



|                |     |            |             |             |              |              |              |              |  |
|----------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|--|
| Tēja           | 150 | 2          | 0,39        | 0,076       | 0,012        |              |              |              |  |
| Cukurs baltais | 2   | 8          |             |             | 1,996        |              | 2,           |              |  |
| <b>kopā:</b>   |     | <b>197</b> | <b>9,12</b> | <b>9,33</b> | <b>18,10</b> | <b>0,200</b> | <b>2,000</b> | <b>1,953</b> |  |

#### Pusdienas

|  |     |            |              |              |              |              |              |              |       |
|--|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-------|
| Cūkgaļas teftelis                      | 50  | 111        | 6,988        | 6,778        | 5,402        | 0,06         |              | 0,289        | 1;3;7 |
| Kartupeļu biezputra                    | 100 | 85         | 2,707        | 0,952        | 15,812       | 0,1          |              | 2,1          | 7,    |
| KĪnas kāpostu salāti ar dillēm un eļļu | 50  | 11         | 0,762        | 0,602        | 1,12         | 0,2          |              | 0,518        |       |
| Jogurta krēms                          | 30  | 68         | 1,435        | 5,086        | 4,247        |              | 1,5          |              | 7,    |
| Ogu ķīselis                            | 90  | 89         | 0,288        | 0,092        | 21,28        |              | 4,5          | 0,894        |       |
| <b>kopā:</b>                           |     | <b>367</b> | <b>12,23</b> | <b>13,56</b> | <b>48,10</b> | <b>0,360</b> | <b>6,000</b> | <b>3,801</b> |       |

#### Launags

|   |     |            |              |              |              |              |              |              |    |
|---|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| "Kukurūzas pārslu sausās brokastis<br>"Milzu" (glazētas)" | 20  | 67         | 1,42         | 0,62         | 13,44        |              |              | 0,94         |    |
| Piens   | 100 | 48         | 3,2          | 2,           | 4,5          |              |              |              | 7, |
| Banāns  | 100 | 56         | 0,79         | 0,25         | 12,2         |              |              | 0,7          |    |
| <b>kopā:</b>  |     | <b>171</b> | <b>5,41</b>  | <b>2,87</b>  | <b>30,14</b> | <b>0</b>     | <b>0</b>     | <b>1,640</b> |    |
| <b>Diena kopā:</b>  |     | <b>734</b> | <b>26,77</b> | <b>25,75</b> | <b>96,34</b> | <b>0,560</b> | <b>8,000</b> | <b>7,394</b> |    |

| ceturtēdiena, 14.maijs | Svars, g | Kcal | Olbaltum<br>vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedr<br>vielas | Alerģēni |
|------------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|
|------------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|

#### Brokastis

|                   |     |            |             |             |              |              |              |              |     |
|-------------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|-----|
| Auzu pārslu putra | 100 | 93         | 4,435       | 2,65        | 13,115       | 0,1          | 0,02         | 0,81         | 1,7 |
| Ievārījums        | 5   | 7          | 0,05        | 0,005       | 1,95         |              |              |              |     |
| Baltmaize         | 15  | 39         | 1,17        | 0,315       | 7,71         |              |              | 0,57         | 1,  |
| Krēmsiers         | 20  | 40         | 1,44        | 3,56        | 0,66         |              |              |              | 7,  |
| Zāļu tēja         | 150 | 1          | 0,02        | 0,038       | 0,006        |              |              |              |     |
| <b>kopā:</b>      |     | <b>181</b> | <b>7,12</b> | <b>6,57</b> | <b>23,44</b> | <b>0,100</b> | <b>0,020</b> | <b>1,380</b> |     |

#### Pusdienas

|                             |     |            |              |              |              |              |              |              |    |
|-----------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| Dārzeņu un sakņu siera zupa | 100 | 59         | 2,144        | 3,702        | 4,134        |              |              | 1,342        | 7, |
| Maltas gaļas mērce          | 60  | 95         | 6,473        | 6,136        | 3,582        | 0,18         |              | 0,34         | 7, |
| Vārīta pasta - makaroni     | 100 | 173        | 5,596        | 1,774        | 32,988       | 0,4          |              |              | 1, |
| Burkānu salāti ar eļļu      | 50  | 35         | 0,48         | 2,596        | 2,554        | 0,1          | 0,25         | 1,728        |    |
| Kefirs                      | 150 | 72         | 4,5          | 3,           | 6,75         |              |              |              | 7, |
| <b>kopā:</b>                |     | <b>435</b> | <b>19,19</b> | <b>17,21</b> | <b>50,01</b> | <b>0,680</b> | <b>0,250</b> | <b>3,410</b> |    |

#### Launags

|                    |     |            |              |              |               |              |              |              |       |
|--------------------|-----|------------|--------------|--------------|---------------|--------------|--------------|--------------|-------|
| Rauga pankūka      | 60  | 142        | 3,686        | 4,958        | 20,217        |              | 0,3          | 0,028        | 1;3;7 |
| Ievārījums         | 20  | 28         | 0,2          | 0,02         | 7,8           |              |              |              |       |
| Ābols              | 50  | 28         | 0,395        | 0,125        | 6,1           |              |              | 0,35         |       |
| Zāļu tēja          | 150 | 1          | 0,02         | 0,038        | 0,006         |              |              |              |       |
| <b>kopā:</b>       |     | <b>199</b> | <b>4,30</b>  | <b>5,14</b>  | <b>34,12</b>  | <b>0</b>     | <b>0,300</b> | <b>0,378</b> |       |
| <b>Diena kopā:</b> |     | <b>815</b> | <b>30,61</b> | <b>28,92</b> | <b>107,57</b> | <b>0,780</b> | <b>0,570</b> | <b>5,168</b> |       |

| piektdiena, 15.maijs | Svars, g | Kcal | Olbaltum<br>vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedr<br>vielas | Alerģēni |
|----------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|
|----------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|

#### Brokastis

|                 |     |            |             |             |              |              |              |              |    |
|-----------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|----|
| Kukurūzas putra | 120 | 84         | 4,272       | 2,05        | 12,651       | 0,12         | 0,12         | 1,241        | 7, |
| Ievārījums      | 10  | 14         | 0,1         | 0,01        | 3,9          |              |              |              |    |
| Saldskābmaize   | 20  | 46         | 1,26        | 0,2         | 9,6          |              |              | 0,9          | 1, |
| Sviests         | 5   | 37         | 0,03        | 4,125       | 0,22         |              |              |              | 7, |
| Tēja            | 150 | 2          | 0,39        | 0,076       | 0,012        |              |              |              |    |
| Cukurs baltais  | 2   | 8          |             |             | 1,996        |              | 2,           |              |    |
| <b>kopā:</b>    |     | <b>228</b> | <b>9,13</b> | <b>8,91</b> | <b>28,63</b> | <b>0,120</b> | <b>2,120</b> | <b>2,141</b> |    |

#### Pusdienas

|   |     |    |       |       |        |       |       |       |         |
|---|-----|----|-------|-------|--------|-------|-------|-------|---------|
| Biešu zupa                                      | 130 | 42 | 1,095 | 1,438 | 6,02   | 0,13  |       | 1,922 | 9,      |
| Krējums skābs                                   | 5   | 10 | 0,13  | 1,    | 0,135  |       |       |       | 7,      |
| Zivju kotlete mājas gaumē                       | 40  | 93 | 7,495 | 6,297 | 1,439  | 0,04  |       | 0,114 | 1;3;4;7 |
| Vārīti kartupeļi                                | 100 | 74 | 2,12  | 0,106 | 15,688 | 0,1   |       | 2,226 |         |
| Saldā krējuma mērce ar ķiploku                  | 20  | 20 | 0,196 | 1,811 | 0,746  | 0,02  |       | 0,014 | 1;7     |
| Jauno kāpostu un gurķu salāti ar eļļas<br>mērci | 50  | 26 | 0,598 | 1,779 | 1,907  | 0,038 | 0,138 | 1,141 |         |
| Jāņogu dzēriens                                 | 150 | 20 | 0,17  | 0,034 | 4,486  |       | 3,75  | 0,525 |         |

|                    |     |            |              |              |              |              |              |               |      |
|--------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|------|
| Rudzu maize        | 20  | 52         | 1,72         | 0,28         | 10,04        |              |              | 1,1           | 1,   |
| <b>kopā:</b>       |     | <b>337</b> | <b>13,52</b> | <b>12,75</b> | <b>40,46</b> | <b>0,328</b> | <b>3,888</b> | <b>7,042</b>  |      |
| <b>Launags</b>     |     |            |              |              |              |              |              |               |      |
| Biezpiena masa     | 40  | 51         | 6,239        | 1,362        | 3,451        |              | 2,           |               | 7,   |
| Zemeņu mērce       | 20  | 10         | 0,16         | 0,08         | 2,098        |              | 1,           | 0,32          |      |
| Zāļu tēja          | 150 | 1          | 0,02         | 0,038        | 0,006        |              |              |               |      |
| Sēklu maize        | 15  | 45         | 1,575        | 0,96         | 7,065        |              |              | 0,645         | 1;11 |
| Sviests            | 10  | 75         | 0,06         | 8,25         | 0,44         |              |              |               | 7,   |
| <b>kopā:</b>       |     | <b>182</b> | <b>8,05</b>  | <b>10,69</b> | <b>13,06</b> | <b>0</b>     | <b>3,000</b> | <b>0,965</b>  |      |
| <b>Diena kopā:</b> |     | <b>747</b> | <b>30,71</b> | <b>32,35</b> | <b>82,15</b> | <b>0,448</b> | <b>9,008</b> | <b>10,148</b> |      |

