

## Nedēļas ēdienkarte

## Grupa

BD 1.2

|                   | pirmdiena, 13.aprīlis | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedr-<br>vielas | Alerģēni |
|-------------------|-----------------------|----------|------------|--------------------|--------------|--------------|--------------|--------------|-------------------|----------|
| <b>Brokastis</b>  |                       |          |            |                    |              |              |              |              |                   |          |
| Auzu pārslu putra | 120                   |          | 112        | 5,322              | 3,18         | 15,738       | 0,12         | 0,024        | 0,972             | 1;7      |
| Ievārījums        | 7                     |          | 10         | 0,07               | 0,007        | 2,73         |              |              |                   |          |
| Kliju maize       | 15                    |          | 41         | 1,815              | 0,405        | 7,095        |              |              | 0,87              | 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>251</b> | <b>7,86</b>        | <b>11,96</b> | <b>28,53</b> | <b>0,120</b> | <b>2,024</b> | <b>2,042</b>      |          |

|  |     |  |            |              |              |              |              |          |              |    |
|--|-----|--|------------|--------------|--------------|--------------|--------------|----------|--------------|----|
| <b>Pusdienas</b>                                     |     |  |            |              |              |              |              |          |              |    |
| Dārzeņu zupa   | 100 |  | 45         | 1,363        | 2,16         | 5,061        | 0,1          |          | 1,924        | 9, |
| Krējums skābs  | 5   |  | 10         | 0,13         | 1,           | 0,135        |              |          |              | 7, |
| Sautēta cūkgāja ar dārzeņiem                         | 50  |  | 73         | 5,426        | 5,396        | 0,78         | 0,2          |          | 0,445        |    |
| Vārīta pasta - makaroni                              | 100 |  | 173        | 5,596        | 1,774        | 32,988       | 0,4          |          |              | 1, |
| Kāpostu un redīsu salāti ar kefira mērci un zaļumiem | 50  |  | 19         | 0,831        | 0,891        | 1,878        | 0,25         |          | 1,07         | 7, |
| Ūdens ar ogām  | 200 |  | 4          | 0,08         | 0,04         | 0,55         |              |          |              |    |
| <b>kopā:</b>   |     |  | <b>324</b> | <b>13,43</b> | <b>11,26</b> | <b>41,39</b> | <b>0,950</b> | <b>0</b> | <b>3,439</b> |    |

|                      |     |  |            |              |              |              |              |              |              |       |
|----------------------|-----|--|------------|--------------|--------------|--------------|--------------|--------------|--------------|-------|
| <b>Launags</b>       |     |  |            |              |              |              |              |              |              |       |
| Biezpiena plācenītis | 50  |  | 108        | 8,993        | 3,276        | 10,581       |              | 3,5          | 0,01         | 1;3;7 |
| Ievārījums           | 10  |  | 14         | 0,1          | 0,01         | 3,9          |              |              |              |       |
| Krējums skābs        | 10  |  | 20         | 0,26         | 2,           | 0,27         |              |              |              | 7,    |
| Zāļu tēja            | 150 |  | 1          | 0,02         | 0,038        | 0,006        |              |              |              |       |
| Cukurs baltais       | 2   |  | 8          |              |              | 1,996        |              | 2,           |              |       |
| Ābols                | 40  |  | 22         | 0,316        | 0,1          | 4,88         |              |              | 0,28         |       |
| <b>kopā:</b>         |     |  | <b>174</b> | <b>9,69</b>  | <b>5,42</b>  | <b>21,63</b> | <b>0</b>     | <b>5,500</b> | <b>0,290</b> |       |
| <b>Diena kopā:</b>   |     |  | <b>750</b> | <b>30,97</b> | <b>28,64</b> | <b>91,56</b> | <b>1,070</b> | <b>7,524</b> | <b>5,771</b> |       |

|                           | otrdiena, 14.aprīlis | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki       | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedr-<br>vielas | Alerģēni |
|---------------------------|----------------------|----------|------------|--------------------|-------------|--------------|--------------|--------------|-------------------|----------|
| <b>Brokastis</b>          |                      |          |            |                    |             |              |              |              |                   |          |
| Piecu graudu pārslu putra | 130                  |          | 119        | 5,325              | 2,642       | 17,835       | 0,13         | 0,26         | 2,35              | 1;7      |
| Ievārījums                | 5                    |          | 7          | 0,05               | 0,005       | 1,95         |              |              |                   |          |
| Sēklu maize               | 15                   |          | 45         | 1,575              | 0,96        | 7,065        |              |              | 0,645             | 1;11     |
| Krēmsiers                 | 15                   |          | 30         | 1,08               | 2,67        | 0,495        |              |              |                   | 7,       |
| Tēja                      | 150                  |          | 2          | 0,39               | 0,076       | 0,012        |              |              |                   |          |
| <b>kopā:</b>              |                      |          | <b>203</b> | <b>8,42</b>        | <b>6,35</b> | <b>27,36</b> | <b>0,130</b> | <b>0,260</b> | <b>2,995</b>      |          |

|                                      |     |  |            |              |              |              |              |              |              |  |
|--------------------------------------|-----|--|------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| <b>Pusdienas</b>                     |     |  |            |              |              |              |              |              |              |  |
| Biešu zupa ar kartupeļiem un gaju    | 100 |  | 91         | 4,179        | 6,422        | 4,197        | 0,1          | 0,33         | 1,06         |  |
| Plovs ar vistas gaju                 | 100 |  | 186        | 6,994        | 5,595        | 26,71        | 0,4          |              | 1,238        |  |
| Svaigu dārzeņu salāti ar eļļas mērci | 50  |  | 25         | 0,538        | 2,09         | 1,199        | 0,025        | 0,15         | 0,468        |  |
| Ūdens ar citrusaugļiem               | 150 |  | 2          | 0,051        | 0,024        | 0,345        |              |              | 0,048        |  |
| <b>kopā:</b>                         |     |  | <b>305</b> | <b>11,76</b> | <b>14,13</b> | <b>32,45</b> | <b>0,525</b> | <b>0,480</b> | <b>2,814</b> |  |

|                     |     |  |            |              |              |              |              |              |              |          |
|---------------------|-----|--|------------|--------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Launags</b>      |     |  |            |              |              |              |              |              |              |          |
| Karstmaize ar sieru | 40  |  | 150        | 5,267        | 9,367        | 11,02        |              |              | 0,7          | 1;10;3;7 |
| Kakao dzēriens      | 150 |  | 34         | 1,691        | 1,79         | 2,624        |              |              | 0,638        | 7,       |
| Cukurs baltais      | 2   |  | 8          |              |              | 1,996        |              | 2,           |              |          |
| Banāni              | 50  |  | 44         | 0,6          | 0,1          | 10,          |              |              | 0,9          |          |
| <b>kopā:</b>        |     |  | <b>236</b> | <b>7,56</b>  | <b>11,26</b> | <b>25,64</b> | <b>0</b>     | <b>2,000</b> | <b>2,238</b> |          |
| <b>Diena kopā:</b>  |     |  | <b>744</b> | <b>27,74</b> | <b>31,74</b> | <b>85,45</b> | <b>0,655</b> | <b>2,740</b> | <b>8,047</b> |          |

|                  | trešdiena, 15.aprīlis | Svars, g | Kcal | Olbaltum<br>vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedr-<br>vielas | Alerģēni |
|------------------|-----------------------|----------|------|--------------------|-------|------------|------|--------|-------------------|----------|
| <b>Brokastis</b> |                       |          |      |                    |       |            |      |        |                   |          |
| Kukurūzas putra  | 130                   |          | 91   | 4,628              | 2,22  | 13,706     | 0,13 | 0,13   | 1,344             | 7,       |
| Ievārījums       | 5                     |          | 7    | 0,05               | 0,005 | 1,95       |      |        |                   |          |

|              |     |            |             |             |              |              |              |              |    |
|--------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|----|
| Baltmaize    | 15  | 39         | 1,17        | 0,315       | 7,71         |              |              | 0,57         | 1, |
| Sviests      | 5   | 37         | 0,03        | 4,125       | 0,22         |              |              |              | 7, |
| Tēja         | 150 | 2          | 0,39        | 0,076       | 0,012        |              |              |              |    |
| <b>kopā:</b> |     | <b>179</b> | <b>6,39</b> | <b>6,78</b> | <b>23,96</b> | <b>0,130</b> | <b>0,130</b> | <b>2,014</b> |    |

#### Pusdienas

|                              |     |            |              |              |              |              |              |              |       |
|------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-------|
| Cūkgaļas bumbiņa piena mērcē | 60  | 110        | 6,621        | 7,371        | 4,2          | 0,114        |              | 0,727        | 1,3;7 |
| Vārīti kartupeļi             | 100 | 74         | 2,12         | 0,106        | 15,688       | 0,1          |              | 2,226        |       |
| Burkānu salāti ar eļļu       | 50  | 35         | 0,48         | 2,596        | 2,554        | 0,1          | 0,25         | 1,728        |       |
| Flamerī krēms                | 30  | 61         | 1,248        | 4,954        | 2,855        | 0,015        | 0,615        | 0,002        | 1;7   |
| Ogu ķīselis                  | 80  | 79         | 0,256        | 0,082        | 18,915       |              | 4,           | 0,794        |       |
| <b>kopā:</b>                 |     | <b>362</b> | <b>10,78</b> | <b>15,15</b> | <b>44,45</b> | <b>0,329</b> | <b>4,865</b> | <b>5,477</b> |       |

#### Launags

|                      |     |            |              |              |              |              |              |               |    |
|----------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|----|
| Piena zupa ar rīsiem | 150 | 90         | 4,023        | 2,158        | 13,798       | 0,15         | 1,5          | 0,136         | 7, |
| Bumbieri             | 50  | 27         | 0,25         | 0,15         | 6,2          |              |              | 1,65          |    |
| Klijū maize          | 15  | 41         | 1,815        | 0,405        | 7,095        |              |              | 0,87          | 1, |
| Sviests              | 5   | 37         | 0,03         | 4,125        | 0,22         |              |              |               | 7, |
| Siers                | 15  | 51         | 3,72         | 4,02         |              |              |              |               | 7, |
| <b>kopā:</b>         |     | <b>247</b> | <b>9,84</b>  | <b>10,86</b> | <b>27,31</b> | <b>0,160</b> | <b>1,600</b> | <b>2,656</b>  |    |
| <b>Diena kopā:</b>   |     | <b>788</b> | <b>27,00</b> | <b>32,79</b> | <b>95,72</b> | <b>0,609</b> | <b>6,495</b> | <b>10,147</b> |    |

| ceturtdiena, 16.aprīlis | Svars, g | Kcal | Olbaltum vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|-------------------------|----------|------|-----------------|-------|------------|------|--------|--------------|----------|
|-------------------------|----------|------|-----------------|-------|------------|------|--------|--------------|----------|

#### Brokastis

|                |     |            |             |              |              |              |              |              |     |
|----------------|-----|------------|-------------|--------------|--------------|--------------|--------------|--------------|-----|
| Ūlu kultenis   | 60  | 88         | 6,321       | 6,102        | 1,474        | 0,06         |              | 0,016        | 3;7 |
| Saldskābmaize  | 15  | 34         | 0,945       | 0,15         | 7,2          |              |              | 0,675        | 1,  |
| Sviests        | 5   | 37         | 0,03        | 4,125        | 0,22         |              |              |              | 7,  |
| Tomāti         | 20  | 3          | 0,2         | 0,04         | 0,52         |              |              | 0,2          |     |
| Tēja           | 150 | 2          | 0,39        | 0,076        | 0,012        |              |              |              |     |
| Cukurs baltais | 2   | 8          |             |              | 1,996        |              | 2,           |              |     |
| <b>kopā:</b>   |     | <b>174</b> | <b>7,89</b> | <b>10,49</b> | <b>11,42</b> | <b>0,060</b> | <b>2,000</b> | <b>0,891</b> |     |

