | 70       | 164        | 16,363         | 10,72        | 0,587        | 0,28         |              | 0,021         |          |
| Kartupeļu biežputra                            | 200      | 169        | 5,414          | 1,905        | 31,624       | 0,2          |              | 4,2           | 7,       |
| Biešu salāti ar majonēzes mērci                | 100      | 104        | 1,555          | 6,756        | 6,676        | 0,016        |              | 1,625         | 10,3,7   |
| Persiku un jogurta kokteilis                   | 150      | 117        | 3,539          | 2,03         | 21,951       |              |              | 0,644         | 7,       |
| <b>kopā:</b>                                   |          | <b>609</b> | <b>28,64</b>   | <b>21,74</b> | <b>71,12</b> | <b>0,496</b> | <b>0</b>     | <b>7,590</b>  |          |
| <b>Launags</b>                                 |          |            |                |              |              |              |              |               |          |
| Rīsu putra                                     | 100      | 92         | 3,58           | 1,69         | 15,754       | 0,1          | 0,5          | 0,21          | 7,       |
| Ogu ķīselis                                    | 100      | 99         | 0,32           | 0,102        | 23,644       |              | 5,           | 0,993         |          |
| Kliju maize                                    | 30       | 82         | 3,63           | 0,81         | 14,19        |              |              | 1,74          | 1,       |
| Sviests                                        | 10       | 75         | 0,06           | 8,25         | 0,44         |              |              |               | 7,       |
| <b>kopā:</b>                                   |          | <b>349</b> | <b>7,62</b>    | <b>10,90</b> | <b>54,04</b> | <b>0,100</b> | <b>5,500</b> | <b>2,943</b>  |          |
| <b>ceturtdiena, 26.februāris</b>               |          |            |                |              |              |              |              |               |          |
| <b>Pusdienas</b>                               |          |            |                |              |              |              |              |               |          |
| Frikadeļu zupa                                 | 200      | 99         | 4,917          | 3,177        | 12,239       | 0,22         |              | 2,156         | 9,       |
| Krējums skābs                                  | 5        | 10         | 0,13           | 1,           | 0,135        |              |              |               | 7,       |
| Cūkgāļas gulašs                                | 70       | 106        | 6,773          | 6,948        | 3,81         | 0,07         |              | 0,497         |          |
| Vārīta pasta - makaroni                        | 200      | 364        | 11,193         | 5,547        | 65,975       | 0,8          |              |               | 1,       |
| Burkānu salāti ar eļļu                         | 80       | 57         | 0,768          | 4,154        | 4,086        | 0,16         | 0,4          | 2,765         |          |
| Ūdens ar citronu                               | 150      | 72         | 4,8            | 3,           | 6,75         |              |              |               | 7,       |
| <b>kopā:</b>                                   |          | <b>707</b> | <b>28,58</b>   | <b>23,83</b> | <b>93,00</b> | <b>1,250</b> | <b>0,400</b> | <b>5,418</b>  |          |
| <b>Launags</b>                                 |          |            |                |              |              |              |              |               |          |
| Biezpiena sacēpums                             | 80       | 121        | 15,931         | 2,583        | 8,286        |              | 0,8          | 0,033         | 1,11,3,7 |
| Krējums skābs                                  | 20       | 40         | 0,52           | 4,           | 0,54         |              |              |               | 7,       |
| Kakao dzēriens                                 | 200      | 45         | 2,254          | 2,386        | 3,498        |              |              | 0,851         | 7,       |

|                |   |            |              |             |              |          |              |              |  |
|----------------|---|------------|--------------|-------------|--------------|----------|--------------|--------------|--|
| Cukurs baltais | 2 | 8          |              |             | 1,996        |          | 2,           |              |  |
| <b>kopā:</b>   |   | <b>214</b> | <b>18,71</b> | <b>8,97</b> | <b>14,32</b> | <b>0</b> | <b>2,800</b> | <b>0,884</b> |  |

| plektdiena, 27.februāris            | Svars, g | Kcal       | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvi<br>elas | Alerģēni |
|-------------------------------------|----------|------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>                    |          |            |                    |              |              |              |              |                  |          |
| Pupiņu zupa ar cūkgaļu              | 200      | 142        | 5,876              | 7,757        | 12,124       | 0,456        |              | 4,816            | 9,       |
| Krējums skābs                       | 10       | 20         | 0,26               | 2,           | 0,27         |              |              |                  | 7,       |
| Zivju kotlete mājas gaumē           | 70       | 127        | 14,44              | 7,555        | 0,207        | 0,008        |              | 0,062            | 3,4      |
| Vārīti kartupeļi                    | 200      | 149        | 4,24               | 0,212        | 31,376       | 0,2          |              | 4,452            |          |
| Skābā krējuma mērce                 | 40       | 45         | 0,654              | 3,878        | 1,882        | 0,04         |              | 0,179            | 1,7;9    |
| Kāpostu svaigu biešu salāti ar eļļu | 80       | 75         | 1,039              | 6,142        | 3,969        | 0,08         | 0,24         | 2,244            |          |
| Jāņogu dzēriens                     | 150      | 20         | 0,17               | 0,034        | 4,486        |              | 3,75         | 0,525            |          |
| Rudzu maize                         | 20       | 52         | 1,72               | 0,28         | 10,04        |              |              | 1,1              | 1,       |
| <b>kopā:</b>                        |          | <b>629</b> | <b>28,40</b>       | <b>27,86</b> | <b>64,35</b> | <b>0,784</b> | <b>3,990</b> | <b>13,378</b>    |          |

|                                    |     |            |              |             |              |          |          |              |         |
|------------------------------------|-----|------------|--------------|-------------|--------------|----------|----------|--------------|---------|
| <b>Launags</b>                     |     |            |              |             |              |          |          |              |         |
| Sausās brokastis šokolādes pārsias | 50  | 179        | 3,5          | 0,4         | 44,          |          |          |              | 1;3;5;8 |
| Piens                              | 200 | 180        | 6,6          | 4,          | 29,4         |          |          |              | 7,      |
| Banāns                             | 100 | 56         | 0,79         | 0,25        | 12,2         |          |          | 0,7          |         |
| <b>kopā:</b>                       |     | <b>414</b> | <b>10,89</b> | <b>4,65</b> | <b>85,60</b> | <b>0</b> | <b>0</b> | <b>0,700</b> |         |