## Nedēļas ēdienkarte

## Grupa

BD 3-6

| pirmdiena, 11.maijs |     | Svars,<br>g | Kcal        | Olbaltumv<br>ielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrv<br>ielas | Alerģēni |
|---------------------|-----|-------------|-------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Brokastis</b>    |     |             |             |                    |              |              |              |              |                  |          |
| Mannā biezputra     | 150 | 115         | 5,272       | 2,254              | 18,175       | 0,15         | 0,15         | 0,02         | 1,7              |          |
| Kaņēlcukurs         | 7   | 26          | 0,164       | 0,01               | 6,258        |              | 3,5          | 1,858        |                  |          |
| Saldskābmaize       | 40  | 92          | 2,52        | 0,4                | 19,2         |              |              | 1,8          | 1,               |          |
| Sviests             | 5   | 37          | 0,03        | 4,125              | 0,22         |              |              |              | 7,               |          |
| Tēja                | 200 | 3           | 0,52        | 0,102              | 0,016        |              |              |              |                  |          |
| Cukurs baltais      | 3   | 12          |             |                    | 2,994        |              | 3,           |              |                  |          |
| <b>kopā:</b>        |     | <b>285</b>  | <b>8,51</b> | <b>6,89</b>        | <b>46,86</b> | <b>0,150</b> | <b>6,650</b> | <b>3,678</b> |                  |          |

|   |     |            |              |              |              |              |              |              |    |  |
|---|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|--|
| <b>Pusdienas</b>                        |     |            |              |              |              |              |              |              |    |  |
| Vistas buljona zupa ar rīsiem           | 150 | 78         | 3,406        | 2,923        | 9,417        | 0,128        |              | 1,157        |    |  |
| Cūkgaiņas strogonovs                    | 80  | 162        | 9,233        | 12,229       | 3,86         | 0,24         |              | 0,131        | 7, |  |
| Vārīti griķi                            | 150 | 166        | 3,712        | 0,792        | 35,937       | 0,15         |              | 1,584        |    |  |
| Balto redīsu un gurķu salāti ar krējumu | 70  | 30         | 0,839        | 2,197        | 1,564        |              |              | 0,692        | 7, |  |
| Augļu un ogu dzēriens                   | 200 | 29         | 0,312        | 0,272        | 5,931        |              | 0,5          | 1,624        |    |  |
| Rudzu maize                             | 20  | 52         | 1,72         | 0,28         | 10,04        |              |              | 1,1          | 1, |  |
| <b>kopā:</b>                            |     | <b>517</b> | <b>19,22</b> | <b>18,69</b> | <b>66,75</b> | <b>0,518</b> | <b>0,500</b> | <b>6,288</b> |    |  |

| otrdiena, 12.maijs   |     | Svars,<br>g | Kcal         | Olbaltumv<br>ielas | Tauki         | Ogļhidrāti   | Sāls          | Cukurs        | Šķiedrv<br>ielas | Alerģēni |
|----------------------|-----|-------------|--------------|--------------------|---------------|--------------|---------------|---------------|------------------|----------|
| <b>Launags</b>       |     |             |              |                    |               |              |               |               |                  |          |
| Biezpiens ar jogurtu | 80  | 74          | 12,8         | 0,672              | 4,            |              |               |               | 7,               |          |
| Baltmaize            | 30  | 79          | 2,34         | 0,63               | 15,42         |              |               | 1,14          | 1,               |          |
| Sviests              | 7   | 52          | 0,042        | 5,775              | 0,308         |              |               |               | 7,               |          |
| Tomāti               | 20  | 3           | 0,2          | 0,04               | 0,52          |              |               | 0,2           |                  |          |
| Zāļu tēja            | 200 | 2           | 0,026        | 0,051              | 0,008         |              |               |               |                  |          |
| Cukurs baltais       | 3   | 12          |              |                    | 2,994         |              | 3,            |               |                  |          |
| <b>kopā:</b>         |     | <b>222</b>  | <b>15,41</b> | <b>7,17</b>        | <b>23,25</b>  | <b>0</b>     | <b>3,000</b>  | <b>1,340</b>  |                  |          |
| <b>Diena kopā:</b>   |     | <b>1023</b> | <b>43,14</b> | <b>32,75</b>       | <b>136,86</b> | <b>0,668</b> | <b>10,150</b> | <b>11,306</b> |                  |          |

|                          |     |            |             |             |              |              |              |              |     |  |
|--------------------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|-----|--|
| <b>Brokastis</b>         |     |            |             |             |              |              |              |              |     |  |
| Piena zupa ar makaroniem | 200 | 119        | 5,685       | 2,82        | 17,881       | 0,2          | 2,           | 0,51         | 1,7 |  |
| Saldskābmaize            | 40  | 92         | 2,52        | 0,4         | 19,2         |              |              | 1,8          | 1,  |  |
| Sviests                  | 5   | 37         | 0,03        | 4,125       | 0,22         |              |              |              | 7,  |  |
| Gurķi                    | 20  | 2          | 0,12        | 0,04        | 0,36         |              |              | 0,1          |     |  |
| Zāļu tēja                | 200 | 2          | 0,026       | 0,051       | 0,008        |              |              |              |     |  |
| Cukurs baltais           | 3   | 12         |             |             | 2,994        |              | 3,           |              |     |  |
| <b>kopā:</b>             |     | <b>264</b> | <b>8,38</b> | <b>7,44</b> | <b>40,66</b> | <b>0,200</b> | <b>5,000</b> | <b>2,410</b> |     |  |

|                                 |     |            |              |              |              |              |          |              |    |  |
|---------------------------------|-----|------------|--------------|--------------|--------------|--------------|----------|--------------|----|--|
| <b>Pusdienas</b>                |     |            |              |              |              |              |          |              |    |  |
| Svaigu kāpostu zupa ar cūkgaiņu | 150 | 70         | 2,304        | 4,186        | 5,731        | 0,15         |          | 2,38         |    |  |
| Plovs ar cūkgaiņu               | 150 | 306        | 11,568       | 12,435       | 36,914       | 0,6          |          | 1,794        |    |  |
| Biešu - burkānu salāti          | 70  | 38         | 0,945        | 1,491        | 5,124        | 0,14         |          | 1,981        |    |  |
| Kefirs                          | 150 | 72         | 4,5          | 3,           | 6,75         |              |          |              | 7, |  |
| <b>kopā:</b>                    |     | <b>486</b> | <b>19,32</b> | <b>21,11</b> | <b>54,52</b> | <b>0,890</b> | <b>0</b> | <b>6,155</b> |    |  |

| trešdiena, 13.maijs |     | Svars,<br>g | Kcal         | Olbaltumv<br>ielas | Tauki         | Ogļhidrāti   | Sāls         | Cukurs        | Šķiedrv<br>ielas | Alerģēni |
|---------------------|-----|-------------|--------------|--------------------|---------------|--------------|--------------|---------------|------------------|----------|
| <b>Launags</b>      |     |             |              |                    |               |              |              |               |                  |          |
| Karstmaize ar sieru | 60  | 225         | 8,82         | 13,88              | 15,9          |              |              | 1,05          | 1:10;3;7         |          |
| Bumbieris           | 100 | 56          | 0,79         | 0,25               | 12,2          |              |              | 0,7           |                  |          |
| Zāļu tēja           | 200 | 2           | 0,026        | 0,051              | 0,008         |              |              |               |                  |          |
| Cukurs baltais      | 3   | 12          |              |                    | 2,994         |              | 3,           |               |                  |          |
| <b>kopā:</b>        |     | <b>294</b>  | <b>9,64</b>  | <b>14,18</b>       | <b>31,10</b>  | <b>0</b>     | <b>3,000</b> | <b>1,750</b>  |                  |          |
| <b>Diena kopā:</b>  |     | <b>1044</b> | <b>37,33</b> | <b>42,73</b>       | <b>126,28</b> | <b>1,090</b> | <b>8,000</b> | <b>10,315</b> |                  |          |

|                  |    |     |       |       |       |      |  |       |     |  |
|------------------|----|-----|-------|-------|-------|------|--|-------|-----|--|
| <b>Brokastis</b> |    |     |       |       |       |      |  |       |     |  |
| Omlete           | 80 | 103 | 7,798 | 6,842 | 1,863 | 0,32 |  | 0,021 | 3,7 |  |
| Kliju maize      | 30 | 82  | 3,63  | 0,81  | 14,19 |      |  | 1,74  | 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>241</b> | <b>12,18</b> | <b>11,92</b> | <b>19,80</b> | <b>0,320</b> | <b>3,000</b> | <b>1,961</b> |  |

#### Pusdienas

|  |     |            |              |              |              |              |              |              |       |
|--|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-------|
| Cūkgaļas teftelis                      | 50  | 111        | 6,988        | 6,778        | 5,402        | 0,06         |              | 0,289        | 1;3;7 |
| Kartupeļu biezputra                    | 130 | 110        | 3,519        | 1,238        | 20,556       | 0,13         |              | 2,73         | 7,    |
| Kīnas kāpostu salāti ar dillēm un eļļu | 70  | 16         | 1,068        | 0,844        | 1,569        | 0,28         |              | 0,724        |       |
| Jogurta krēms                          | 40  | 91         | 1,913        | 6,782        | 5,662        |              | 2,           |              | 7,    |
| Ogu ķīselis                            | 90  | 89         | 0,288        | 0,092        | 21,28        |              | 4,5          | 0,894        |       |
| <b>kopā:</b>                           |     | <b>420</b> | <b>13,85</b> | <b>15,79</b> | <b>54,79</b> | <b>0,470</b> | <b>6,500</b> | <b>4,637</b> |       |

#### Launags

|  |     |            |              |              |               |              |              |              |    |
|--|-----|------------|--------------|--------------|---------------|--------------|--------------|--------------|----|
| "Kukurūzas pārslu sausās brokastis<br>"Milzu"" (glazētas)" | 20  | 67         | 1,42         | 0,62         | 13,44         |              |              | 0,94         |    |
| Piens  | 150 | 72         | 4,8          | 3,           | 6,75          |              |              |              | 7, |
| Banāns   | 130 | 72         | 1,027        | 0,325        | 15,86         |              |              | 0,91         |    |
| <b>kopā:</b>   |     | <b>211</b> | <b>7,25</b>  | <b>3,95</b>  | <b>36,05</b>  | <b>0</b>     | <b>0</b>     | <b>1,850</b> |    |
| <b>Diena kopā:</b>   |     | <b>872</b> | <b>33,27</b> | <b>31,66</b> | <b>110,64</b> | <b>0,790</b> | <b>9,500</b> | <b>8,448</b> |    |