#### Pusdienas

|  |     |            |              |              |              |              |          |              |     |
|--|-----|------------|--------------|--------------|--------------|--------------|----------|--------------|-----|
| Vistas gaļas zupa ar dārzeņiem           | 100 | 59         | 3,605        | 3,783        | 2,642        | 0,1          |          | 1,372        |     |
| Krējums skābs                            | 5   | 10         | 0,13         | 1,           | 0,135        |              |          |              | 7,  |
| Cūkgaļa saldā krējuma mērcē              | 60  | 114        | 6,667        | 8,364        | 3,106        | 0,12         |          | 0,266        | 7;9 |
| Vārīti griķi                             | 100 | 110        | 2,475        | 0,528        | 23,958       | 0,1          |          | 1,056        |     |
| Kāpostu gurķu salāti ar zaļumiem un eļļu | 50  | 24         | 0,632        | 1,599        | 1,888        | 0,05         |          | 1,291        |     |
| Ūdens ar ogām                            | 150 | 3          | 0,06         | 0,03         | 0,412        |              |          |              |     |
| <b>kopā:</b>                             |     | <b>321</b> | <b>13,57</b> | <b>15,30</b> | <b>32,14</b> | <b>0,370</b> | <b>0</b> | <b>3,985</b> |     |

#### Launags

|                    |     |            |              |              |              |              |              |              |       |
|--------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-------|
| Kēkss              | 50  | 193        | 2,05         | 8,7          | 26,2         |              |              |              | 1;3;7 |
| Banāns             | 100 | 56         | 0,79         | 0,25         | 12,2         |              |              | 0,7          |       |
| Zāļu tēja          | 150 | 1          | 0,02         | 0,038        | 0,006        |              |              |              |       |
| Cukurs baltais     | 2   | 8          |              |              | 1,996        |              | 2,           |              |       |
| <b>kopā:</b>       |     | <b>258</b> | <b>2,86</b>  | <b>8,99</b>  | <b>40,40</b> | <b>0</b>     | <b>2,000</b> | <b>0,700</b> |       |
| <b>Diena kopā:</b> |     | <b>753</b> | <b>24,32</b> | <b>34,79</b> | <b>83,97</b> | <b>0,430</b> | <b>4,000</b> | <b>5,576</b> |       |

| piektdiena, 17.aprīlis | Svars, g | Kcal | Olbaltum vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|------------------------|----------|------|-----------------|-------|------------|------|--------|--------------|----------|
|------------------------|----------|------|-----------------|-------|------------|------|--------|--------------|----------|

#### Brokastis

|                  |     |            |             |             |              |              |              |              |    |
|------------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|----|
| Prosas biezputra | 120 | 108        | 4,511       | 2,405       | 17,176       | 0,12         | 0,6          | 0,707        | 7, |
| Ievārījums       | 10  | 14         | 0,1         | 0,01        | 3,9          |              |              |              |    |
| Saldskābmaize    | 15  | 34         | 0,945       | 0,15        | 7,2          |              |              | 0,675        | 1, |
| Sviests          | 7   | 52         | 0,042       | 5,775       | 0,308        |              |              |              | 7, |
| Tēja             | 150 | 2          | 0,39        | 0,076       | 0,012        |              |              |              |    |
| Cukurs baltais   | 2   | 8          |             |             | 1,996        |              | 2,           |              |    |
| <b>kopā:</b>     |     | <b>228</b> | <b>6,45</b> | <b>8,52</b> | <b>32,12</b> | <b>0,120</b> | <b>2,600</b> | <b>2,491</b> |    |

#### Pusdienas

|                      |     |    |       |       |       |       |  |       |    |
|----------------------|-----|----|-------|-------|-------|-------|--|-------|----|
| Dārzeņu biezenzupa   | 100 | 63 | 0,729 | 5,103 | 3,785 | 0,1   |  | 1,489 |    |
| Baltmaizes grauzdiņi | 5   | 14 | 0,39  | 0,205 | 2,57  | 0,005 |  | 0,19  | 1, |
| Zivju kotlete        | 40  | 94 | 7,059 | 4,983 | 5,442 | 0,004 |  | 0,316 | 4, |

|                                   |     |            |              |              |              |              |              |              |    |
|-----------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| Kartupeļu biežputra               | 100 | 85         | 2,707        | 0,952        | 15,812       | 0,1          |              | 2,1          | 7, |
| Ķīnas kāpostu salāti ar burkāniem | 50  | 21         | 0,71         | 1,598        | 1,458        | 0,05         | 0,25         | 0,62         |    |
| Augļu un ogu dzēriens             | 150 | 22         | 0,234        | 0,204        | 4,448        |              | 0,375        | 1,218        |    |
| <b>kopā:</b>                      |     | <b>299</b> | <b>11,83</b> | <b>13,05</b> | <b>33,52</b> | <b>0,259</b> | <b>0,625</b> | <b>5,933</b> |    |

#### Launags

|                    |     |            |              |              |              |              |               |              |          |
|--------------------|-----|------------|--------------|--------------|--------------|--------------|---------------|--------------|----------|
| Biezpiena sacepums | 40  | 75         | 7,311        | 1,106        | 8,841        |              | 5,2           | 0,017        | 1;11;3;7 |
| Zemeņu mērce       | 20  | 10         | 0,16         | 0,08         | 2,098        |              | 1,            | 0,32         |          |
| Kakao dzēriens     | 150 | 74         | 4,825        | 3,325        | 6,35         |              |               | 0,775        | 7,       |
| Cukurs baltais     | 2   | 8          |              |              | 1,996        |              | 2,            |              |          |
| Ābols              | 50  | 28         | 0,395        | 0,125        | 6,1          |              |               | 0,35         |          |
| <b>kopā:</b>       |     | <b>195</b> | <b>12,69</b> | <b>4,64</b>  | <b>25,39</b> | <b>0</b>     | <b>8,200</b>  | <b>1,462</b> |          |
| <b>Diena kopā:</b> |     | <b>722</b> | <b>30,97</b> | <b>26,20</b> | <b>91,02</b> | <b>0,379</b> | <b>11,425</b> | <b>9,886</b> |          |

Roh (H. Borisona)

Nedēļas ēdienkarte  
Grupa

BD 3-6

| pirmdiena, 13.aprīlis | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedr<br>vielas | Alerģēni |
|-----------------------|----------|------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Brokastis</b>      |          |            |                    |              |              |              |              |                  |          |
| Auzu pārslu putra     | 150      | 140        | 6,652              | 3,975        | 19,672       | 0,15         | 0,03         | 1,215            | 1,7      |
| levārijums            | 10       | 14         | 0,1                | 0,01         | 3,9          |              |              |                  |          |
| Kliju maīze           | 30       | 82         | 3,63               | 0,81         | 14,19        |              |              | 1,74             | 1,       |
| Sviests               | 10       | 75         | 0,06               | 8,25         | 0,44         |              |              |                  | 7,       |
| Tēja                  | 200      | 3          | 0,52               | 0,102        | 0,016        |              |              |                  |          |
| Cukurs baltais        | 3        | 12         |                    |              | 2,994        |              | 3,           |                  |          |
| <b>kopā:</b>          |          | <b>329</b> | <b>11,16</b>       | <b>13,19</b> | <b>41,73</b> | <b>0,150</b> | <b>3,030</b> | <b>3,155</b>     |          |

|  |     |            |              |              |              |              |          |              |    |
|--|-----|------------|--------------|--------------|--------------|--------------|----------|--------------|----|
| <b>Pusdienas</b>                                     |     |            |              |              |              |              |          |              |    |
| Dārzenu zupa   | 150 | 68         | 2,045        | 3,241        | 7,592        | 0,15         |          | 2,885        | 9, |
| Krējums skābs  | 5   | 10         | 0,13         | 1,           | 0,135        |              |          |              | 7, |
| Sautēta cūkgaja ar dārzeņiem                         | 70  | 102        | 7,596        | 7,554        | 1,093        | 0,28         |          | 0,623        |    |
| Vārīta pasta - makaroni                              | 120 | 208        | 6,716        | 2,128        | 39,585       | 0,48         |          |              | 1, |
| Kāpostu un redīsu salāti ar kefira mērci un zaļumiem | 60  | 23         | 0,998        | 1,069        | 2,254        | 0,3          |          | 1,284        | 7, |
| Ūdens ar ogām  | 200 | 4          | 0,08         | 0,04         | 0,55         |              |          |              |    |
| <b>kopā:</b>   |     | <b>415</b> | <b>17,57</b> | <b>15,03</b> | <b>51,21</b> | <b>1,210</b> | <b>0</b> | <b>4,792</b> |    |

|                      |     |             |              |              |               |              |               |              |       |
|----------------------|-----|-------------|--------------|--------------|---------------|--------------|---------------|--------------|-------|
| <b>Launags</b>       |     |             |              |              |               |              |               |              |       |
| Biezpiena plācenītis | 80  | 174         | 14,389       | 5,241        | 16,93         |              | 5,6           | 0,017        | 1,3;7 |
| levārijums           | 10  | 14          | 0,1          | 0,01         | 3,9           |              |               |              |       |
| Krējums skābs        | 10  | 20          | 0,26         | 2,           | 0,27          |              |               |              | 7,    |
| Zāļu tēja            | 200 | 2           | 0,026        | 0,051        | 0,008         |              |               |              |       |
| Cukurs baltais       | 3   | 12          |              |              | 2,994         |              | 3,            |              |       |
| Ābols                | 70  | 39          | 0,553        | 0,175        | 8,54          |              |               | 0,49         |       |
| <b>kopā:</b>         |     | <b>260</b>  | <b>15,33</b> | <b>7,48</b>  | <b>32,64</b>  | <b>0</b>     | <b>8,600</b>  | <b>0,507</b> |       |
| <b>Diena kopā:</b>   |     | <b>1004</b> | <b>44,06</b> | <b>35,70</b> | <b>125,58</b> | <b>1,360</b> | <b>11,630</b> | <b>8,454</b> |       |

| otrdiena, 14.aprīlis      | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki       | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedr<br>vielas | Alerģēni |
|---------------------------|----------|------------|--------------------|-------------|--------------|--------------|--------------|------------------|----------|
| <b>Brokastis</b>          |          |            |                    |             |              |              |              |                  |          |
| Piecu graudu pārslu putra | 150      | 138        | 6,144              | 3,048       | 20,579       | 0,15         | 0,3          | 2,712            | 1,7      |
| levārijums                | 5        | 7          | 0,05               | 0,005       | 1,95         |              |              |                  |          |
| Sēkļu maīze               | 15       | 45         | 1,575              | 0,96        | 7,065        |              |              | 0,645            | 1;11     |
| Krēmsiers                 | 15       | 30         | 1,08               | 2,67        | 0,495        |              |              |                  | 7,       |
| Tēja                      | 200      | 3          | 0,52               | 0,102       | 0,016        |              |              |                  |          |
| <b>kopā:</b>              |          | <b>223</b> | <b>9,37</b>        | <b>6,79</b> | <b>30,11</b> | <b>0,150</b> | <b>0,300</b> | <b>3,357</b>     |          |

|                                      |     |            |              |              |              |              |              |              |  |
|--------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| <b>Pusdienas</b>                     |     |            |              |              |              |              |              |              |  |
| Biešu zupa ar kartupeļiem un gaļu    | 150 | 137        | 6,268        | 9,633        | 6,296        | 0,15         | 0,495        | 1,59         |  |
| Plovs ar vistas gaļu                 | 130 | 242        | 9,092        | 7,274        | 34,722       | 0,52         |              | 1,609        |  |
| Svaigu dārzeņu salāti ar eļļas mērci | 60  | 30         | 0,646        | 2,507        | 1,439        | 0,03         | 0,18         | 0,562        |  |
| Ūdens ar citrusaugļiem               | 200 | 3          | 0,068        | 0,032        | 0,46         |              |              | 0,064        |  |
| <b>kopā:</b>                         |     | <b>412</b> | <b>16,07</b> | <b>19,45</b> | <b>42,92</b> | <b>0,700</b> | <b>0,675</b> | <b>3,825</b> |  |

|                     |     |             |              |              |               |              |              |               |          |
|---------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|---------------|----------|
| <b>Launags</b>      |     |             |              |              |               |              |              |               |          |
| Karstmaīze ar siera | 60  | 225         | 7,9          | 14,05        | 16,53         |              |              | 1,05          | 1;10;3;7 |
| Kakao dzēriens      | 200 | 45          | 2,254        | 2,386        | 3,498         |              |              | 0,851         | 7,       |
| Cukurs baltais      | 3   | 12          |              |              | 2,994         |              | 3,           |               |          |
| Banāni              | 100 | 88          | 1,2          | 0,2          | 20,           |              |              | 1,8           |          |
| <b>kopā:</b>        |     | <b>370</b>  | <b>11,35</b> | <b>16,64</b> | <b>43,02</b>  | <b>0</b>     | <b>3,000</b> | <b>3,701</b>  |          |
| <b>Diena kopā:</b>  |     | <b>1005</b> | <b>36,80</b> | <b>42,87</b> | <b>116,04</b> | <b>0,850</b> | <b>3,975</b> | <b>10,883</b> |          |

| trešdiena, 15.aprīlis | Svars, g | Kcal | Olbaltum<br>vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedr<br>vielas | Alerģēni |
|-----------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|
| <b>Brokastis</b>      |          |      |                    |       |            |      |        |                  |          |

|                 |     |            |             |             |              |              |              |              |    |
|-----------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|----|
| Kukurūzas putra | 150 | 104        | 5,34        | 2,562       | 15,814       | 0,15         | 0,15         | 1,551        | 7, |
| levārījums      | 5   | 7          | 0,05        | 0,005       | 1,95         |              |              |              |    |
| Baltmaize       | 15  | 39         | 1,17        | 0,315       | 7,71         |              |              | 0,57         | 1, |
| Sviests         | 5   | 37         | 0,03        | 4,125       | 0,22         |              |              |              | 7, |
| Tēja            | 200 | 3          | 0,52        | 0,102       | 0,016        |              |              |              |    |
| <b>kopā:</b>    |     | <b>194</b> | <b>7,23</b> | <b>7,15</b> | <b>26,07</b> | <b>0,150</b> | <b>0,150</b> | <b>2,221</b> |    |