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

#### Brokastis

|                   |     |            |             |             |              |              |              |              |     |
|-------------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|-----|
| Auzu pārslu putra | 150 | 140        | 6,652       | 3,975       | 19,672       | 0,15         | 0,03         | 1,215        | 1;7 |
| Ievārījums        | 10  | 14         | 0,1         | 0,01        | 3,9          |              |              |              |     |
| Baltmaize         | 15  | 39         | 1,17        | 0,315       | 7,71         |              |              | 0,57         | 1,  |
| Krēmsiers         | 20  | 40         | 1,44        | 3,56        | 0,66         |              |              |              | 7,  |
| Zāļu tēja         | 200 | 2          | 0,026       | 0,051       | 0,008        |              |              |              |     |
| <b>kopā:</b>      |     | <b>235</b> | <b>9,39</b> | <b>7,91</b> | <b>31,95</b> | <b>0,150</b> | <b>0,030</b> | <b>1,785</b> |     |

#### Pusdienas

|                             |     |            |              |              |              |              |              |              |    |
|-----------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| Dārzeņu un sakņu siera zupa | 150 | 88         | 3,216        | 5,553        | 6,2          |              |              | 2,013        | 7, |
| Maltas gaļas mērce          | 70  | 111        | 7,552        | 7,159        | 4,179        | 0,21         |              | 0,397        | 7, |
| Vārīta pasta - makaroni     | 150 | 260        | 8,395        | 2,66         | 49,481       | 0,6          |              |              | 1, |
| Burkānu salāti ar eļļu      | 70  | 50         | 0,672        | 3,634        | 3,575        | 0,14         | 0,35         | 2,419        |    |
| Kefīrs                      | 150 | 72         | 4,5          | 3,           | 6,75         |              |              |              | 7, |
| <b>kopā:</b>                |     | <b>581</b> | <b>24,34</b> | <b>22,01</b> | <b>70,19</b> | <b>0,950</b> | <b>0,350</b> | <b>4,829</b> |    |

#### Launags

|                    |     |             |              |              |               |              |              |              |       |
|--------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|--------------|-------|
| Rauga pankūka      | 100 | 236         | 6,143        | 8,264        | 33,695        |              | 0,5          | 0,047        | 1;3;7 |
| Ievārījums         | 20  | 28          | 0,2          | 0,02         | 7,8           |              |              |              |       |
| Ābols              | 70  | 39          | 0,553        | 0,175        | 8,54          |              |              | 0,49         |       |
| Zāļu tēja          | 150 | 1           | 0,02         | 0,038        | 0,006         |              |              |              |       |
| <b>kopā:</b>       |     | <b>304</b>  | <b>6,92</b>  | <b>8,50</b>  | <b>50,04</b>  | <b>0</b>     | <b>0,500</b> | <b>0,537</b> |       |
| <b>Diena kopā:</b> |     | <b>1121</b> | <b>40,64</b> | <b>38,41</b> | <b>152,18</b> | <b>1,100</b> | <b>0,880</b> | <b>7,151</b> |       |

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

#### Brokastis

|                 |     |            |              |              |              |              |              |              |    |
|-----------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| Kukurūzas putra | 150 | 104        | 5,34         | 2,562        | 15,814       | 0,15         | 0,15         | 1,551        | 7, |
| Ievārījums      | 10  | 14         | 0,1          | 0,01         | 3,9          |              |              |              |    |
| Saldskābmaize   | 20  | 46         | 1,26         | 0,2          | 9,6          |              |              | 0,9          | 1, |
| Sviests         | 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>268</b> | <b>10,34</b> | <b>11,10</b> | <b>32,88</b> | <b>0,150</b> | <b>3,150</b> | <b>2,451</b> |    |

#### Pusdienas

|   |     |     |       |       |        |       |       |       |         |
|---|-----|-----|-------|-------|--------|-------|-------|-------|---------|
| Biešu zupa                                      | 150 | 48  | 1,263 | 1,66  | 6,947  | 0,15  |       | 2,217 | 9,      |
| Krējums skābs                                   | 5   | 10  | 0,13  | 1,    | 0,135  |       |       |       | 7,      |
| Zivju kotlete mājas gaumē                       | 50  | 116 | 9,369 | 7,872 | 1,799  | 0,05  |       | 0,142 | 1;3;4;7 |
| Vārīti kartupeļi                                | 120 | 89  | 2,544 | 0,127 | 18,826 | 0,12  |       | 2,671 |         |
| Saldā krējuma mērce ar ķiploku                  | 20  | 20  | 0,196 | 1,811 | 0,746  | 0,02  |       | 0,014 | 1;7     |
| Jauno kāpostu un gurķu salāti ar eļļas<br>mērci | 60  | 31  | 0,718 | 2,134 | 2,288  | 0,045 | 0,165 | 1,369 |         |
| Jāņogu dzēriens                                 | 150 | 20  | 0,17  | 0,034 | 4,486  |       | 3,75  | 0,525 |         |
| Rudzu maize                                     | 40  | 104 | 3,44  | 0,56  | 20,08  |       |       | 2,2   | 1,      |

|                    |     |            |              |              |               |              |               |               |      |
|--------------------|-----|------------|--------------|--------------|---------------|--------------|---------------|---------------|------|
| <b>kopā:</b>       |     | <b>438</b> | <b>17,83</b> | <b>15,20</b> | <b>55,31</b>  | <b>0,385</b> | <b>3,915</b>  | <b>9,138</b>  |      |
| <b>Launags</b>     |     |            |              |              |               |              |               |               |      |
| Biezpiena masa     | 60  | 77         | 9,358        | 2,044        | 5,176         |              | 3,            |               | 7,   |
| Zemeņu mārce       | 20  | 10         | 0,16         | 0,08         | 2,098         |              | 1,            | 0,32          |      |
| Zāļu tēja          | 200 | 2          | 0,026        | 0,051        | 0,008         |              |               |               |      |
| Sēklu maize        | 30  | 89         | 3,15         | 1,92         | 14,13         |              |               | 1,29          | 1,11 |
| Sviests            | 10  | 75         | 0,06         | 8,25         | 0,44          |              |               |               | 7,   |
| <b>kopā:</b>       |     | <b>253</b> | <b>12,75</b> | <b>12,35</b> | <b>21,85</b>  | <b>0</b>     | <b>4,000</b>  | <b>1,610</b>  |      |
| <b>Diena kopā:</b> |     | <b>959</b> | <b>40,93</b> | <b>38,64</b> | <b>110,04</b> | <b>0,535</b> | <b>11,065</b> | <b>13,199</b> |      |

## Nedēļas ēdienkarte

## Grupa

BD 3-6

## DIĒTU ĒDIENKARTE

| pirmdiena, 11.maijs            | Svars, g | Kcal       | Olbaltum vielas | Tauki       | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|--------------------------------|----------|------------|-----------------|-------------|--------------|--------------|--------------|--------------|----------|
| <b>Brokastis</b>               |          |            |                 |             |              |              |              |              |          |
| Prosas biezputra ar rīsu pienu | 150      | 161        | 2,478           | 2,7         | 31,632       | 0,3          |              | 0,912        |          |
| Ievārījums                     | 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,          |              |              |              |              |          |
| Tēja                           | 200      | 3          | 0,52            | 0,102       | 0,016        |              |              |              |          |
| Cukurs baltais                 | 3        | 12         |                 |             | 2,994        |              | 3,           |              |          |
| <b>kopā:</b>                   |          | <b>284</b> | <b>3,14</b>     | <b>7,78</b> | <b>50,78</b> | <b>0,600</b> | <b>3,000</b> | <b>0,912</b> |          |

|   |     |            |              |              |              |              |              |              |  |
|---|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| <b>Pusdienas</b>                                |     |            |              |              |              |              |              |              |  |
| Vistas buljona zupa ar rīsiem                   | 150 | 78         | 3,406        | 2,923        | 9,417        | 0,128        |              | 1,157        |  |
| Cūkgaļas strogonovs bez piena                   | 80  | 181        | 9,487        | 13,709       | 5,086        | 0,24         |              | 0,568        |  |
| Vārīti griķi                                    | 130 | 144        | 3,218        | 0,686        | 31,145       | 0,13         |              | 1,373        |  |
| Balto redīsu un gurķu salāti ar papriku un eļļu | 70  | 32         | 0,619        | 2,566        | 1,559        | 0,07         | 0,14         | 0,916        |  |
| 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>530</b> | <b>17,13</b> | <b>21,12</b> | <b>67,33</b> | <b>0,868</b> | <b>0,640</b> | <b>5,638</b> |  |

| otrdiena, 12.maijs              | Svars, g | Kcal        | Olbaltum vielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|---------------------------------|----------|-------------|-----------------|--------------|---------------|--------------|--------------|--------------|----------|
| <b>Launags</b>                  |          |             |                 |              |               |              |              |              |          |
| "Pusžāvēta desa "Zaļā dakšiņa"" | 20       | 44          | 3,74            | 3,08         | 0,44          |              |              |              |          |
| Bezglutēna maize                | 30       | 66          | 0,087           | 0,968        | 14,19         | 0,3          |              |              |          |
| Margarīns sviestmaizēm          | 5        | 36          |                 | 4,           |               |              |              |              |          |
| Tomāti ar zaļumiem un eļļu      | 100      | 38          | 1,169           | 2,229        | 2,975         |              |              | 1,178        |          |
| Zāļu tēja                       | 200      | 2           | 0,026           | 0,051        | 0,008         |              |              |              |          |
| Cukurs baltais                  | 3        | 12          |                 |              | 2,994         |              | 3,           |              |          |
| <b>kopā:</b>                    |          | <b>197</b>  | <b>5,02</b>     | <b>10,33</b> | <b>20,61</b>  | <b>0,300</b> | <b>3,000</b> | <b>1,178</b> |          |
| <b>Diena kopā:</b>              |          | <b>1011</b> | <b>25,29</b>    | <b>39,23</b> | <b>138,72</b> | <b>1,768</b> | <b>6,640</b> | <b>7,728</b> |          |