#### Pusdienas

|                              |     |            |              |              |              |              |              |              |       |
|------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-------|
| Cūkgaļas bumbiņa piena mērcē | 70  | 128        | 7,724        | 8,6          | 4,9          | 0,133        |              | 0,848        | 1;3;7 |
| Vārīti kartupeļi             | 120 | 89         | 2,544        | 0,127        | 18,826       | 0,12         |              | 2,671        |       |
| Burkānu salāti ar eļļu       | 60  | 43         | 0,576        | 3,115        | 3,064        | 0,12         | 0,3          | 2,074        |       |
| Flamerī krēms                | 50  | 102        | 2,08         | 8,258        | 4,758        | 0,025        | 1,025        | 0,003        | 1;7   |
| Ogu ķīselis                  | 100 | 99         | 0,32         | 0,102        | 23,644       |              | 5,           | 0,993        |       |
| <b>kopā:</b>                 |     | <b>463</b> | <b>13,30</b> | <b>20,25</b> | <b>55,43</b> | <b>0,398</b> | <b>6,325</b> | <b>6,589</b> |       |

#### Launags

|                      |     |            |              |              |               |              |              |               |    |
|----------------------|-----|------------|--------------|--------------|---------------|--------------|--------------|---------------|----|
| Piena zupa ar rīsiem | 150 | 90         | 4,023        | 2,158        | 13,798        | 0,15         | 1,5          | 0,136         | 7, |
| Bumbieri             | 100 | 55         | 0,5          | 0,3          | 12,4          |              |              | 3,3           |    |
| Kliju maize          | 30  | 82         | 3,63         | 0,81         | 14,19         |              |              | 1,74          | 1, |
| Sviests              | 5   | 37         | 0,03         | 4,125        | 0,22          |              |              |               | 7, |
| Siers                | 20  | 68         | 4,96         | 5,36         |               |              |              |               | 7, |
| <b>kopā:</b>         |     | <b>332</b> | <b>13,14</b> | <b>12,75</b> | <b>40,61</b>  | <b>0,150</b> | <b>1,500</b> | <b>5,176</b>  |    |
| <b>Diena kopā:</b>   |     | <b>989</b> | <b>33,67</b> | <b>40,15</b> | <b>122,11</b> | <b>0,698</b> | <b>7,975</b> | <b>13,986</b> |    |

| četurdiena, 16.aprīlis | Svars, g | Kcal | Olbaltum vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedr vielas | Alerģēni |
|------------------------|----------|------|-----------------|-------|------------|------|--------|---------------|----------|
|------------------------|----------|------|-----------------|-------|------------|------|--------|---------------|----------|

#### Brokastis

|                |     |            |              |              |              |              |              |              |     |
|----------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-----|
| Olu kultenis   | 80  | 118        | 8,429        | 8,136        | 1,965        | 0,08         |              | 0,021        | 3;7 |
| Saldskābmaize  | 30  | 69         | 1,89         | 0,3          | 14,4         |              |              | 1,35         | 1,  |
| Sviests        | 5   | 37         | 0,03         | 4,125        | 0,22         |              |              |              | 7,  |
| Tomāti         | 20  | 3          | 0,2          | 0,04         | 0,52         |              |              | 0,2          |     |
| Tēja           | 200 | 3          | 0,52         | 0,102        | 0,016        |              |              |              |     |
| Cukurs baltais | 3   | 12         |              |              | 2,994        |              | 3,           |              |     |
| <b>kopā:</b>   |     | <b>242</b> | <b>11,07</b> | <b>12,70</b> | <b>20,12</b> | <b>0,080</b> | <b>3,000</b> | <b>1,571</b> |     |

#### Pusdienas

|  |     |            |              |              |              |              |          |              |     |
|--|-----|------------|--------------|--------------|--------------|--------------|----------|--------------|-----|
| Vistas gaļas zupa ar dārzeņiem           | 150 | 89         | 5,408        | 5,675        | 3,963        | 0,15         |          | 2,059        |     |
| Krējums skābs                            | 5   | 10         | 0,13         | 1,           | 0,135        |              |          |              | 7,  |
| Cūkgaļa saldā krējuma mērcē              | 70  | 133        | 7,778        | 9,758        | 3,624        | 0,14         |          | 0,31         | 7;9 |
| Vārīti griķi                             | 120 | 133        | 2,97         | 0,634        | 28,75        | 0,12         |          | 1,267        |     |
| Kāpostu gurķu salāti ar zaļumiem un eļļu | 60  | 29         | 0,759        | 1,919        | 2,266        | 0,06         |          | 1,55         |     |
| Ūdens ar ogām                            | 200 | 4          | 0,08         | 0,04         | 0,55         |              |          |              |     |
| <b>kopā:</b>                             |     | <b>398</b> | <b>17,13</b> | <b>19,03</b> | <b>39,29</b> | <b>0,470</b> | <b>0</b> | <b>5,186</b> |     |

#### Launags

|                    |     |            |              |              |               |              |              |              |       |
|--------------------|-----|------------|--------------|--------------|---------------|--------------|--------------|--------------|-------|
| Kēkss              | 50  | 193        | 2,05         | 8,7          | 26,2          |              |              |              | 1;3;7 |
| Banāns             | 130 | 72         | 1,027        | 0,325        | 15,86         |              |              | 0,91         |       |
| Zāļu tēja          | 200 | 2          | 0,026        | 0,051        | 0,008         |              |              |              |       |
| Cukurs baltais     | 3   | 12         |              |              | 2,994         |              | 3,           |              |       |
| <b>kopā:</b>       |     | <b>279</b> | <b>3,10</b>  | <b>9,08</b>  | <b>45,06</b>  | <b>0</b>     | <b>3,000</b> | <b>0,910</b> |       |
| <b>Diena kopā:</b> |     | <b>919</b> | <b>31,30</b> | <b>40,81</b> | <b>104,47</b> | <b>0,550</b> | <b>6,000</b> | <b>7,667</b> |       |

| piektdiena, 17.aprīlis | Svars, g | Kcal | Olbaltum vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedr vielas | Alerģēni |
|------------------------|----------|------|-----------------|-------|------------|------|--------|---------------|----------|
|------------------------|----------|------|-----------------|-------|------------|------|--------|---------------|----------|

#### Brokastis

|                  |     |     |       |       |       |      |      |       |    |
|------------------|-----|-----|-------|-------|-------|------|------|-------|----|
| Prosas biezputra | 150 | 135 | 5,639 | 3,007 | 21,47 | 0,15 | 0,75 | 0,884 | 7, |
| levārījums       | 10  | 14  | 0,1   | 0,01  | 3,9   |      |      |       |    |
| Saldskābmaize    | 30  | 69  | 1,89  | 0,3   | 14,4  |      |      | 1,35  | 1, |
| Sviests          | 7   | 52  | 0,042 | 5,775 | 0,308 |      |      |       | 7, |
| Tēja             | 200 | 3   | 0,52  | 0,102 | 0,016 |      |      |       |    |
| Cukurs baltais   | 3   | 12  |       |       | 2,994 |      | 3,   |       |    |

|                                   |     |             |              |              |               |              |               |               |          |
|-----------------------------------|-----|-------------|--------------|--------------|---------------|--------------|---------------|---------------|----------|
| <b>kopā:</b>                      |     | <b>298</b>  | <b>8,83</b>  | <b>9,33</b>  | <b>45,23</b>  | <b>0,150</b> | <b>3,750</b>  | <b>3,787</b>  |          |
| <b>Pusdienas</b>                  |     |             |              |              |               |              |               |               |          |
| Dārzeņu biezenzupa                | 150 | 95          | 1,094        | 7,654        | 5,678         | 0,15         |               | 2,234         |          |
| Baltmaizes grauzdiņi              | 10  | 28          | 0,78         | 0,41         | 5,14          | 0,01         |               | 0,38          | 1,       |
| Zivju kotlete                     | 50  | 118         | 8,824        | 6,228        | 6,803         | 0,005        |               | 0,396         | 4,       |
| Kartupeļu biežputra               | 150 | 127         | 4,06         | 1,429        | 23,718        | 0,15         |               | 3,15          | 7,       |
| Ķīnas kāpostu salāti ar burkāniem | 60  | 26          | 0,852        | 1,918        | 1,749         | 0,06         | 0,3           | 0,744         |          |
| Augļu un ogu dzēriens             | 150 | 22          | 0,234        | 0,204        | 4,448         |              | 0,375         | 1,218         |          |
| Rudzu maīze                       | 20  | 52          | 1,72         | 0,28         | 10,04         |              |               | 1,1           | 1,       |
| <b>kopā:</b>                      |     | <b>467</b>  | <b>17,56</b> | <b>18,12</b> | <b>57,58</b>  | <b>0,375</b> | <b>0,675</b>  | <b>9,222</b>  |          |
| <b>Launags</b>                    |     |             |              |              |               |              |               |               |          |
| Biezpiena sacepums                | 50  | 94          | 9,139        | 1,382        | 11,052        |              | 6,5           | 0,021         | 1;11;3;7 |
| Zemeņu mērce                      | 20  | 10          | 0,16         | 0,08         | 2,098         |              | 1,            | 0,32          |          |
| Kakao dzēriens                    | 150 | 74          | 4,825        | 3,325        | 6,35          |              |               | 0,775         | 7,       |
| Cukurs baltais                    | 3   | 12          |              |              | 2,994         |              | 3,            |               |          |
| Ābols                             | 100 | 56          | 0,79         | 0,25         | 12,2          |              |               | 0,7           |          |
| <b>kopā:</b>                      |     | <b>245</b>  | <b>14,91</b> | <b>5,04</b>  | <b>34,69</b>  | <b>0</b>     | <b>10,500</b> | <b>1,816</b>  |          |
| <b>Diena kopā:</b>                |     | <b>1010</b> | <b>41,31</b> | <b>32,49</b> | <b>137,50</b> | <b>0,525</b> | <b>14,925</b> | <b>14,825</b> |          |

SĀSKAŅOTS!  
05.04.2026.  
Bārta (A. Bozisona)

## Nedēļas ēdienkarte

Grupa

BD 3-6

DIETA

| pirmdiena, 13.aprīlis                  | Svars, g | Kcal       | Olbaltum vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrv ielas | Alerģēni |
|--|----------|------------|-----------------|--------------|--------------|--------------|--------------|---------------|----------|
| <b>Brokastis</b>                       |          |            |                 |              |              |              |              |               |          |
| Bez piena bezglutēna auzu pārslu putra | 150      | 150        | 3,045           | 3,188        | 28,499       | 0,45         | 0,6          |               |          |
| ļevārijums                             | 10       | 14         | 0,1             | 0,01         | 3,9          |              |              |               |          |
| Bezglutēna maize                       | 30       | 66         | 0,087           | 0,968        | 14,19        | 0,3          |              |               |          |
| Margarīns sviestmaizēm                 | 5        | 36         |                 | 4,           |              |              |              |               |          |
| "Pusžāvēta desa "Zaļā dakšiņa""        | 20       | 44         | 3,74            | 3,08         | 0,44         |              |              |               |          |
| Tēja                                   | 200      | 3          | 0,52            | 0,102        | 0,016        |              |              |               |          |
| Cukurs baltais                         | 3        | 12         |                 |              | 2,994        |              | 3,           |               |          |
| <b>kopā:</b>                           |          | <b>325</b> | <b>7,49</b>     | <b>11,35</b> | <b>50,04</b> | <b>0,750</b> | <b>3,600</b> | <b>0</b>      |          |

|  |     |            |              |              |              |              |              |              |     |
|--|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-----|
| <b>Pusdienas</b>   |     |            |              |              |              |              |              |              |     |
| Dārzeņu zupa   | 150 | 68         | 2,045        | 3,241        | 7,592        | 0,15         |              | 2,885        | 9,  |
| Sautēta cūkgaļa ar dārzeņiem                                   | 80  | 117        | 8,681        | 8,633        | 1,249        | 0,32         |              | 0,712        |     |
| Vāriti bezglutēna makaroni                                     | 150 | 218        | 2,258        | 3,682        | 43,575       | 0,15         |              | 0,788        |     |
| Jauno kāpostu salāti ar sarkano redīsu un bazilika eļļas mērci | 60  | 38         | 0,822        | 2,833        | 2,34         | 0,009        | 0,015        | 1,634        | 10, |
| Ūdens ar ogām  | 200 | 4          | 0,08         | 0,04         | 0,55         |              |              |              |     |
| <b>kopā:</b>   |     | <b>444</b> | <b>13,89</b> | <b>18,43</b> | <b>55,31</b> | <b>0,629</b> | <b>0,015</b> | <b>6,019</b> |     |

|                    |     |             |              |              |               |              |              |              |    |
|--------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|--------------|----|
| <b>Launags</b>     |     |             |              |              |               |              |              |              |    |
| Bezglutēna pankūka | 100 | 223         | 1,295        | 7,352        | 37,99         | 0,1          | 0,5          |              | 3, |
| ļevārijums         | 20  | 28          | 0,2          | 0,02         | 7,8           |              |              |              |    |
| Zāļu tēja          | 200 | 2           | 0,026        | 0,051        | 0,008         |              |              |              |    |
| Cukurs baltais     | 3   | 12          |              |              | 2,994         |              | 3,           |              |    |
| Auglis             | 70  | 39          | 0,553        | 0,175        | 8,54          |              |              | 0,49         |    |
| <b>kopā:</b>       |     | <b>303</b>  | <b>2,07</b>  | <b>7,60</b>  | <b>57,33</b>  | <b>0,100</b> | <b>3,500</b> | <b>0,490</b> |    |
| <b>Diena kopā:</b> |     | <b>1072</b> | <b>23,45</b> | <b>37,38</b> | <b>162,68</b> | <b>1,479</b> | <b>7,115</b> | <b>6,509</b> |    |

| otrdiena, 14.aprīlis              | Svars, g | Kcal       | Olbaltum vielas | Tauki       | Ogļhidrāti   | Sāls         | Cukurs   | Šķiedrv ielas | Alerģēni |
|-----------------------------------|----------|------------|-----------------|-------------|--------------|--------------|----------|---------------|----------|
| <b>Brokastis</b>                  |          |            |                 |             |              |              |          |               |          |
| Rīsu biežputra ar rīsu pienu      | 150      | 155        | 1,658           | 1,92        | 32,782       | 0,3          |          | 0,315         |          |
| ļevārijums                        | 5        | 7          | 0,05            | 0,005       | 1,95         |              |          |               |          |
| Bezglutēna maize                  | 30       | 66         | 0,087           | 0,968       | 14,19        | 0,3          |          |               |          |
| Vegāniskais siers smēriņš Violife | 20       | 6          |                 | 4,6         | 1,6          |              |          | 0,36          |          |
| Tēja                              | 200      | 3          | 0,52            | 0,102       | 0,016        |              |          |               |          |
| <b>kopā:</b>                      |          | <b>236</b> | <b>2,32</b>     | <b>7,60</b> | <b>50,54</b> | <b>0,600</b> | <b>0</b> | <b>0,675</b>  |          |

|                                      |     |            |              |              |              |              |              |              |  |
|--------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| <b>Pusdienas</b>                     |     |            |              |              |              |              |              |              |  |
| Biešu zupa ar kartupeļiem un gaļu    | 150 | 137        | 6,268        | 9,633        | 6,296        | 0,15         | 0,495        | 1,59         |  |
| Plovs ar vistas gaļu                 | 150 | 279        | 10,491       | 8,393        | 40,064       | 0,6          |              | 1,857        |  |
| Svaigu dārzeņu salāti ar eļļas mērci | 60  | 30         | 0,646        | 2,507        | 1,439        | 0,03         | 0,18         | 0,562        |  |
| Ūdens ar citrusaugļiem               | 200 | 3          | 0,068        | 0,032        | 0,46         |              |              | 0,064        |  |
| Bezglutēna maize                     | 30  | 66         | 0,087        | 0,968        | 14,19        | 0,3          |              |              |  |
| <b>kopā:</b>                         |     | <b>515</b> | <b>17,56</b> | <b>21,53</b> | <b>62,45</b> | <b>1,080</b> | <b>0,675</b> | <b>4,073</b> |  |

|                        |     |             |              |              |               |              |              |              |    |
|------------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|--------------|----|
| <b>Launags</b>         |     |             |              |              |               |              |              |              |    |
| Vārita ola             | 50  | 74          | 6,165        | 4,9          | 0,505         |              |              |              | 3, |
| Margarīns sviestmaizēm | 5   | 36          |              | 4,           |               |              |              |              |    |
| Bezglutēna maize       | 30  | 66          | 0,087        | 0,968        | 14,19         | 0,3          |              |              |    |
| Kakao bez piena        | 200 | 101         | 0,704        | 2,786        | 18,302        |              |              | 0,851        |    |
| Cukurs baltais         | 3   | 12          |              |              | 2,994         |              | 3,           |              |    |
| Banāni                 | 70  | 62          | 0,84         | 0,14         | 14,           |              |              | 1,26         |    |
| <b>kopā:</b>           |     | <b>350</b>  | <b>7,80</b>  | <b>12,79</b> | <b>49,99</b>  | <b>0,300</b> | <b>3,000</b> | <b>2,111</b> |    |
| <b>Diena kopā:</b>     |     | <b>1101</b> | <b>27,67</b> | <b>41,92</b> | <b>162,98</b> | <b>1,980</b> | <b>3,675</b> | <b>6,859</b> |    |

| trešdiena, 15.aprīlis | Svars, g | Kcal | Olbaltum vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrv ielas | Alerģēni |
|-----------------------|----------|------|-----------------|-------|------------|------|--------|---------------|----------|
|-----------------------|----------|------|-----------------|-------|------------|------|--------|---------------|----------|

**Brokastis**

|                               |     |            |             |             |              |              |          |              |    |
|-------------------------------|-----|------------|-------------|-------------|--------------|--------------|----------|--------------|----|
| Kukurūzas biezputra bez piena | 150 | 107        | 6,39        | 2,652       | 15,084       | 0,3          |          | 1,974        | 6, |
| ļevārījums                    | 5   | 7          | 0,05        | 0,005       | 1,95         |              |          |              |    |
| Bezglutēna maize              | 30  | 66         | 0,087       | 0,968       | 14,19        | 0,3          |          |              |    |
| Margarīns sviestmaizēm        | 5   | 36         |             | 4,          |              |              |          |              |    |
| Gurķi                         | 20  | 2          | 0,12        | 0,04        | 0,36         |              |          | 0,1          |    |
| Tēja                          | 200 | 3          | 0,52        | 0,102       | 0,016        |              |          |              |    |
| <b>kopā:</b>                  |     | <b>221</b> | <b>7,17</b> | <b>7,77</b> | <b>31,60</b> | <b>0,600</b> | <b>0</b> | <b>2,074</b> |    |

**Pusdienas**

|  |     |            |              |              |              |              |              |              |  |
|--|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| Cūkgājas bumbiņa ar dārzeņiem, bez miltiem | 60  | 147        | 9,354        | 9,884        | 4,995        | 0,058        |              | 0,427        |  |
| Baltā mērce uz augu tauku bāzes            | 20  | 59         | 0,121        | 6,139        | 0,888        | 0,02         |              | 0,001        |  |
| Vārīti kartupeļi                           | 120 | 89         | 2,544        | 0,127        | 18,826       | 0,12         |              | 2,671        |  |
| Burkānu salāti ar eļļu                     | 60  | 43         | 0,576        | 3,115        | 3,064        | 0,12         | 0,3          | 2,074        |  |
| Vaniļas krēms uz augu tauku bāzes          | 30  | 71         | 0,611        | 5,077        | 5,8          |              | 3,6          |              |  |
| Ogu ķīselis                                | 100 | 99         | 0,32         | 0,102        | 23,644       |              | 5,           | 0,993        |  |
| Ūdens ar citronu                           | 150 | 3          | 0,052        | 0,045        | 0,24         |              |              |              |  |
| Bezglutēna maize                           | 15  | 33         | 0,044        | 0,484        | 7,095        | 0,15         |              |              |  |
| <b>kopā:</b>                               |     | <b>543</b> | <b>13,62</b> | <b>24,97</b> | <b>64,55</b> | <b>0,468</b> | <b>8,900</b> | <b>6,166</b> |  |

**Launags**

|                         |     |             |              |              |               |              |              |               |  |
|-------------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|---------------|--|
| Rīsu zupa bez piena     | 200 | 87          | 0,954        | 1,058        | 18,501        | 0,2          |              | 0,182         |  |
| Bumbieri                | 100 | 55          | 0,5          | 0,3          | 12,4          |              |              | 3,3           |  |
| Bezglutēna maize        | 30  | 66          | 0,087        | 0,968        | 14,19         | 0,3          |              |               |  |
| Margarīns sviestmaizēm  | 5   | 36          |              | 4,           |               |              |              |               |  |
| Vegāniskais siers Gouda | 20  | 60          |              | 4,8          | 4,2           |              |              |               |  |
| <b>kopā:</b>            |     | <b>304</b>  | <b>1,54</b>  | <b>11,13</b> | <b>49,29</b>  | <b>0,500</b> | <b>0</b>     | <b>3,482</b>  |  |
| <b>Diena kopā:</b>      |     | <b>1067</b> | <b>22,33</b> | <b>43,87</b> | <b>145,44</b> | <b>1,568</b> | <b>8,900</b> | <b>11,722</b> |  |

| ceturtadiena, 16.aprīlis | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|--------------------------|----------|------|----------------|-------|------------|------|--------|--------------|----------|
|--------------------------|----------|------|----------------|-------|------------|------|--------|--------------|----------|

**Brokastis**

|                        |     |            |              |              |              |              |              |              |    |
|------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| Olu kultenis           | 100 | 152        | 9,42         | 9,954        | 5,157        | 0,1          |              | 0,026        | 3, |
| Bezglutēna maize       | 30  | 66         | 0,087        | 0,968        | 14,19        | 0,3          |              |              |    |
| Margarīns sviestmaizēm | 5   | 36         |              | 4,           |              |              |              |              |    |
| Tomāti                 | 20  | 3          | 0,2          | 0,04         | 0,52         |              |              | 0,2          |    |
| Tēja                   | 200 | 3          | 0,52         | 0,102        | 0,016        |              |              |              |    |
| Cukurs baltais         | 3   | 12         |              |              | 2,994        |              | 3,           |              |    |
| <b>kopā:</b>           |     | <b>272</b> | <b>10,23</b> | <b>15,06</b> | <b>22,88</b> | <b>0,400</b> | <b>3,000</b> | <b>0,226</b> |    |

**Pusdienas**

|  |     |            |              |              |              |              |          |              |  |
|--|-----|------------|--------------|--------------|--------------|--------------|----------|--------------|--|
| Vistas gaļas zupa ar dārzeņiem           | 150 | 89         | 5,408        | 5,675        | 3,963        | 0,15         |          | 2,059        |  |
| Sautēta cūkgāja ar dārzeņiem             | 70  | 102        | 7,596        | 7,554        | 1,093        | 0,28         |          | 0,623        |  |
| Vārīti griķi                             | 120 | 133        | 2,97         | 0,634        | 28,75        | 0,12         |          | 1,267        |  |
| Kāpostu gurķu salāti ar zaļumiem un eļļu | 60  | 29         | 0,759        | 1,919        | 2,266        | 0,06         |          | 1,55         |  |
| Ūdens ar ogām                            | 200 | 4          | 0,08         | 0,04         | 0,55         |              |          |              |  |
| Bezglutēna maize                         | 30  | 66         | 0,087        | 0,968        | 14,19        | 0,3          |          |              |  |
| <b>kopā:</b>                             |     | <b>422</b> | <b>16,90</b> | <b>16,79</b> | <b>50,81</b> | <b>0,910</b> | <b>0</b> | <b>5,499</b> |  |