|                                    |     |            |             |             |              |              |              |              |  |
|------------------------------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|--|
| <b>Brokastis</b>                   |     |            |             |             |              |              |              |              |  |
| Bezglutēna makaronu zupa bez piena | 200 | 87         | 0,695       | 0,895       | 19,049       | 0,2          | 0,6          | 0,225        |  |
| 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          |  |
| Zāļu tēja                          | 200 | 2          | 0,026       | 0,051       | 0,008        |              |              |              |  |
| Cukurs baltais                     | 3   | 12         |             |             | 2,994        |              | 3,           |              |  |
| <b>kopā:</b>                       |     | <b>205</b> | <b>0,93</b> | <b>5,95</b> | <b>36,60</b> | <b>0,500</b> | <b>3,600</b> | <b>0,325</b> |  |

|                                |     |            |              |              |              |              |          |              |  |
|--------------------------------|-----|------------|--------------|--------------|--------------|--------------|----------|--------------|--|
| <b>Pusdienas</b>               |     |            |              |              |              |              |          |              |  |
| Svaigu kāpostu zupa ar cūkgaļu | 150 | 70         | 2,304        | 4,186        | 5,731        | 0,15         |          | 2,38         |  |
| Plovs ar cūkgaļu               | 150 | 306        | 11,568       | 12,435       | 36,914       | 0,6          |          | 1,794        |  |
| Blešu - burkānu salāti         | 70  | 38         | 0,945        | 1,491        | 5,124        | 0,14         |          | 1,981        |  |
| Ogu augļu dzēriens             | 200 | 64         | 0,033        |              | 15,936       |              |          |              |  |
| <b>kopā:</b>                   |     | <b>478</b> | <b>14,85</b> | <b>18,11</b> | <b>63,71</b> | <b>0,890</b> | <b>0</b> | <b>6,155</b> |  |

| trešdiena, 13.maijs    | Svars, g | Kcal       | Olbaltum vielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|------------------------|----------|------------|-----------------|--------------|---------------|--------------|--------------|--------------|----------|
| <b>Launags</b>         |          |            |                 |              |               |              |              |              |          |
| Vārīta cūkgaļa         | 30       | 70         | 7,152           | 4,582        | 0,13          | 0,03         |              | 0,057        |          |
| Bezglutēna maize       | 30       | 66         | 0,087           | 0,968        | 14,19         | 0,3          |              |              |          |
| Margarīns sviestmaizēm | 5        | 36         |                 | 4,           |               |              |              |              |          |
| Auglis                 | 100      | 56         | 0,79            | 0,25         | 12,2          |              |              | 0,7          |          |
| Zāļu tēja              | 200      | 2          | 0,026           | 0,051        | 0,008         |              |              |              |          |
| Cukurs baltais         | 3        | 12         |                 |              | 2,994         |              | 3,           |              |          |
| <b>kopā:</b>           |          | <b>241</b> | <b>8,06</b>     | <b>9,85</b>  | <b>29,52</b>  | <b>0,330</b> | <b>3,000</b> | <b>0,757</b> |          |
| <b>Diena kopā:</b>     |          | <b>924</b> | <b>23,83</b>    | <b>33,92</b> | <b>129,83</b> | <b>1,720</b> | <b>6,600</b> | <b>7,237</b> |          |

|                  |     |     |       |      |       |     |  |       |    |
|------------------|-----|-----|-------|------|-------|-----|--|-------|----|
| <b>Brokastis</b> |     |     |       |      |       |     |  |       |    |
| Omlete           | 100 | 147 | 9,412 | 9,85 | 4,257 | 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>267</b> | <b>10,22</b> | <b>14,96</b> | <b>21,98</b> | <b>0,400</b> | <b>3,000</b> | <b>0,226</b> |  |

#### Pusdienas

|  |     |            |              |              |              |              |              |              |    |
|--|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| Tvaicētas cūkgaļas lodītes             | 70  | 225        | 15,417       | 14,704       | 7,513        | 0,097        |              | 0,105        |    |
| Mīcīti kartupeļi ar dārzeņu buljonu    | 150 | 107        | 3,077        | 0,167        | 22,509       | 0,15         |              | 3,349        | 9, |
| Kīnas kāpostu salāti ar dillēm un eļļu | 70  | 16         | 1,068        | 0,844        | 1,569        | 0,28         |              | 0,724        |    |
| Kokosriekstu piena pudiņš ar kukurūzu  | 30  | 52         | 0,626        | 2,961        | 5,829        |              | 3,           | 0,367        |    |
| Ogu ķīselis                            | 90  | 89         | 0,288        | 0,092        | 21,28        |              | 4,5          | 0,894        |    |
| Ūdens ar citronu                       | 200 | 4          | 0,07         | 0,06         | 0,32         |              |              |              |    |
| <b>kopā:</b>                           |     | <b>492</b> | <b>20,55</b> | <b>18,83</b> | <b>59,02</b> | <b>0,527</b> | <b>7,500</b> | <b>5,439</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>1045</b> | <b>35,54</b>  | <b>41,16</b> | <b>129,71</b>     | <b>0,927</b> | <b>10,500</b> | <b>7,565</b> |                 |
| <b>ceturtdiena, 14.maijs</b> | <b>Svars, g</b> | <b>Kcal</b> | <b>vielas</b> | <b>Tauki</b> | <b>Ogļhidrāti</b> | <b>Sāls</b>  | <b>Cukurs</b> | <b>ielas</b> | <b>Alerģēni</b> |

#### Brokastis

|  |     |            |             |              |              |              |              |          |  |
|--|-----|------------|-------------|--------------|--------------|--------------|--------------|----------|--|
| Bez piena bezglutēna auzu pārslu putra | 150 | 150        | 3,045       | 3,188        | 28,499       | 0,45         | 0,6          |          |  |
| Ievārījums                             | 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,           |              |              |              |          |  |
| Vegāniskais siers Gouda                | 20  | 60         |             | 4,8          | 4,2          |              |              |          |  |
| Zāļu tēja                              | 200 | 2          | 0,026       | 0,051        | 0,008        |              |              |          |  |
| <b>kopā:</b>                           |     | <b>327</b> | <b>3,26</b> | <b>13,02</b> | <b>50,80</b> | <b>0,750</b> | <b>0,600</b> | <b>0</b> |  |

#### Pusdienas

|                            |     |            |              |              |              |              |              |              |  |
|----------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| Dārzeņu biezeņzupa         | 150 | 55         | 1,094        | 3,154        | 5,678        | 0,6          |              | 2,234        |  |
| Maltas vistas gaļa mērce   | 100 | 160        | 11,304       | 9,786        | 6,804        | 0,1          |              | 0,54         |  |
| Vārīti bezglutēna makaroni | 150 | 218        | 2,258        | 3,682        | 43,575       | 0,15         |              | 0,788        |  |
| Burkānu salāti ar eļļu     | 70  | 50         | 0,672        | 3,634        | 3,575        | 0,14         | 0,35         | 2,419        |  |
| Ūdens ar ogām              | 200 | 4          | 0,08         | 0,04         | 0,55         |              |              |              |  |
| <b>kopā:</b>               |     | <b>486</b> | <b>15,41</b> | <b>20,30</b> | <b>60,18</b> | <b>0,990</b> | <b>0,350</b> | <b>5,981</b> |  |

#### Launags

|                      |     |             |              |              |               |              |              |              |  |
|----------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|--------------|--|
| Banānu griķu pankūka | 80  | 208         | 2,929        | 7,273        | 32,271        | 0,08         |              | 1,605        |  |
| Ievārījums           | 15  | 21          | 0,15         | 0,015        | 5,85          |              |              |              |  |
| Auglis               | 70  | 39          | 0,553        | 0,175        | 8,54          |              |              | 0,49         |  |
| Zāļu tēja            | 150 | 1           | 0,02         | 0,038        | 0,006         |              |              |              |  |
| <b>kopā:</b>         |     | <b>269</b>  | <b>3,65</b>  | <b>7,50</b>  | <b>46,67</b>  | <b>0,080</b> | <b>0</b>     | <b>2,095</b> |  |
| <b>Diena kopā:</b>   |     | <b>1082</b> | <b>22,32</b> | <b>40,81</b> | <b>157,65</b> | <b>1,820</b> | <b>0,950</b> | <b>8,076</b> |  |

|                             |                 |             |                        |              |                   |             |               |                      |                 |
|-----------------------------|-----------------|-------------|------------------------|--------------|-------------------|-------------|---------------|----------------------|-----------------|
| <b>piektdiena, 15.maijs</b> | <b>Svars, g</b> | <b>Kcal</b> | <b>Olbaltum vielas</b> | <b>Tauki</b> | <b>Ogļhidrāti</b> | <b>Sāls</b> | <b>Cukurs</b> | <b>Šķiedrv ielas</b> | <b>Alerģēni</b> |
|-----------------------------|-----------------|-------------|------------------------|--------------|-------------------|-------------|---------------|----------------------|-----------------|

#### Brokastis

|                               |     |            |              |              |              |              |              |              |    |
|-------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| Kukurūzas biezputra bez piena | 150 | 107        | 6,39         | 2,652        | 15,084       | 0,3          |              | 1,974        | 6, |
| Ievārījums                    | 10  | 14         | 0,1          | 0,01         | 3,9          |              |              |              |    |
| Vārīta ola                    | 25  | 37         | 3,082        | 2,45         | 0,252        |              |              |              | 3, |
| Bezglutēna maize              | 30  | 66         | 0,087        | 0,968        | 14,19        | 0,3          |              |              |    |
| Margarīns sviestmaizēm        | 5   | 36         |              | 4,           |              |              |              |              |    |
| Tēja                          | 200 | 3          | 0,52         | 0,102        | 0,016        |              |              |              |    |
| Cukurs baltais                | 3   | 12         |              |              | 2,994        |              | 3,           |              |    |
| <b>kopā:</b>                  |     | <b>274</b> | <b>10,18</b> | <b>10,18</b> | <b>36,44</b> | <b>0,600</b> | <b>3,000</b> | <b>1,974</b> |    |