**Launags**

|                    |     |             |              |              |               |              |              |              |    |
|--------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|--------------|----|
| Bezglutēna kūkss   | 70  | 285         | 3,85         | 13,65        | 36,19         |              |              | 0,84         | 3, |
| Auglis             | 130 | 72          | 1,027        | 0,325        | 15,86         |              |              | 0,91         |    |
| Zāļu tēja          | 200 | 2           | 0,026        | 0,051        | 0,008         |              |              |              |    |
| Cukurs baltais     | 3   | 12          |              |              | 2,994         |              | 3,           |              |    |
| <b>kopā:</b>       |     | <b>371</b>  | <b>4,90</b>  | <b>14,03</b> | <b>55,05</b>  | <b>0</b>     | <b>3,000</b> | <b>1,750</b> |    |
| <b>Diena kopā:</b> |     | <b>1065</b> | <b>32,03</b> | <b>45,88</b> | <b>128,74</b> | <b>1,310</b> | <b>6,000</b> | <b>7,475</b> |    |

| piektdiena, 17.aprīlis | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|------------------------|----------|------|----------------|-------|------------|------|--------|--------------|----------|
|------------------------|----------|------|----------------|-------|------------|------|--------|--------------|----------|

**Brokastis**

|                                |     |     |       |      |        |     |  |       |  |
|--------------------------------|-----|-----|-------|------|--------|-----|--|-------|--|
| Prosas biezputra ar rīsu pienu | 150 | 161 | 2,478 | 2,7  | 31,632 | 0,3 |  | 0,912 |  |
| ļevārījums                     | 10  | 14  | 0,1   | 0,01 | 3,9    |     |  |       |  |

|  |     |            |             |             |              |              |              |              |  |
|--|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|--|
| Bezglutēna maize                               | 30  | 66         | 0,087       | 0,968       | 14,19        | 0,3          |              |              |  |
| Margarīns sviestmaizēm                         | 5   | 36         |             | 4,          |              |              |              |              |  |
| Svaigu dārzeņu assorti ar sarkanajiem redīsiem | 70  | 13         | 0,641       | 0,139       | 2,139        |              |              | 1,553        |  |
| Tēja   | 200 | 3          | 0,52        | 0,102       | 0,016        |              |              |              |  |
| Cukurs baltais                                 | 3   | 12         |             |             | 2,994        |              | 3,           |              |  |
| <b>kopā:</b>                                   |     | <b>304</b> | <b>3,83</b> | <b>7,92</b> | <b>64,87</b> | <b>0,600</b> | <b>3,000</b> | <b>2,465</b> |  |

#### Pusdienas

|                                     |     |            |              |              |              |              |              |              |    |
|-------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| Dārzeņu biezenzupa                  | 150 | 95         | 1,094        | 7,654        | 5,678        | 0,15         |              | 2,234        |    |
| Bezglutēna maizes grauzdiņi         | 10  | 23         | 0,29         | 0,7          | 3,97         | 0,01         |              |              |    |
| Zivju kotlete                       | 50  | 118        | 8,824        | 6,228        | 6,803        | 0,005        |              | 0,396        | 4, |
| Miciti kartupeļi ar dārzeņu buljonu | 150 | 107        | 3,077        | 0,167        | 22,509       | 0,15         |              | 3,349        | 9, |
| Ķīnas kāpostu salāti ar burkāniem   | 60  | 26         | 0,852        | 1,918        | 1,749        | 0,06         | 0,3          | 0,744        |    |
| Augļu un ogu dzēriens               | 150 | 22         | 0,234        | 0,204        | 4,448        |              | 0,375        | 1,218        |    |
| Bezglutēna maize                    | 30  | 66         | 0,087        | 0,968        | 14,19        | 0,3          |              |              |    |
| <b>kopā:</b>                        |     | <b>456</b> | <b>14,46</b> | <b>17,84</b> | <b>69,35</b> | <b>0,675</b> | <b>0,675</b> | <b>7,941</b> |    |

#### Launags

|                              |     |             |              |              |               |              |              |               |    |
|------------------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|---------------|----|
| Bezglutēna kukurūzas pārslas | 30  | 108         | 1,5          | 0,15         | 25,2          |              |              | 0,99          |    |
| Mandeļu dzēriens             | 150 | 105         | 2,25         | 6,9          | 7,65          |              |              |               | 8, |
| Auglis                       | 130 | 72          | 1,027        | 0,325        | 15,86         |              |              | 0,91          |    |
| <b>kopā:</b>                 |     | <b>286</b>  | <b>4,78</b>  | <b>7,38</b>  | <b>48,71</b>  | <b>0</b>     | <b>0</b>     | <b>1,900</b>  |    |
| <b>Diena kopā:</b>           |     | <b>1046</b> | <b>23,06</b> | <b>33,13</b> | <b>162,93</b> | <b>1,275</b> | <b>3,675</b> | <b>12,306</b> |    |

## Nedēļas ēdienkarte

## Grupa

1.-4. klase

| pirmdiena, 13.aprīlis                                 | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs   | Šķiedrv<br>ielas | Alerģēni |
|---|----------|------------|--------------------|--------------|--------------|--------------|----------|------------------|----------|
| <b>Pusdienas</b>                                      |          |            |                    |              |              |              |          |                  |          |
| Dārzeņu zupa  | 200      | 91         | 2,727              | 4,321        | 10,123       | 0,2          |          | 3,847            | 9,       |
| Krējums skābs   | 5        | 10         | 0,13               | 1,           | 0,135        |              |          |                  | 7,       |
| Sautēta cūkgāja ar dāržeņiem                          | 70       | 102        | 7,596              | 7,554        | 1,093        | 0,28         |          | 0,623            |          |
| Vārīta pasta - makaroni                               | 150      | 260        | 8,395              | 2,66         | 49,481       | 0,6          |          |                  | 1,       |
| Kāpostu un redīsu salāti ar kefira mērci un zaļumļiem | 70       | 27         | 1,164              | 1,247        | 2,63         | 0,35         |          | 1,498            | 7,       |
| Ūdens ar ogām   | 200      | 96         | 6,                 | 4,           | 9,           |              |          |                  | 7,       |
| <b>kopā:</b>  |          | <b>585</b> | <b>26,01</b>       | <b>20,78</b> | <b>72,46</b> | <b>1,430</b> | <b>0</b> | <b>5,968</b>     |          |

**Launags**

|                      |     |            |              |              |              |          |               |              |       |
|----------------------|-----|------------|--------------|--------------|--------------|----------|---------------|--------------|-------|
| Biezpiena plācenītis | 100 | 217        | 17,986       | 6,552        | 21,162       |          | 7,            | 0,021        | 1;3;7 |
| Ievārījums           | 10  | 14         | 0,1          | 0,01         | 3,9          |          |               |              |       |
| Krējums skābs        | 20  | 40         | 0,52         | 4,           | 0,54         |          |               |              | 7,    |
| Zāļu tēja            | 200 | 2          | 0,026        | 0,051        | 0,008        |          |               |              |       |
| Cukurs baltais       | 3   | 12         |              |              | 2,994        |          | 3,            |              |       |
| Ābols                | 100 | 56         | 0,79         | 0,25         | 12,2         |          |               | 0,7          |       |
| <b>kopā:</b>         |     | <b>340</b> | <b>19,42</b> | <b>10,86</b> | <b>40,80</b> | <b>0</b> | <b>10,000</b> | <b>0,721</b> |       |

| otrdiena, 14.aprīlis | Svars, g | Kcal | Olbaltum<br>vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrv<br>ielas | Alerģēni |
|----------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|
|----------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|

**Pusdienas**

|                                      |     |            |              |              |              |              |              |              |    |
|--------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| Biešu zupa ar kartupeļiem un gaļu    | 200 | 182        | 8,358        | 12,843       | 8,395        | 0,2          | 0,66         | 2,12         |    |
| Krējums skābs                        | 5   | 10         | 0,13         | 1,           | 0,135        |              |              |              | 7, |
| Plovs ar vistas gaļu                 | 200 | 372        | 13,988       | 11,191       | 53,419       | 0,8          |              | 2,475        |    |
| Svaigu dārzeņu salāti ar eļļas mērci | 80  | 40         | 0,861        | 3,343        | 1,919        | 0,04         | 0,24         | 0,749        |    |
| Augļu dzēriens                       | 200 | 65         | 0,315        | 0,234        | 15,159       |              | 6,           | 1,068        |    |
| <b>kopā:</b>                         |     | <b>722</b> | <b>25,37</b> | <b>28,89</b> | <b>89,07</b> | <b>1,040</b> | <b>6,900</b> | <b>7,512</b> |    |

**Launags**

|                     |     |            |              |              |              |          |              |              |          |
|---------------------|-----|------------|--------------|--------------|--------------|----------|--------------|--------------|----------|
| Karstmaize ar sieru | 60  | 225        | 7,9          | 14,05        | 16,53        |          |              | 1,05         | 1;10;3;7 |
| Kakao dzēriens      | 200 | 45         | 2,254        | 2,386        | 3,498        |          |              | 0,851        | 7,       |
| Cukurs baltais      | 2   | 8          |              |              | 1,996        |          | 2,           |              |          |
| Banāni              | 100 | 88         | 1,2          | 0,2          | 20,          |          |              | 1,8          |          |
| <b>kopā:</b>        |     | <b>366</b> | <b>11,35</b> | <b>16,64</b> | <b>42,02</b> | <b>0</b> | <b>2,000</b> | <b>3,701</b> |          |

| trešdiena, 15.aprīlis | Svars, g | Kcal | Olbaltum<br>vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrv<br>ielas | Alerģēni |
|-----------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|
|-----------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|

**Pusdienas**

|                              |     |            |              |              |              |              |              |              |       |
|------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-------|
| Cūkgājas bumbiņa piena mērcē | 80  | 147        | 8,828        | 9,828        | 5,6          | 0,152        |              | 0,97         | 1;3;7 |
| Vārīti kartupeļi             | 150 | 112        | 3,18         | 0,159        | 23,532       | 0,15         |              | 3,339        |       |
| Burkānu salāti ar eļļu       | 70  | 50         | 0,672        | 3,634        | 3,575        | 0,14         | 0,35         | 2,419        |       |
| Flamerī krēms                | 40  | 82         | 1,664        | 6,606        | 3,807        | 0,02         | 0,82         | 0,003        | 1;7   |
| Ogu ķīselis                  | 100 | 99         | 0,32         | 0,102        | 23,644       |              | 5,           | 0,993        |       |
| <b>kopā:</b>                 |     | <b>636</b> | <b>22,78</b> | <b>24,61</b> | <b>79,20</b> | <b>0,462</b> | <b>6,170</b> | <b>8,824</b> |       |

**Launags**

|                      |     |            |              |              |              |              |              |              |    |
|----------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| Plena zupa ar rīsiem | 300 | 180        | 8,046        | 4,317        | 27,596       | 0,3          | 3,           | 0,273        | 7, |
| Bumbieri             | 100 | 55         | 0,5          | 0,3          | 12,4         |              |              | 3,3          |    |
| Kliju maize          | 30  | 82         | 3,63         | 0,81         | 14,19        |              |              | 1,74         | 1, |
| Sviests              | 5   | 37         | 0,03         | 4,125        | 0,22         |              |              |              | 7, |
| Siers                | 20  | 68         | 4,96         | 5,36         |              |              |              |              | 7, |
| <b>kopā:</b>         |     | <b>422</b> | <b>17,17</b> | <b>14,91</b> | <b>54,41</b> | <b>0,300</b> | <b>3,000</b> | <b>5,313</b> |    |

| ceturtdiena, 16.aprīlis | Svars, g | Kcal | Olbaltum<br>vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrv<br>ielas | Alerģēni |
|-------------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|
|-------------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|

**Pusdienas**

|                                |     |     |      |       |       |     |  |       |  |
|--------------------------------|-----|-----|------|-------|-------|-----|--|-------|--|
| Vistas gaļas zupa ar dāržeņiem | 200 | 119 | 7,21 | 7,566 | 5,284 | 0,2 |  | 2,745 |  |
|--------------------------------|-----|-----|------|-------|-------|-----|--|-------|--|

|  |     |            |              |              |              |              |          |              |     |
|--|-----|------------|--------------|--------------|--------------|--------------|----------|--------------|-----|
| Krējums skābs                            | 5   | 10         | 0,13         | 1,           | 0,135        |              |          |              | 7,  |
| Cūkgāja saldā krējuma mērcē              | 100 | 191        | 11,111       | 13,941       | 5,177        | 0,2          |          | 0,443        | 7;9 |
| Vārīti griķi                             | 200 | 221        | 4,95         | 1,056        | 47,916       | 0,2          |          | 2,112        |     |
| Kāpostu gurķu salāti ar zajumiem un eļļu | 90  | 44         | 1,138        | 2,879        | 3,399        | 0,09         |          | 2,324        |     |
| Ūdens ar ogām                            | 200 | 4          | 0,08         | 0,04         | 0,55         |              |          |              |     |
| <b>kopā:</b>                             |     | <b>639</b> | <b>26,34</b> | <b>26,76</b> | <b>72,50</b> | <b>0,690</b> | <b>0</b> | <b>8,724</b> |     |

#### Launags

|                |     |            |             |             |              |          |              |              |       |
|----------------|-----|------------|-------------|-------------|--------------|----------|--------------|--------------|-------|
| Kēkss          | 50  | 193        | 2,05        | 8,7         | 26,2         |          |              |              | 1;3;7 |
| Banāns         | 130 | 72         | 1,027       | 0,325       | 15,86        |          |              | 0,91         |       |
| Zāļu tēja      | 200 | 2          | 0,026       | 0,051       | 0,008        |          |              |              |       |
| Cukurs baltais | 3   | 12         |             |             | 2,994        |          | 3,           |              |       |
| <b>kopā:</b>   |     | <b>279</b> | <b>3,10</b> | <b>9,08</b> | <b>45,06</b> | <b>0</b> | <b>3,000</b> | <b>0,910</b> |       |

| piektdiena, 17.aprīlis | Svars, g | Kcal | Olbaltum vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|------------------------|----------|------|-----------------|-------|------------|------|--------|--------------|----------|
|------------------------|----------|------|-----------------|-------|------------|------|--------|--------------|----------|

#### Pusdienas

|                                   |     |            |              |              |              |              |              |               |    |
|-----------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|----|
| Dārzeņu biezeņzupa                | 200 | 127        | 1,458        | 10,206       | 7,57         | 0,2          |              | 2,978         |    |
| Baltmaizes grauzdīņi              | 10  | 28         | 0,78         | 0,41         | 5,14         | 0,01         |              | 0,38          | 1, |
| Zivju kotlete                     | 60  | 141        | 10,589       | 7,474        | 8,163        | 0,005        |              | 0,475         | 4, |
| Kartupeļu biežputra               | 150 | 127        | 4,06         | 1,429        | 23,718       | 0,15         |              | 3,15          | 7, |
| Ķīnas kāpostu salāti ar burkāniem | 100 | 43         | 1,42         | 3,196        | 2,915        | 0,1          | 0,5          | 1,24          |    |
| Augļu un ogu dzēriens             | 200 | 29         | 0,312        | 0,272        | 5,931        |              | 0,5          | 1,624         |    |
| Rudzu maīze                       | 40  | 104        | 3,44         | 0,56         | 20,08        |              |              | 2,2           | 1, |
| <b>kopā:</b>                      |     | <b>599</b> | <b>22,06</b> | <b>23,55</b> | <b>73,52</b> | <b>0,465</b> | <b>1,000</b> | <b>12,047</b> |    |

#### Launags

|                    |     |            |              |             |              |          |               |              |          |
|--------------------|-----|------------|--------------|-------------|--------------|----------|---------------|--------------|----------|
| Biezpiena sacepums | 100 | 188        | 18,278       | 2,764       | 22,103       |          | 13,           | 0,041        | 1;11;3;7 |
| Zemeņu mērce       | 20  | 10         | 0,16         | 0,08        | 2,098        |          | 1,            | 0,32         |          |
| Kakao dzēriens     | 200 | 98         | 6,433        | 4,433       | 8,467        |          |               | 1,034        | 7,       |
| Cukurs baltais     | 3   | 12         |              |             | 2,994        |          | 3,            |              |          |
| Ābols              | 130 | 72         | 1,027        | 0,325       | 15,86        |          |               | 0,91         |          |
| <b>kopā:</b>       |     | <b>380</b> | <b>25,90</b> | <b>7,60</b> | <b>51,52</b> | <b>0</b> | <b>17,000</b> | <b>2,305</b> |          |

## Nedēļas ēdienkarte

## Grupa

1.-4. klase

## DIĒTA

| pirmdiena, 13.aprīlis  | Svars, g | Kcal       | Olbaltum vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedr vielas | Alerģēni |
|--|----------|------------|-----------------|--------------|--------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>   |          |            |                 |              |              |              |              |               |          |
| Dārzeņu zupa   | 200      | 91         | 2,727           | 4,321        | 10,123       | 0,2          |              | 3,847         | 9,       |
| Sautēta cūkgāja ar dārzeniņiem                                 | 100      | 146        | 10,851          | 10,792       | 1,561        | 0,4          |              | 0,89          |          |
| Vāriti bezglutēna makaroni                                     | 200      | 290        | 3,01            | 4,91         | 58,1         | 0,2          |              | 1,05          |          |
| Jauno kāpostu salāti ar sarkano redīsu un bazilika eļļas mērci | 100      | 63         | 1,371           | 4,722        | 3,899        | 0,015        | 0,025        | 2,724         | 10,      |
| Ūdens ar ogām  | 200      | 4          | 0,08            | 0,04         | 0,55         |              |              |               |          |
| Bezglutēna maize   | 30       | 66         | 0,087           | 0,968        | 14,19        | 0,3          |              |               |          |
| <b>kopā:</b>   |          | <b>660</b> | <b>18,13</b>    | <b>25,75</b> | <b>88,42</b> | <b>1,115</b> | <b>0,025</b> | <b>8,511</b>  |          |

## Launags

|                    |     |            |             |             |              |              |              |              |    |
|--------------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|----|
| Bezglutēna pankūka | 100 | 223        | 1,295       | 7,352       | 37,99        | 0,1          | 0,5          |              | 3, |
| Ievārījums         | 20  | 28         | 0,2         | 0,02        | 7,8          |              |              |              |    |
| Zāļu tēja          | 200 | 2          | 0,026       | 0,051       | 0,008        |              |              |              |    |
| Cukurs baltais     | 3   | 12         |             |             | 2,994        |              | 3,           |              |    |
| Auglis             | 100 | 56         | 0,79        | 0,25        | 12,2         |              |              | 0,7          |    |
| <b>kopā:</b>       |     | <b>320</b> | <b>2,31</b> | <b>7,67</b> | <b>60,99</b> | <b>0,100</b> | <b>3,500</b> | <b>0,700</b> |    |

| otrdiena, 14.aprīlis | Svars, g | Kcal | Olbaltum vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedr vielas | Alerģēni |
|----------------------|----------|------|-----------------|-------|------------|------|--------|---------------|----------|
|----------------------|----------|------|-----------------|-------|------------|------|--------|---------------|----------|

## Pusdienas

|                                      |     |            |              |              |              |              |              |              |  |
|--------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| Biešu zupa ar kartupeļiem un gaļu    | 200 | 182        | 8,358        | 12,843       | 8,395        | 0,2          | 0,66         | 2,12         |  |
| Plovs ar vistas gaļu                 | 200 | 372        | 13,988       | 11,191       | 53,419       | 0,8          |              | 2,475        |  |
| Svaigu dārzeņu salāti ar eļļas mērci | 80  | 40         | 0,861        | 3,343        | 1,919        | 0,04         | 0,24         | 0,749        |  |
| Augļu dzēriens                       | 200 | 65         | 0,315        | 0,234        | 15,159       |              | 6,           | 1,068        |  |
| Bezglutēna maize                     | 30  | 66         | 0,087        | 0,968        | 14,19        | 0,3          |              |              |  |
| <b>kopā:</b>                         |     | <b>725</b> | <b>23,61</b> | <b>28,58</b> | <b>93,08</b> | <b>1,340</b> | <b>6,900</b> | <b>6,412</b> |  |

## Launags

|                        |     |            |             |              |              |              |              |              |    |
|------------------------|-----|------------|-------------|--------------|--------------|--------------|--------------|--------------|----|
| Vārīta ola             | 50  | 74         | 6,165       | 4,9          | 0,505        |              |              |              | 3, |
| Margarīns sviestmaizēm | 10  | 72         |             | 8,           |              |              |              |              |    |
| Bezglutēna maize       | 30  | 66         | 0,087       | 0,968        | 14,19        | 0,3          |              |              |    |
| Kakao bez piena        | 200 | 101        | 0,704       | 2,786        | 18,302       |              |              | 0,851        |    |
| Cukurs baltais         | 2   | 8          |             |              | 1,996        |              | 2,           |              |    |
| Banāni                 | 100 | 88         | 1,2         | 0,2          | 20,          |              |              | 1,8          |    |
| <b>kopā:</b>           |     | <b>408</b> | <b>8,16</b> | <b>16,85</b> | <b>54,99</b> | <b>0,300</b> | <b>2,000</b> | <b>2,651</b> |    |

| trešdiena, 15.aprīlis | Svars, g | Kcal | Olbaltum vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedr vielas | Alerģēni |
|-----------------------|----------|------|-----------------|-------|------------|------|--------|---------------|----------|
|-----------------------|----------|------|-----------------|-------|------------|------|--------|---------------|----------|

## Pusdienas

|  |     |            |              |              |              |              |              |              |  |
|--|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| Cūkgājas bumbiņa ar dārzeniņiem, bez miltiem | 60  | 147        | 9,354        | 9,884        | 4,995        | 0,058        |              | 0,427        |  |
| Baltā mērce uz augu tauku bāzes              | 20  | 59         | 0,121        | 6,139        | 0,888        | 0,02         |              | 0,001        |  |
| Vāriti kartupeļi                             | 150 | 112        | 3,18         | 0,159        | 23,532       | 0,15         |              | 3,339        |  |
| Burkānu salāti ar eļļu                       | 70  | 50         | 0,672        | 3,634        | 3,575        | 0,14         | 0,35         | 2,419        |  |
| Vanijas krēms uz augu tauku bāzes            | 30  | 71         | 0,611        | 5,077        | 5,8          |              | 3,6          |              |  |
| Ogu ķīselis                                  | 100 | 99         | 0,32         | 0,102        | 23,644       |              | 5,           | 0,993        |  |
| Ūdens ar citronu                             | 200 | 4          | 0,07         | 0,06         | 0,32         |              |              |              |  |
| Bezglutēna maize                             | 30  | 66         | 0,087        | 0,968        | 14,19        | 0,3          |              |              |  |
| <b>kopā:</b>                                 |     | <b>606</b> | <b>14,42</b> | <b>26,02</b> | <b>76,94</b> | <b>0,668</b> | <b>8,950</b> | <b>7,179</b> |  |

## Launags

|                        |     |     |       |       |        |     |  |       |  |
|------------------------|-----|-----|-------|-------|--------|-----|--|-------|--|
| Rīsu zupa bez piena    | 300 | 131 | 1,431 | 1,587 | 27,752 | 0,3 |  | 0,273 |  |
| Bumbieri               | 100 | 55  | 0,5   | 0,3   | 12,4   |     |  | 3,3   |  |
| Bezglutēna maize       | 30  | 66  | 0,087 | 0,968 | 14,19  | 0,3 |  |       |  |
| Margarīns sviestmaizēm | 10  | 72  |       | 8,    |        |     |  |       |  |

|                         |    |            |             |              |              |              |          |              |  |
|-------------------------|----|------------|-------------|--------------|--------------|--------------|----------|--------------|--|
| Vegāniskais siers Gouda | 20 | 60         |             | 4,8          | 4,2          |              |          |              |  |
| <b>kopā:</b>            |    | <b>383</b> | <b>2,02</b> | <b>15,66</b> | <b>58,54</b> | <b>0,600</b> | <b>0</b> | <b>3,573</b> |  |

| ceturtdiena, 16.aprīlis | Svars, g | Kcal | Olbaltum vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedr vielas | Alerģēni |
|-------------------------|----------|------|-----------------|-------|------------|------|--------|---------------|----------|
|-------------------------|----------|------|-----------------|-------|------------|------|--------|---------------|----------|