#### Pusdienas

|                           |     |     |        |       |        |       |  |       |    |
|---------------------------|-----|-----|--------|-------|--------|-------|--|-------|----|
| Biešu zupa                | 150 | 48  | 1,263  | 1,66  | 6,947  | 0,15  |  | 2,217 | 9, |
| Zivju kotlete bez miltiem | 60  | 111 | 10,099 | 4,762 | 7,111  | 0,066 |  | 0,351 | 4, |
| Vārīti kartupeļi          | 120 | 89  | 2,544  | 0,127 | 18,826 | 0,12  |  | 2,671 |    |

|                            |     |            |              |              |              |              |              |              |  |
|----------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| Baltā mērce                | 20  | 14         | 0,024        | 0,272        | 2,913        | 0,02         |              | 0,001        |  |
| Burkānu salāti ar sēkliņām | 60  | 88         | 1,379        | 7,678        | 3,489        | 0,18         | 0,9          | 2,101        |  |
| Jāņogu dzēriens            | 150 | 20         | 0,17         | 0,034        | 4,486        |              | 3,75         | 0,525        |  |
| <b>kopā:</b>               |     | <b>371</b> | <b>15,48</b> | <b>14,53</b> | <b>43,77</b> | <b>0,536</b> | <b>4,650</b> | <b>7,866</b> |  |

#### Launags

|                    |     |            |              |              |               |              |              |               |    |
|--------------------|-----|------------|--------------|--------------|---------------|--------------|--------------|---------------|----|
| Bezglutēna kūkss   | 70  | 285        | 3,85         | 13,65        | 36,19         |              |              | 0,84          | 3, |
| Zāļu tēja          | 200 | 2          | 0,026        | 0,051        | 0,008         |              |              |               |    |
| Auglis             | 100 | 56         | 0,79         | 0,25         | 12,2          |              |              | 0,7           |    |
| <b>kopā:</b>       |     | <b>342</b> | <b>4,67</b>  | <b>13,95</b> | <b>48,40</b>  | <b>0</b>     | <b>0</b>     | <b>1,540</b>  |    |
| <b>Diena kopā:</b> |     | <b>987</b> | <b>30,32</b> | <b>38,67</b> | <b>128,61</b> | <b>1,136</b> | <b>7,650</b> | <b>11,380</b> |    |

Kall (A. Bočisovs)

## Nedēļas ēdienkarte

## Grupa

1.-4. klase

| pirmdiena, 11.maijs                     | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedr<br>vielas | Alerģēni |
|---|----------|------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>                        |          |            |                    |              |              |              |              |                  |          |
| Vistas buljona zupa ar rīsiem           | 200      | 104        | 4,541              | 3,898        | 12,556       | 0,17         |              | 1,543            |          |
| Cūkgaļas strogonovs                     | 100      | 203        | 11,541             | 15,286       | 4,825        | 0,3          |              | 0,163            | 7,       |
| Vārīti griķi                            | 180      | 199        | 4,455              | 0,95         | 43,124       | 0,18         |              | 1,901            |          |
| Balto redīsu un gurķu salāti ar krējumu | 100      | 43         | 1,199              | 3,139        | 2,234        |              |              | 0,988            | 7,       |
| Augļu un ogu dzēriens                   | 150      | 22         | 0,234              | 0,204        | 4,448        |              | 0,375        | 1,218            |          |
| Rudzu maize                             | 40       | 104        | 3,44               | 0,56         | 20,08        |              |              | 2,2              | 1,       |
| <b>kopā:</b>                            |          | <b>684</b> | <b>25,54</b>       | <b>25,04</b> | <b>87,40</b> | <b>0,650</b> | <b>0,375</b> | <b>8,013</b>     |          |

| Launags              | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki       | Ogļhidrāti   | Sāls     | Cukurs       | Šķiedr<br>vielas | Alerģēni |
|----------------------|----------|------------|--------------------|-------------|--------------|----------|--------------|------------------|----------|
| Biezpiens ar jogurtu | 100      | 92         | 16,                | 0,84        | 5,           |          |              |                  | 7,       |
| Baltmaize            | 30       | 79         | 2,34               | 0,63        | 15,42        |          |              | 1,14             | 1,       |
| Sviests              | 10       | 75         | 0,06               | 8,25        | 0,44         |          |              |                  | 7,       |
| Tomāti               | 20       | 3          | 0,2                | 0,04        | 0,52         |          |              | 0,2              |          |
| Zāļu tēja            | 200      | 2          | 0,026              | 0,051       | 0,008        |          |              |                  |          |
| Cukurs baltais       | 3        | 12         |                    |             | 2,994        |          | 3,           |                  |          |
| <b>kopā:</b>         |          | <b>263</b> | <b>18,63</b>       | <b>9,81</b> | <b>24,38</b> | <b>0</b> | <b>3,000</b> | <b>1,340</b>     |          |

| otrdiena, 12.maijs             | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs   | Šķiedr<br>vielas | Alerģēni |
|--------------------------------|----------|------------|--------------------|--------------|--------------|--------------|----------|------------------|----------|
| <b>Pusdienas</b>               |          |            |                    |              |              |              |          |                  |          |
| Svaigu kāpostu zupa ar cūkgaļu | 150      | 70         | 2,304              | 4,186        | 5,731        | 0,15         |          | 2,38             |          |
| Plovs ar cūkgaļu               | 150      | 306        | 11,568             | 12,435       | 36,914       | 0,6          |          | 1,794            |          |
| Biešu - burkānu salāti         | 100      | 54         | 1,35               | 2,13         | 7,32         | 0,2          |          | 2,83             |          |
| Kefīrs                         | 200      | 96         | 6,                 | 4,           | 9,           |              |          |                  | 7,       |
| <b>kopā:</b>                   |          | <b>526</b> | <b>21,22</b>       | <b>22,75</b> | <b>58,97</b> | <b>0,950</b> | <b>0</b> | <b>7,004</b>     |          |

| Launags             | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāti   | Sāls     | Cukurs       | Šķiedr<br>vielas | Alerģēni |
|---------------------|----------|------------|--------------------|--------------|--------------|----------|--------------|------------------|----------|
| Karstmaize ar sieru | 60       | 225        | 8,82               | 13,88        | 15,9         |          |              | 1,05             | 1;10;3;7 |
| Bumbieris           | 100      | 56         | 0,79               | 0,25         | 12,2         |          |              | 0,7              |          |
| Zāļu tēja           | 200      | 2          | 0,026              | 0,051        | 0,008        |          |              |                  |          |
| Cukurs baltais      | 3        | 12         |                    |              | 2,994        |          | 3,           |                  |          |
| <b>kopā:</b>        |          | <b>294</b> | <b>9,64</b>        | <b>14,18</b> | <b>31,10</b> | <b>0</b> | <b>3,000</b> | <b>1,750</b>     |          |

| trešdiena, 13.maijs                    | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedr<br>vielas | Alerģēni |
|--|----------|------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>                       |          |            |                    |              |              |              |              |                  |          |
| Cūkgaļas teftelis                      | 70       | 156        | 9,783              | 9,489        | 7,563        | 0,084        |              | 0,404            | 1;3;7    |
| Kartupeļu biežputra                    | 150      | 127        | 4,06               | 1,429        | 23,718       | 0,15         |              | 3,15             | 7,       |
| Ķīnas kāpostu salāti ar dillēm un eļļu | 100      | 22         | 1,525              | 1,205        | 2,241        | 0,4          |              | 1,035            |          |
| Rudzu maize                            | 40       | 104        | 3,44               | 0,56         | 20,08        |              |              | 2,2              | 1,       |
| Jogurta krēms                          | 50       | 114        | 2,391              | 8,478        | 7,078        |              | 2,5          |                  | 7,       |
| Ogu ķīselis                            | 100      | 99         | 0,32               | 0,102        | 23,644       |              | 5,           | 0,993            |          |
| <b>kopā:</b>                           |          | <b>624</b> | <b>21,59</b>       | <b>21,32</b> | <b>84,64</b> | <b>0,634</b> | <b>7,500</b> | <b>7,782</b>     |          |

| Launags   | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki       | Ogļhidrāti   | Sāls     | Cukurs   | Šķiedr<br>vielas | Alerģēni |
|---|----------|------------|--------------------|-------------|--------------|----------|----------|------------------|----------|
| "Kukurūzas pārslu sausās brokastis<br>"Mīlzu" (glazētas)" | 30       | 100        | 2,13               | 0,93        | 20,16        |          |          | 1,41             |          |
| Piens   | 200      | 96         | 6,4                | 4,          | 9,           |          |          |                  | 7,       |
| Banāns  | 130      | 72         | 1,027              | 0,325       | 15,86        |          |          | 0,91             |          |
| <b>kopā:</b>  |          | <b>269</b> | <b>9,56</b>        | <b>5,26</b> | <b>45,02</b> | <b>0</b> | <b>0</b> | <b>2,320</b>     |          |

| ceturtdiena, 14.maijs       | Svars, g | Kcal | Olbaltum<br>vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedr<br>vielas | Alerģēni |
|-----------------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|
| <b>Pusdienas</b>            |          |      |                    |       |            |      |        |                  |          |
| Dārzenu un sakņu siera zupa | 200      | 118  | 4,288              | 7,403 | 8,267      |      |        | 2,684            | 7,       |
| Maltas gaļas mērce          | 70       | 111  | 7,552              | 7,159 | 4,179      | 0,21 |        | 0,397            | 7,       |
| Vārīta pasta - makaroni     | 180      | 312  | 10,074             | 3,192 | 59,378     | 0,72 |        |                  | 1,       |
| Burkānu salāti ar eļļu      | 90       | 64   | 0,864              | 4,673 | 4,596      | 0,18 | 0,45   | 3,11             |          |
| Kefīrs                      | 150      | 72   | 4,5                | 3,    | 6,75       |      |        |                  | 7,       |