#### Pusdienas

|  |     |            |              |              |              |              |              |              |  |
|--|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| Vistas gaļas zupa ar dārzeņiem           | 200 | 119        | 7,21         | 7,566        | 5,284        | 0,2          |              | 2,745        |  |
| Sautēta cūkgaļa ar dārzeņiem             | 80  | 117        | 8,681        | 8,633        | 1,249        | 0,32         |              | 0,712        |  |
| Vārīti griķi                             | 200 | 221        | 4,95         | 1,056        | 47,916       | 0,2          |              | 2,112        |  |
| Kāpostu gurķu salāti ar zaļumiem un eļļu | 90  | 44         | 1,138        | 2,879        | 3,399        | 0,09         |              | 2,324        |  |
| Citronu eļļas mērce                      | 5   | 37         | 0,005        | 4,004        | 0,324        | 0,05         | 0,3          | 0,001        |  |
| Ūdens ar ogām                            | 200 | 4          | 0,08         | 0,04         | 0,55         |              |              |              |  |
| Bezglutēna maize                         | 30  | 66         | 0,087        | 0,968        | 14,19        | 0,3          |              |              |  |
| <b>kopā:</b>                             |     | <b>607</b> | <b>22,15</b> | <b>25,15</b> | <b>72,91</b> | <b>1,160</b> | <b>0,300</b> | <b>7,894</b> |  |

#### Launags

|                  |     |            |             |              |              |          |              |              |    |
|------------------|-----|------------|-------------|--------------|--------------|----------|--------------|--------------|----|
| Bezglutēna kēkss | 70  | 285        | 3,85        | 13,65        | 36,19        |          |              | 0,84         | 3, |
| Auglis           | 130 | 72         | 1,027       | 0,325        | 15,86        |          |              | 0,91         |    |
| Zāļu tēja        | 200 | 2          | 0,026       | 0,051        | 0,008        |          |              |              |    |
| Cukurs baltais   | 3   | 12         |             |              | 2,994        |          | 3,           |              |    |
| <b>kopā:</b>     |     | <b>371</b> | <b>4,90</b> | <b>14,03</b> | <b>55,05</b> | <b>0</b> | <b>3,000</b> | <b>1,750</b> |    |

| piektdiena, 17.aprīlis | Svars, g | Kcal | Olbaltum vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedr vielas | Alerģēni |
|------------------------|----------|------|-----------------|-------|------------|------|--------|---------------|----------|
|------------------------|----------|------|-----------------|-------|------------|------|--------|---------------|----------|

#### Pusdienas

|                                     |     |            |              |              |              |              |              |               |    |
|-------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|----|
| Dārzeņu biezenzupa                  | 250 | 159        | 1,822        | 12,758       | 9,462        | 0,25         |              | 3,722         |    |
| Bezglutēna maizes grauzdīņi         | 10  | 23         | 0,29         | 0,7          | 3,97         | 0,01         |              |               |    |
| Zivju kotlete                       | 60  | 141        | 10,589       | 7,474        | 8,163        | 0,005        |              | 0,475         | 4, |
| Mīcīti kartupeļi ar dārzeņu buljonu | 200 | 143        | 4,103        | 0,223        | 30,012       | 0,2          |              | 4,465         | 9, |
| Kīnas kāpostu salāti ar burkāniem   | 100 | 43         | 1,42         | 3,196        | 2,915        | 0,1          | 0,5          | 1,24          |    |
| Augļu un ogu dzēriens               | 200 | 29         | 0,312        | 0,272        | 5,931        |              | 0,5          | 1,624         |    |
| Bezglutēna maize                    | 30  | 66         | 0,087        | 0,968        | 14,19        | 0,3          |              |               |    |
| <b>kopā:</b>                        |     | <b>603</b> | <b>18,62</b> | <b>25,59</b> | <b>74,64</b> | <b>0,865</b> | <b>1,000</b> | <b>11,526</b> |    |

#### Launags

|                              |     |            |             |             |              |          |          |              |    |
|------------------------------|-----|------------|-------------|-------------|--------------|----------|----------|--------------|----|
| Bezglutēna kukurūzas pārslas | 30  | 108        | 1,5         | 0,15        | 25,2         |          |          | 0,99         |    |
| Mandeļu dzēriens             | 200 | 140        | 3,          | 9,2         | 10,2         |          |          |              | 8, |
| Auglis                       | 130 | 72         | 1,027       | 0,325       | 15,86        |          |          | 0,91         |    |
| <b>kopā:</b>                 |     | <b>321</b> | <b>5,53</b> | <b>9,68</b> | <b>51,26</b> | <b>0</b> | <b>0</b> | <b>1,900</b> |    |

## Nedēļas ēdienkarte

## Grupa

1.-4. klase

## VEĢETĀRĀ

| pirmdiena, 13.aprīlis                                | Svars, g | Kcal       | Olbaltumv<br>ielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs   | Šķiedrv<br>ielas | Alerģēni |
|--|----------|------------|--------------------|--------------|--------------|--------------|----------|------------------|----------|
| <b>Pusdienas</b>                                     |          |            |                    |              |              |              |          |                  |          |
| Dārzeņu zupa   | 150      | 68         | 2,045              | 3,241        | 7,592        | 0,15         |          | 2,885            | 9,       |
| Krējums skābs  | 5        | 10         | 0,13               | 1,           | 0,135        |              |          |                  | 7,       |
| Pasta ar sieru                                       | 180      | 363        | 15,546             | 17,154       | 36,379       | 0,18         |          | 1,93             | 17,9     |
| Kāpostu un redīsu salāti ar kefira mērci un zaļumiem | 70       | 27         | 1,164              | 1,247        | 2,63         | 0,35         |          | 1,498            | 7,       |
| Kefirs   | 200      | 96         | 6,                 | 4,           | 9,           |              |          |                  | 7,       |
| Rudzu maize  | 20       | 52         | 1,72               | 0,28         | 10,04        |              |          | 1,1              | 1,       |
| <b>kopā:</b>   |          | <b>615</b> | <b>26,61</b>       | <b>26,92</b> | <b>65,78</b> | <b>0,680</b> | <b>0</b> | <b>7,413</b>     |          |

## Launags

|                      |     |            |              |              |              |          |               |              |       |
|----------------------|-----|------------|--------------|--------------|--------------|----------|---------------|--------------|-------|
| Biezpiena plācenītis | 100 | 217        | 17,986       | 6,552        | 21,162       |          | 7,            | 0,021        | 1;3;7 |
| Ievārījums           | 10  | 14         | 0,1          | 0,01         | 3,9          |          |               |              |       |
| Krējums skābs        | 20  | 40         | 0,52         | 4,           | 0,54         |          |               |              | 7,    |
| Zāļu tēja            | 200 | 2          | 0,026        | 0,051        | 0,008        |          |               |              |       |
| Cukurs baltais       | 3   | 12         |              |              | 2,994        |          | 3,            |              |       |
| Auglis               | 100 | 56         | 0,79         | 0,25         | 12,2         |          |               | 0,7          |       |
| <b>kopā:</b>         |     | <b>340</b> | <b>19,42</b> | <b>10,86</b> | <b>40,80</b> | <b>0</b> | <b>10,000</b> | <b>0,721</b> |       |

| otrdiena, 14.aprīlis | Svars, g | Kcal | Olbaltumv<br>ielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrv<br>ielas | Alerģēni |
|----------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|
|----------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|

## Pusdienas

|   |     |            |              |              |              |              |              |               |    |
|---|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|----|
| Biešu zupa  | 200 | 64         | 1,684        | 2,213        | 9,262        | 0,2          |              | 2,956         | 9, |
| Krējums skābs                                     | 20  | 40         | 0,52         | 4,           | 0,54         |              |              |               | 7, |
| Kvinoja ar sarkanajām pupiņām, kukurūzu, tomātiem | 250 | 273        | 11,269       | 7,882        | 38,976       | 0,001        |              | 8,433         |    |
| Krējums skābs                                     | 20  | 40         | 0,52         | 4,           | 0,54         |              |              |               | 7, |
| Svaigu dārzeņu salāti ar eļļas mērci              | 80  | 40         | 0,861        | 3,343        | 1,919        | 0,04         | 0,24         | 0,749         |    |
| Citronu eļļas mērce                               | 5   | 37         | 0,005        | 4,004        | 0,324        | 0,05         | 0,3          | 0,001         |    |
| Augļu dzēriens                                    | 200 | 65         | 0,315        | 0,234        | 15,159       |              | 6,           | 1,068         |    |
| Rudzu maize                                       | 40  | 104        | 3,44         | 0,56         | 20,08        |              |              | 2,2           | 1, |
| <b>kopā:</b>                                      |     | <b>663</b> | <b>18,61</b> | <b>26,24</b> | <b>86,80</b> | <b>0,291</b> | <b>6,540</b> | <b>15,407</b> |    |

## Launags

|                     |     |            |              |              |              |          |              |              |          |
|---------------------|-----|------------|--------------|--------------|--------------|----------|--------------|--------------|----------|
| Karstmaize ar sieru | 60  | 225        | 8,82         | 13,88        | 15,9         |          |              | 1,05         | 1;10;3;7 |
| Kakao dzēriens      | 200 | 45         | 2,254        | 2,386        | 3,498        |          |              | 0,851        | 7,       |
| Cukurs baltais      | 2   | 8          |              |              | 1,996        |          | 2,           |              |          |
| Banāni              | 100 | 88         | 1,2          | 0,2          | 20,          |          |              | 1,8          |          |
| <b>kopā:</b>        |     | <b>366</b> | <b>12,27</b> | <b>16,47</b> | <b>41,39</b> | <b>0</b> | <b>2,000</b> | <b>3,701</b> |          |

| trešdiena, 15.aprīlis | Svars, g | Kcal | Olbaltumv<br>ielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrv<br>ielas | Alerģēni |
|-----------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|
|-----------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|

## Pusdienas

|                              |     |            |              |              |              |              |              |               |          |
|------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|----------|
| Pupiņu un kartupeļu saņemums | 200 | 245        | 13,799       | 4,07         | 37,67        | 2,473        |              | 10,552        | 1;11;3;7 |
| Rīvets siers                 | 10  | 34         | 2,48         | 2,68         |              |              |              |               | 7,       |
| Krējums skābs                | 15  | 30         | 0,39         | 3,           | 0,405        |              |              |               | 7,       |
| Burkānu salāti ar eļļu       | 90  | 64         | 0,864        | 4,673        | 4,596        | 0,18         | 0,45         | 3,11          |          |
| Sēklu maisījums              | 5   | 29         | 1,07         | 2,63         | 0,371        |              |              | 0,358         | 11,      |
| Flameri krēms                | 40  | 82         | 1,664        | 6,606        | 3,807        | 0,02         | 0,82         | 0,003         | 1;7      |
| Ogu ķīselis                  | 100 | 99         | 0,32         | 0,102        | 23,644       |              | 5,           | 0,993         |          |
| Piens                        | 200 | 96         | 6,4          | 4,           | 9,           |              |              |               | 7,       |
| <b>kopā:</b>                 |     | <b>678</b> | <b>26,99</b> | <b>27,76</b> | <b>79,49</b> | <b>2,673</b> | <b>6,270</b> | <b>15,016</b> |          |

## Launags

|                      |     |     |       |       |        |     |    |       |    |
|----------------------|-----|-----|-------|-------|--------|-----|----|-------|----|
| Piena zupa ar rīsiem | 300 | 180 | 8,046 | 4,317 | 27,596 | 0,3 | 3, | 0,273 | 7, |
| Bumbieri             | 100 | 55  | 0,5   | 0,3   | 12,4   |     |    | 3,3   |    |
| Kliju maize          | 30  | 82  | 3,63  | 0,81  | 14,19  |     |    | 1,74  | 1, |
| Sviests              | 5   | 37  | 0,03  | 4,125 | 0,22   |     |    |       | 7, |
| Siers                | 20  | 68  | 4,96  | 5,36  |        |     |    |       | 7, |

|              |  |            |              |              |              |              |              |              |  |
|--------------|--|------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| <b>kopā:</b> |  | <b>422</b> | <b>17,17</b> | <b>14,91</b> | <b>54,41</b> | <b>0,300</b> | <b>3,000</b> | <b>5,313</b> |  |
|--------------|--|------------|--------------|--------------|--------------|--------------|--------------|--------------|--|

| <b>ceturtdiena, 16.aprīlis</b> | <b>Svars, g</b> | <b>Kcal</b> | <b>Olbaltumv<br/>ielas</b> | <b>Tauki</b> | <b>Ogļhidrāti</b> | <b>Sāls</b> | <b>Cukurs</b> | <b>Šķiedrv<br/>ielas</b> | <b>Alerģēni</b> |
|--------------------------------|-----------------|-------------|----------------------------|--------------|-------------------|-------------|---------------|--------------------------|-----------------|
|--------------------------------|-----------------|-------------|----------------------------|--------------|-------------------|-------------|---------------|--------------------------|-----------------|