|                |     |            |              |              |              |              |              |              |       |
|----------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-------|
| <b>kopā:</b>   |     | <b>677</b> | <b>27,28</b> | <b>25,43</b> | <b>83,17</b> | <b>1,110</b> | <b>0,450</b> | <b>6,191</b> |       |
| <b>Launags</b> |     |            |              |              |              |              |              |              |       |
| Rauga pankūka  | 100 | 236        | 6,143        | 8,264        | 33,695       |              | 0,5          | 0,047        | 1,3;7 |
| levārfjums     | 30  | 42         | 0,3          | 0,03         | 11,7         |              |              |              |       |
| Ābols          | 100 | 56         | 0,79         | 0,25         | 12,2         |              |              | 0,7          |       |
| Zāļu tēja      | 200 | 2          | 0,026        | 0,051        | 0,008        |              |              |              |       |
| Cukurs baltais | 2   | 8          |              |              | 1,996        |              | 2,           |              |       |
| <b>kopā:</b>   |     | <b>343</b> | <b>7,26</b>  | <b>8,60</b>  | <b>59,60</b> | <b>0</b>     | <b>2,500</b> | <b>0,747</b> |       |

| piektdiena, 15.maijs                         | Svars, g | Kcal       | Olbaltum vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedr vielas | Alerģēni |
|--|----------|------------|-----------------|--------------|--------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>                             |          |            |                 |              |              |              |              |               |          |
| Biešu zupa                                   | 200      | 64         | 1,684           | 2,213        | 9,262        | 0,2          |              | 2,956         | 9,       |
| Krējums skābs                                | 5        | 10         | 0,13            | 1,           | 0,135        |              |              |               | 7,       |
| Zivju kotlete mājas gaumē                    | 60       | 139        | 11,243          | 9,446        | 2,159        | 0,06         |              | 0,171         | 1;3;4;7  |
| Vārīti kartupeļi                             | 200      | 149        | 4,24            | 0,212        | 31,376       | 0,2          |              | 4,452         |          |
| Saldā krējuma mērce ar ķiploku               | 50       | 50         | 0,49            | 4,528        | 1,865        | 0,05         |              | 0,035         | 1;7      |
| Jauno kāpostu un gurķu salāti ar eļļas mērci | 80       | 42         | 0,957           | 2,846        | 3,051        | 0,06         | 0,22         | 1,826         |          |
| Jānogu dzēriens                              | 150      | 20         | 0,17            | 0,034        | 4,486        |              | 3,75         | 0,525         |          |
| Rudzu maize                                  | 40       | 104        | 3,44            | 0,56         | 20,08        |              |              | 2,2           | 1,       |
| <b>kopā:</b>                                 |          | <b>578</b> | <b>22,35</b>    | <b>20,84</b> | <b>72,41</b> | <b>0,570</b> | <b>3,970</b> | <b>12,165</b> |          |

|                |     |            |              |              |              |          |              |              |      |
|----------------|-----|------------|--------------|--------------|--------------|----------|--------------|--------------|------|
| <b>Launags</b> |     |            |              |              |              |          |              |              |      |
| Biezpiena masa | 100 | 128        | 15,597       | 3,406        | 8,627        |          | 5,           |              | 7,   |
| Zemeņu mērce   | 20  | 10         | 0,16         | 0,08         | 2,098        |          | 1,           | 0,32         |      |
| Zāļu tēja      | 200 | 2          | 0,026        | 0,051        | 0,008        |          |              |              |      |
| Sēklu maize    | 30  | 89         | 3,15         | 1,92         | 14,13        |          |              | 1,29         | 1;11 |
| Sviests        | 10  | 75         | 0,06         | 8,25         | 0,44         |          |              |              | 7,   |
| <b>kopā:</b>   |     | <b>304</b> | <b>18,99</b> | <b>13,71</b> | <b>25,30</b> | <b>0</b> | <b>6,000</b> | <b>1,610</b> |      |

Pētītā (A. Borisovs)

## Nedēļas ēdienkarte

Grupa  
DIETA

1.-4. klase

| pirmdiena, 11.maijs                             | Svars, g | Kcal       | Olbaltum vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrv ielas | Alerģēni |
|---|----------|------------|-----------------|--------------|--------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>                                |          |            |                 |              |              |              |              |               |          |
| Vistas buljona zupa ar rīsiem                   | 200      | 104        | 4,541           | 3,898        | 12,556       | 0,17         |              | 1,543         |          |
| Cūkgāļas strogonovs bez piena                   | 100      | 227        | 11,859          | 17,137       | 6,357        | 0,3          |              | 0,71          |          |
| Vārīti griķi                                    | 200      | 221        | 4,95            | 1,056        | 47,916       | 0,2          |              | 2,112         |          |
| Balto redīsu un gurķu salāti ar papriku un eļļu | 100      | 46         | 0,885           | 3,666        | 2,227        | 0,1          | 0,2          | 1,308         |          |
| 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>685</b> | <b>22,56</b>    | <b>26,93</b> | <b>87,69</b> | <b>1,070</b> | <b>0,575</b> | <b>6,891</b>  |          |

| Launags                         | Svars, g | Kcal       | Olbaltum vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrv ielas | Alerģēni |
|---------------------------------|----------|------------|-----------------|--------------|--------------|--------------|--------------|---------------|----------|
| "Pusžāvēta desa "Zaļā dakšiņa"" | 20       | 44         | 3,74            | 3,08         | 0,44         |              |              |               |          |
| Bezglutēna maize                | 30       | 66         | 0,087           | 0,968        | 14,19        | 0,3          |              |               |          |
| Margarīns sviestmaizēm          | 10       | 72         |                 | 8,           |              |              |              |               |          |
| Tomāti ar zaļumiem un eļļu      | 100      | 38         | 1,169           | 2,229        | 2,975        |              |              | 1,178         |          |
| Zāļu tēja                       | 200      | 2          | 0,026           | 0,051        | 0,008        |              |              |               |          |
| Cukurs baltais                  | 3        | 12         |                 |              | 2,994        |              | 3,           |               |          |
| <b>kopā:</b>                    |          | <b>233</b> | <b>5,02</b>     | <b>14,33</b> | <b>20,61</b> | <b>0,300</b> | <b>3,000</b> | <b>1,178</b>  |          |

| otrdiena, 12.maijs             | Svars, g | Kcal       | Olbaltum vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs   | Šķiedrv ielas | Alerģēni |
|--------------------------------|----------|------------|-----------------|--------------|--------------|--------------|----------|---------------|----------|
| <b>Pusdienas</b>               |          |            |                 |              |              |              |          |               |          |
| Svaigu kāpostu zupa ar cūkgāļu | 150      | 70         | 2,304           | 4,186        | 5,731        | 0,15         |          | 2,38          |          |
| Plovs ar cūkgāļu               | 150      | 306        | 11,568          | 12,435       | 36,914       | 0,6          |          | 1,794         |          |
| Biešu - burkānu salāti         | 100      | 54         | 1,35            | 2,13         | 7,32         | 0,2          |          | 2,83          |          |
| Ogu augļu dzēriens             | 200      | 64         | 0,033           |              | 15,936       |              |          |               |          |
| Bezglutēna maize               | 30       | 66         | 0,087           | 0,968        | 14,19        | 0,3          |          |               |          |
| <b>kopā:</b>                   |          | <b>560</b> | <b>15,34</b>    | <b>19,72</b> | <b>80,09</b> | <b>1,250</b> | <b>0</b> | <b>7,004</b>  |          |

| Launags                | Svars, g | Kcal       | Olbaltum vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrv ielas | Alerģēni |
|------------------------|----------|------------|-----------------|--------------|--------------|--------------|--------------|---------------|----------|
| Vārīta cūkgāļa         | 30       | 70         | 7,152           | 4,582        | 0,13         | 0,03         |              | 0,057         |          |
| Bezglutēna maize       | 30       | 66         | 0,087           | 0,968        | 14,19        | 0,3          |              |               |          |
| Margarīns sviestmaizēm | 10       | 72         |                 | 8,           |              |              |              |               |          |
| Auglis                 | 100      | 56         | 0,79            | 0,25         | 12,2         |              |              | 0,7           |          |
| Zāļu tēja              | 200      | 2          | 0,026           | 0,051        | 0,008        |              |              |               |          |
| Cukurs baltais         | 3        | 12         |                 |              | 2,994        |              | 3,           |               |          |
| <b>kopā:</b>           |          | <b>277</b> | <b>8,06</b>     | <b>13,85</b> | <b>29,52</b> | <b>0,330</b> | <b>3,000</b> | <b>0,757</b>  |          |

| trešdiena, 13.maijs                    | Svars, g | Kcal       | Olbaltum vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs        | Šķiedrv ielas | Alerģēni |
|--|----------|------------|-----------------|--------------|--------------|--------------|---------------|---------------|----------|
| <b>Pusdienas</b>                       |          |            |                 |              |              |              |               |               |          |
| Tvaicētas cūkgāļas lodītes             | 70       | 225        | 15,417          | 14,704       | 7,513        | 0,097        |               | 0,105         |          |
| Mīcīti kartupeļi ar dārzeņu buljonu    | 180      | 128        | 3,693           | 0,2          | 27,011       | 0,18         |               | 4,019         | 9,       |
| Ķīnas kāpostu salāti ar dillēm un eļļu | 80       | 18         | 1,22            | 0,964        | 1,793        | 0,32         |               | 0,828         |          |
| Bezglutēna maize                       | 30       | 66         | 0,087           | 0,968        | 14,19        | 0,3          |               |               |          |
| Kokosriekstu piena pudiņš ar kukurūzu  | 50       | 87         | 1,043           | 4,935        | 9,716        |              | 5,            | 0,611         |          |
| Ogu ķīselis                            | 100      | 99         | 0,32            | 0,102        | 23,644       |              | 5,            | 0,993         |          |
| Ūdens ar citronu                       | 200      | 4          | 0,07            | 0,06         | 0,32         |              |               |               |          |
| <b>kopā:</b>                           |          | <b>626</b> | <b>21,85</b>    | <b>21,93</b> | <b>84,19</b> | <b>0,897</b> | <b>10,000</b> | <b>6,556</b>  |          |

| Launags                      | Svars, g | Kcal       | Olbaltum vielas | Tauki       | Ogļhidrāti   | Sāls     | Cukurs   | Šķiedrv ielas | Alerģēni |
|------------------------------|----------|------------|-----------------|-------------|--------------|----------|----------|---------------|----------|
| 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>  |          |

| ceturtdiena, 14.maijs | Svars, g | Kcal | Olbaltum vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrv ielas | Alerģēni |
|-----------------------|----------|------|-----------------|-------|------------|------|--------|---------------|----------|
| <b>Pusdienas</b>      |          |      |                 |       |            |      |        |               |          |
| Dārzeņu biezenzupa    | 200      | 74   | 1,458           | 4,206 | 7,57       | 0,8  |        | 2,978         |          |

|                            |     |            |              |              |               |              |              |              |  |
|----------------------------|-----|------------|--------------|--------------|---------------|--------------|--------------|--------------|--|
| Maltas vistas gaļa mērce   | 100 | 160        | 11,304       | 9,786        | 6,804         | 0,1          |              | 0,54         |  |
| Vārīti bezglutēna makaroni | 200 | 290        | 3,01         | 4,91         | 58,1          | 0,2          |              | 1,05         |  |
| Burkānu salāti ar eļļu     | 90  | 64         | 0,864        | 4,673        | 4,596         | 0,18         | 0,45         | 3,11         |  |
| Ogu augļu dzēriens         | 200 | 64         | 0,033        |              | 15,936        |              |              |              |  |
| Bezglutēna maize           | 30  | 66         | 0,087        | 0,968        | 14,19         | 0,3          |              |              |  |
| <b>kopā:</b>               |     | <b>718</b> | <b>16,76</b> | <b>24,54</b> | <b>107,20</b> | <b>1,580</b> | <b>0,450</b> | <b>7,678</b> |  |

#### Launags

|                      |     |            |             |             |              |              |              |              |  |
|----------------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|--|
| Banānu griķu pankūka | 100 | 260        | 3,661       | 9,091       | 40,339       | 0,1          |              | 2,006        |  |
| Ievārījums           | 30  | 42         | 0,3         | 0,03        | 11,7         |              |              |              |  |
| Auglis               | 100 | 56         | 0,79        | 0,25        | 12,2         |              |              | 0,7          |  |
| Zāļu tēja            | 200 | 2          | 0,026       | 0,051       | 0,008        |              |              |              |  |
| Cukurs baltais       | 2   | 8          |             |             | 1,996        |              | 2,           |              |  |
| <b>kopā:</b>         |     | <b>367</b> | <b>4,78</b> | <b>9,42</b> | <b>66,24</b> | <b>0,100</b> | <b>2,000</b> | <b>2,706</b> |  |

| piektdiena, 15.maijs | Svars, g | Kcal | Olbaltum<br>vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedr-<br>vielas | Alerģēni |
|----------------------|----------|------|--------------------|-------|------------|------|--------|-------------------|----------|
|----------------------|----------|------|--------------------|-------|------------|------|--------|-------------------|----------|

#### Pusdienas

|                            |     |            |              |              |              |              |              |               |    |
|----------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|----|
| Biešu zupa                 | 250 | 80         | 2,105        | 2,766        | 11,578       | 0,25         |              | 3,695         | 9, |
| Zivju kotlete bez miltiem  | 70  | 130        | 11,782       | 5,556        | 8,297        | 0,077        |              | 0,41          | 4, |
| Vārīti kartupeļi           | 200 | 149        | 4,24         | 0,212        | 31,376       | 0,2          |              | 4,452         |    |
| Baltā mērce                | 50  | 35         | 0,06         | 0,681        | 7,281        | 0,05         |              | 0,001         |    |
| Burkānu salāti ar sēkliņām | 100 | 147        | 2,299        | 12,796       | 5,815        | 0,3          | 1,5          | 3,501         |    |
| Jāņogu dzēriens            | 150 | 20         | 0,17         | 0,034        | 4,486        |              | 3,75         | 0,525         |    |
| Bezglutēna maize           | 30  | 66         | 0,087        | 0,968        | 14,19        | 0,3          |              |               |    |
| <b>kopā:</b>               |     | <b>627</b> | <b>20,74</b> | <b>23,01</b> | <b>83,02</b> | <b>1,177</b> | <b>5,250</b> | <b>12,584</b> |    |

#### Launags

|                  |     |            |             |              |              |          |          |              |    |
|------------------|-----|------------|-------------|--------------|--------------|----------|----------|--------------|----|
| Bezglutēna kūkss | 70  | 285        | 3,85        | 13,65        | 36,19        |          |          | 0,84         | 3, |
| Zāļu tēja        | 200 | 2          | 0,026       | 0,051        | 0,008        |          |          |              |    |
| Auglis           | 100 | 56         | 0,79        | 0,25         | 12,2         |          |          | 0,7          |    |
| <b>kopā:</b>     |     | <b>342</b> | <b>4,67</b> | <b>13,95</b> | <b>48,40</b> | <b>0</b> | <b>0</b> | <b>1,540</b> |    |

## Nedēļas ēdienkarte

## Grupa

1.-4. klase

## VEGETĀRĀ

| pirmdiena, 11.maijs                     | Svars, g | Kcal       | Olbaltum vielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs   | Šķiedrvielas  | Alerģēni |
|---|----------|------------|-----------------|--------------|---------------|--------------|----------|---------------|----------|
| <b>Pusdienas</b>                        |          |            |                 |              |               |              |          |               |          |
| Dārzeņu zupa                            | 250      | 113        | 3,408           | 5,401        | 12,653        | 0,25         |          | 4,809         | 9,       |
| Krējums skābs                           | 10       | 20         | 0,26            | 2,           | 0,27          |              |          |               | 7,       |
| Dārzeni siera mērcē                     | 100      | 68         | 2,525           | 4,734        | 3,635         | 0,416        |          | 2,52          | 1,7      |
| Vārīti griķi                            | 200      | 221        | 4,95            | 1,056        | 47,916        | 0,2          |          | 2,112         |          |
| Balto redīsu un gurķu salāti ar krējumu | 100      | 43         | 1,199           | 3,139        | 2,234         |              |          | 0,988         | 7,       |
| Piens                                   | 200      | 96         | 6,4             | 4,           | 9,            |              |          |               | 7,       |
| Rudzu maize                             | 60       | 155        | 5,16            | 0,84         | 30,12         |              |          | 3,3           | 1,       |
| <b>kopā:</b>                            |          | <b>716</b> | <b>23,90</b>    | <b>21,17</b> | <b>105,83</b> | <b>0,866</b> | <b>0</b> | <b>13,729</b> |          |

| Launags              | Svars, g | Kcal       | Olbaltum vielas | Tauki       | Ogļhidrāti   | Sāls     | Cukurs       | Šķiedrvielas | Alerģēni |
|----------------------|----------|------------|-----------------|-------------|--------------|----------|--------------|--------------|----------|
| Biezpiens ar jogurtu | 100      | 92         | 16,             | 0,84        | 5,           |          |              |              | 7,       |
| Baltmaize            | 30       | 79         | 2,34            | 0,63        | 15,42        |          |              | 1,14         | 1,       |
| Sviests              | 10       | 75         | 0,06            | 8,25        | 0,44         |          |              |              | 7,       |
| Tomāti               | 20       | 3          | 0,2             | 0,04        | 0,52         |          |              | 0,2          |          |
| Zāļu tēja            | 200      | 2          | 0,026           | 0,051       | 0,008        |          |              |              |          |
| Cukurs baltais       | 3        | 12         |                 |             | 2,994        |          | 3,           |              |          |
| <b>kopā:</b>         |          | <b>263</b> | <b>18,63</b>    | <b>9,81</b> | <b>24,38</b> | <b>0</b> | <b>3,000</b> | <b>1,340</b> |          |

| otrdiena, 12.maijs     | Svars, g | Kcal       | Olbaltum vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|------------------------|----------|------------|-----------------|--------------|--------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>       |          |            |                 |              |              |              |              |               |          |
| Svaigu kāpostu zupa    | 250      | 114        | 2,455           | 6,591        | 11,216       | 1,           |              | 4,132         | 9,       |
| Krējums skābs          | 10       | 20         | 0,26            | 2,           | 0,27         |              |              |               | 7,       |
| Plovs ar turku zirņiem | 200      | 221        | 5,693           | 5,133        | 38,19        | 0,9          |              | 4,42          |          |
| Biešu - burkānu salāti | 100      | 54         | 1,35            | 2,13         | 7,32         | 0,2          |              | 2,83          |          |
| Zaļumu un eļļas mērce  | 5        | 31         | 0,036           | 3,357        | 0,333        | 0,075        | 0,275        | 0,032         |          |
| Kefīrs                 | 200      | 96         | 6,              | 4,           | 9,           |              |              |               | 7,       |
| Rudzu maize            | 40       | 104        | 3,44            | 0,56         | 20,08        |              |              | 2,2           | 1,       |
| <b>kopā:</b>           |          | <b>640</b> | <b>19,23</b>    | <b>23,77</b> | <b>86,41</b> | <b>2,175</b> | <b>0,275</b> | <b>13,614</b> |          |

| Launags             | Svars, g | Kcal       | Olbaltum vielas | Tauki        | Ogļhidrāti   | Sāls     | Cukurs       | Šķiedrvielas | Alerģēni |
|---------------------|----------|------------|-----------------|--------------|--------------|----------|--------------|--------------|----------|
| Karstmaize ar sieru | 60       | 225        | 8,82            | 13,88        | 15,9         |          |              | 1,05         | 1;10;3;7 |
| Auglis              | 100      | 56         | 0,79            | 0,25         | 12,2         |          |              | 0,7          |          |
| Zāļu tēja           | 200      | 2          | 0,026           | 0,051        | 0,008        |          |              |              |          |
| Cukurs baltais      | 3        | 12         |                 |              | 2,994        |          | 3,           |              |          |
| <b>kopā:</b>        |          | <b>294</b> | <b>9,64</b>     | <b>14,18</b> | <b>31,10</b> | <b>0</b> | <b>3,000</b> | <b>1,750</b> |          |