**Pusdienas**

|  |     |            |              |              |              |              |              |               |     |
|--|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|-----|
| Ziedkāpostu brokoļu zupa                 | 200 | 60         | 2,756        | 2,287        | 6,937        | 0,8          |              | 3,561         | 9,  |
| Krējums skābs                            | 20  | 40         | 0,52         | 4,           | 0,54         |              |              |               | 7,  |
| Biezpiena burkānu plācenītis             | 70  | 133        | 8,99         | 4,759        | 13,51        | 0,21         | 4,41         | 1,428         | 3;7 |
| Vārīti griķi                             | 200 | 221        | 4,95         | 1,056        | 47,916       | 0,2          |              | 2,112         |     |
| Kāpostu gurķu salāti ar zaļumiem un eļļu | 90  | 44         | 1,138        | 2,879        | 3,399        | 0,09         |              | 2,324         |     |
| Citronu eļļas mērce                      | 5   | 37         | 0,005        | 4,004        | 0,324        | 0,05         | 0,3          | 0,001         |     |
| Kefīrs                                   | 200 | 96         | 6,           | 4,           | 9,           |              |              |               | 7,  |
| Rudzu maize                              | 20  | 52         | 1,72         | 0,28         | 10,04        |              |              | 1,1           | 1,  |
| <b>kopā:</b>                             |     | <b>683</b> | <b>26,08</b> | <b>23,27</b> | <b>91,67</b> | <b>1,350</b> | <b>4,710</b> | <b>10,526</b> |     |

**Launags**

|                |     |            |             |             |              |          |              |              |       |
|----------------|-----|------------|-------------|-------------|--------------|----------|--------------|--------------|-------|
| Kēkss          | 50  | 193        | 2,05        | 8,7         | 26,2         |          |              |              | 1;3;7 |
| Auglis         | 130 | 72         | 1,027       | 0,325       | 15,86        |          |              | 0,91         |       |
| Zāļu tēja      | 200 | 2          | 0,026       | 0,051       | 0,008        |          |              |              |       |
| Cukurs baltais | 3   | 12         |             |             | 2,994        |          | 3,           |              |       |
| <b>kopā:</b>   |     | <b>279</b> | <b>3,10</b> | <b>9,08</b> | <b>45,06</b> | <b>0</b> | <b>3,000</b> | <b>0,910</b> |       |

| <b>piektdiena, 17.aprīlis</b> | <b>Svars, g</b> | <b>Kcal</b> | <b>Olbaltumv<br/>ielas</b> | <b>Tauki</b> | <b>Ogļhidrāti</b> | <b>Sāls</b> | <b>Cukurs</b> | <b>Šķiedrv<br/>ielas</b> | <b>Alerģēni</b> |
|-------------------------------|-----------------|-------------|----------------------------|--------------|-------------------|-------------|---------------|--------------------------|-----------------|
|-------------------------------|-----------------|-------------|----------------------------|--------------|-------------------|-------------|---------------|--------------------------|-----------------|

**Pusdienas**

|                                   |     |            |              |              |              |              |              |               |       |
|-----------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|-------|
| Dārzeņu biezeņzupa                | 200 | 127        | 1,458        | 10,206       | 7,57         | 0,2          |              | 2,978         |       |
| Baltmaizes grauzdīņi              | 10  | 28         | 0,78         | 0,41         | 5,14         | 0,01         |              | 0,38          | 1,    |
| Pupiņu plācenītis                 | 80  | 152        | 6,334        | 7,441        | 14,753       | 0,16         |              | 3,915         | 1;3;7 |
| Kartupeļu biežputra               | 150 | 127        | 4,06         | 1,429        | 23,718       | 0,3          |              | 3,15          | 7,    |
| Ķīnas kāpostu salāti ar burkāniem | 100 | 43         | 1,42         | 3,196        | 2,915        | 0,2          | 0,5          | 1,24          |       |
| Augļu un ogu dzēriens             | 200 | 29         | 0,312        | 0,272        | 5,931        |              | 0,5          | 1,624         |       |
| <b>kopā:</b>                      |     | <b>505</b> | <b>14,36</b> | <b>22,95</b> | <b>60,03</b> | <b>0,870</b> | <b>1,000</b> | <b>13,287</b> |       |

**Launags**

|                    |     |            |              |             |              |          |               |              |          |
|--------------------|-----|------------|--------------|-------------|--------------|----------|---------------|--------------|----------|
| Biezpiena sacepums | 100 | 188        | 18,278       | 2,764       | 22,103       |          | 13,           | 0,041        | 1;11;3;7 |
| Zemeņu mērce       | 20  | 10         | 0,16         | 0,08        | 2,098        |          | 1,            | 0,32         |          |
| Kakao dzēriens     | 200 | 98         | 6,433        | 4,433       | 8,467        |          |               | 1,034        | 7,       |
| Cukurs baltais     | 3   | 12         |              |             | 2,994        |          | 3,            |              |          |
| Auglis             | 130 | 72         | 1,027        | 0,325       | 15,86        |          |               | 0,91         |          |
| <b>kopā:</b>       |     | <b>380</b> | <b>25,90</b> | <b>7,60</b> | <b>51,52</b> | <b>0</b> | <b>17,000</b> | <b>2,305</b> |          |

## Nedēļas ēdienkarte

## Grupa

5.-9.klase

| pirmdiena, 13.aprīlis                                   | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs   | Šķiedr<br>vielas | Alerģēni |
|---|----------|------------|--------------------|--------------|---------------|--------------|----------|------------------|----------|
| <b>Pusdienas</b>  |          |            |                    |              |               |              |          |                  |          |
| Dārzeņu zupa  | 200      | 91         | 2,727              | 4,321        | 10,123        | 0,2          |          | 3,847            | 9,       |
| Krējums skābs   | 10       | 20         | 0,26               | 2,           | 0,27          |              |          |                  | 7,       |
| Sautēta cūkgaja ar dārzeniem                            | 90       | 132        | 9,766              | 9,712        | 1,405         | 0,36         |          | 0,801            |          |
| Vārīta pasta - makaroni                                 | 200      | 346        | 11,193             | 3,547        | 65,975        | 0,8          |          |                  | 1,       |
| Kāpostu un redīsu salāti ar kefīra mērci un<br>zajumiem | 120      | 46         | 1,996              | 2,138        | 4,508         | 0,6          |          | 2,568            | 7,       |
| Ūdens ar ogām   | 200      | 96         | 6,                 | 4,           | 9,            |              |          |                  | 7,       |
| <b>kopā:</b>  |          | <b>834</b> | <b>35,38</b>       | <b>26,28</b> | <b>111,36</b> | <b>1,960</b> | <b>0</b> | <b>9,416</b>     |          |

| otrdiena, 14.aprīlis                 | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedr<br>vielas | Alerģēni |
|--------------------------------------|----------|------------|--------------------|--------------|---------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>                     |          |            |                    |              |               |              |              |                  |          |
| Biešu zupa ar kartupeļiem un gaļu    | 200      | 182        | 8,358              | 12,843       | 8,395         | 0,2          | 0,66         | 2,12             |          |
| Krējums skābs                        | 10       | 20         | 0,26               | 2,           | 0,27          |              |              |                  | 7,       |
| Plovs ar vistas gaļu                 | 250      | 465        | 17,486             | 13,988       | 66,774        | 1,           |              | 3,094            |          |
| Svaigu dārzeņu salāti ar eļļas mērci | 90       | 45         | 0,969              | 3,761        | 2,159         | 0,045        | 0,27         | 0,843            |          |
| Augļu dzēriens                       | 200      | 65         | 0,315              | 0,234        | 15,159        |              | 6,           | 1,068            |          |
| <b>kopā:</b>                         |          | <b>881</b> | <b>30,83</b>       | <b>33,39</b> | <b>112,84</b> | <b>1,245</b> | <b>6,930</b> | <b>9,325</b>     |          |

| trešdiena, 15.aprīlis        | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedr<br>vielas | Alerģēni |
|------------------------------|----------|------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>             |          |            |                    |              |              |              |              |                  |          |
| Cūkgajas bumbiņa piena mērcē | 90       | 165        | 9,931              | 11,057       | 6,3          | 0,171        |              | 1,091            | 1;3;7    |
| Vārīti kartupeļi             | 200      | 149        | 4,24               | 0,212        | 31,376       | 0,2          |              | 4,452            |          |
| Burkānu salāti ar eļļu       | 90       | 64         | 0,864              | 4,673        | 4,596        | 0,18         | 0,45         | 3,11             |          |
| Flamerī krēms                | 50       | 102        | 2,08               | 8,258        | 4,758        | 0,025        | 1,025        | 0,003            | 1;7      |
| Ogu ķīselis                  | 100      | 99         | 0,32               | 0,102        | 23,644       |              | 5,           | 0,993            |          |
| <b>kopā:</b>                 |          | <b>778</b> | <b>27,28</b>       | <b>28,86</b> | <b>99,75</b> | <b>0,576</b> | <b>6,475</b> | <b>11,849</b>    |          |

| ceturtdiena, 16.aprīlis                  | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs   | Šķiedr<br>vielas | Alerģēni |
|--|----------|------------|--------------------|--------------|--------------|--------------|----------|------------------|----------|
| <b>Pusdienas</b>                         |          |            |                    |              |              |              |          |                  |          |
| Vistas gaļas zupa ar dārzeniem           | 250      | 148        | 9,012              | 9,458        | 6,605        | 0,25         |          | 3,431            |          |
| Krējums skābs                            | 5        | 10         | 0,13               | 1,           | 0,135        |              |          |                  | 7,       |
| Cūkgaja saldā krējuma mērcē              | 100      | 191        | 11,111             | 13,941       | 5,177        | 0,2          |          | 0,443            | 7;9      |
| Vārīti griķi                             | 200      | 221        | 4,95               | 1,056        | 47,916       | 0,2          |          | 2,112            |          |
| Kāpostu gurķu salāti ar zajumiem un eļļu | 100      | 49         | 1,264              | 3,198        | 3,776        | 0,1          |          | 2,582            |          |
| Ūdens ar ogām                            | 200      | 4          | 0,08               | 0,04         | 0,55         |              |          |                  |          |
| <b>kopā:</b>                             |          | <b>726</b> | <b>29,99</b>       | <b>29,25</b> | <b>84,24</b> | <b>0,750</b> | <b>0</b> | <b>10,768</b>    |          |

| piektdiena, 17.aprīlis            | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedr<br>vielas | Alerģēni |
|-----------------------------------|----------|------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>                  |          |            |                    |              |              |              |              |                  |          |
| Dārzeņu biezeņzupa                | 250      | 159        | 1,822              | 12,758       | 9,462        | 0,25         |              | 3,722            |          |
| Baltmaizes grauzdiņi              | 10       | 28         | 0,78               | 0,41         | 5,14         | 0,01         |              | 0,38             | 1,       |
| Zivju kotlete                     | 70       | 165        | 12,354             | 8,72         | 9,524        | 0,006        |              | 0,554            | 4,       |
| Kartupeļu biežputra               | 200      | 169        | 5,414              | 1,905        | 31,624       | 0,2          |              | 4,2              | 7,       |
| Ķīnas kāpostu salāti ar burkāniem | 120      | 51         | 1,704              | 3,835        | 3,498        | 0,12         | 0,6          | 1,488            |          |
| Augļu un ogu dzēriens             | 200      | 29         | 0,312              | 0,272        | 5,931        |              | 0,5          | 1,624            |          |
| Rudzu maize                       | 60       | 155        | 5,16               | 0,84         | 30,12        |              |              | 3,3              | 1,       |
| <b>kopā:</b>                      |          | <b>756</b> | <b>27,55</b>       | <b>28,74</b> | <b>95,30</b> | <b>0,586</b> | <b>1,100</b> | <b>15,268</b>    |          |