| trešdiena, 13.maijs                    | Svars, g | Kcal       | Olbaltum vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|--|----------|------------|-----------------|--------------|--------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>                       |          |            |                 |              |              |              |              |               |          |
| 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 dillēm un eļļu | 100      | 22         | 1,525           | 1,205        | 2,241        | 0,4          |              | 1,035         |          |
| Rudzu maize                            | 40       | 104        | 3,44            | 0,56         | 20,08        |              |              | 2,2           | 1,       |
| Jogurta krēms                          | 50       | 114        | 2,391           | 8,478        | 7,078        |              | 2,5          |               | 7,       |
| Ogu ķīselis                            | 100      | 99         | 0,32            | 0,102        | 23,644       |              | 5,           | 0,993         |          |
| Ūdens ar citronu                       | 200      | 4          | 0,07            | 0,06         | 0,32         |              |              |               |          |
| <b>kopā:</b>                           |          | <b>621</b> | <b>18,14</b>    | <b>19,28</b> | <b>91,83</b> | <b>0,860</b> | <b>7,500</b> | <b>11,293</b> |          |

| Launags   | Svars, g | Kcal       | Olbaltum vielas | Tauki       | Ogļhidrāti   | Sāls     | Cukurs   | Šķiedrvielas | Alerģēni |
|---|----------|------------|-----------------|-------------|--------------|----------|----------|--------------|----------|
| "Kukurūzas pārslu sausās brokastis<br>"Milzu" (glazētas)" | 40       | 134        | 2,84            | 1,24        | 26,88        |          |          | 1,88         |          |
| Piens   | 200      | 96         | 6,4             | 4,          | 9,           |          |          |              | 7,       |
| Auglis  | 130      | 72         | 1,027           | 0,325       | 15,86        |          |          | 0,91         |          |
| <b>kopā:</b>  |          | <b>302</b> | <b>10,27</b>    | <b>5,57</b> | <b>51,74</b> | <b>0</b> | <b>0</b> | <b>2,790</b> |          |

| ceturtdiena, 14.maijs       | Svars, g | Kcal | Olbaltum vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|-----------------------------|----------|------|-----------------|-------|------------|------|--------|--------------|----------|
| <b>Pusdienas</b>            |          |      |                 |       |            |      |        |              |          |
| Dārzeņu un sakņu siera zupa | 200      | 118  | 4,288           | 7,403 | 8,267      |      |        | 2,684        | 7,       |

|                         |     |            |              |              |               |              |              |              |     |
|-------------------------|-----|------------|--------------|--------------|---------------|--------------|--------------|--------------|-----|
| Kausētā siera mērce     | 40  | 65         | 2,5          | 5,195        | 1,992         | 0,16         |              | 0,037        | 7,9 |
| Vārīta pasta - makaroni | 180 | 312        | 10,074       | 3,192        | 59,378        | 0,72         |              |              | 1,  |
| Burkānu salāti ar eļļu  | 90  | 64         | 0,864        | 4,673        | 4,596         | 0,18         | 0,45         | 3,11         |     |
| Kefīrs                  | 150 | 72         | 4,5          | 3,           | 6,75          |              |              |              | 7,  |
| Rudzu maize             | 40  | 104        | 3,44         | 0,56         | 20,08         |              |              | 2,2          | 1,  |
| <b>kopā:</b>            |     | <b>734</b> | <b>25,67</b> | <b>24,02</b> | <b>101,06</b> | <b>1,060</b> | <b>0,450</b> | <b>8,031</b> |     |

#### Launags

|                |     |            |             |             |              |          |              |              |       |
|----------------|-----|------------|-------------|-------------|--------------|----------|--------------|--------------|-------|
| Rauga pankūka  | 100 | 236        | 6,143       | 8,264       | 33,695       |          | 0,5          | 0,047        | 1,3;7 |
| ļavārijums     | 30  | 42         | 0,3         | 0,03        | 11,7         |          |              |              |       |
| Auglis         | 100 | 56         | 0,79        | 0,25        | 12,2         |          |              | 0,7          |       |
| Zāļu tēja      | 200 | 2          | 0,026       | 0,051       | 0,008        |          |              |              |       |
| Cukurs baltais | 2   | 8          |             |             | 1,996        |          | 2,           |              |       |
| <b>kopā:</b>   |     | <b>343</b> | <b>7,26</b> | <b>8,60</b> | <b>59,60</b> | <b>0</b> | <b>2,500</b> | <b>0,747</b> |       |

| piektdiena, 15.maijs                            | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvi<br>elas | Alerģēni |
|---|----------|------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>                                |          |            |                    |              |              |              |              |                  |          |
| Biešu zupa                                      | 200      | 64         | 1,684              | 2,213        | 9,262        | 0,2          |              | 2,956            | 9,       |
| Krējums skābs                                   | 10       | 20         | 0,26               | 2,           | 0,27         |              |              |                  | 7,       |
| Siera kotlete                                   | 50       | 159        | 9,784              | 9,954        | 7,312        |              |              | 0,131            | 3;7      |
| Vārīti kartupeļi                                | 200      | 149        | 4,24               | 0,212        | 31,376       | 0,2          |              | 4,452            |          |
| Saldā krējuma mērce ar ķiploku                  | 50       | 50         | 0,49               | 4,528        | 1,865        | 0,05         |              | 0,035            | 1;7      |
| Jauno kāpostu un gurķu salāti ar eļļas<br>mērci | 100      | 52         | 1,196              | 3,557        | 3,813        | 0,075        | 0,275        | 2,282            |          |
| Jāņogu dzēriens                                 | 150      | 20         | 0,17               | 0,034        | 4,486        |              | 3,75         | 0,525            |          |
| Rudzu maize                                     | 40       | 104        | 3,44               | 0,56         | 20,08        |              |              | 2,2              | 1,       |
| <b>kopā:</b>                                    |          | <b>618</b> | <b>21,26</b>       | <b>23,06</b> | <b>78,46</b> | <b>0,525</b> | <b>4,025</b> | <b>12,581</b>    |          |

#### Launags

|                |     |            |              |              |              |          |              |              |      |
|----------------|-----|------------|--------------|--------------|--------------|----------|--------------|--------------|------|
| Biezpiena masa | 100 | 128        | 15,597       | 3,406        | 8,627        |          | 5,           |              | 7,   |
| Zemeņu mērce   | 20  | 10         | 0,16         | 0,08         | 2,098        |          | 1,           | 0,32         |      |
| Zāļu tēja      | 200 | 2          | 0,026        | 0,051        | 0,008        |          |              |              |      |
| Cukurs baltais | 3   | 12         |              |              | 2,994        |          | 3,           |              |      |
| Sēkļu maize    | 30  | 89         | 3,15         | 1,92         | 14,13        |          |              | 1,29         | 1;11 |
| Sviests        | 10  | 75         | 0,06         | 8,25         | 0,44         |          |              |              | 7,   |
| <b>kopā:</b>   |     | <b>316</b> | <b>18,99</b> | <b>13,71</b> | <b>28,30</b> | <b>0</b> | <b>9,000</b> | <b>1,610</b> |      |

## Nedēļas ēdienkarte

## Grupa

5.-9.klase

| pirmdiena, 11.maijs                     | Svars, g | Kcal       | Olbaltum vielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedr vielas | Alerģēni |
|---|----------|------------|-----------------|--------------|---------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>                        |          |            |                 |              |               |              |              |               |          |
| Vistas buljona zupa ar rīsiem           | 250      | 130        | 5,677           | 4,872        | 15,695        | 0,212        |              | 1,928         |          |
| Cūkgaiņas strogonovs                    | 100      | 203        | 11,541          | 15,286       | 4,825         | 0,3          |              | 0,163         | 7,       |
| Vārīti griķi                            | 200      | 221        | 4,95            | 1,056        | 47,916        | 0,2          |              | 2,112         |          |
| Balto redīsu un gurķu salāti ar krējumu | 100      | 43         | 1,199           | 3,139        | 2,234         |              |              | 0,988         | 7,       |
| 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>791</b> | <b>28,97</b>    | <b>26,47</b> | <b>106,86</b> | <b>0,712</b> | <b>0,500</b> | <b>10,115</b> |          |

| otrdiena, 12.maijs              | Svars, g | Kcal       | Olbaltum vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs   | Šķiedr vielas | Alerģēni |
|---------------------------------|----------|------------|-----------------|--------------|--------------|--------------|----------|---------------|----------|
| <b>Pusdienas</b>                |          |            |                 |              |              |              |          |               |          |
| Svaigu kāpostu zupa ar cūkgaiņu | 200      | 94         | 3,072           | 5,582        | 7,641        | 0,2          |          | 3,173         |          |
| Plovs ar cūkgaiņu               | 200      | 407        | 15,424          | 16,58        | 49,219       | 0,8          |          | 2,391         |          |
| Biešu - burkānu salāti          | 100      | 54         | 1,35            | 2,13         | 7,32         | 0,2          |          | 2,83          |          |
| Kefīrs                          | 200      | 96         | 6,              | 4,           | 9,           |              |          |               | 7,       |
| Rudzu maize                     | 40       | 104        | 3,44            | 0,56         | 20,08        |              |          | 2,2           | 1,       |
| <b>kopā:</b>                    |          | <b>755</b> | <b>29,29</b>    | <b>28,85</b> | <b>93,26</b> | <b>1,200</b> | <b>0</b> | <b>10,594</b> |          |

| trešdiena, 13.maijs                    | Svars, g | Kcal       | Olbaltum vielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedr vielas | Alerģēni |
|--|----------|------------|-----------------|--------------|---------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>                       |          |            |                 |              |               |              |              |               |          |
| Cūkgaiņas teftelis                     | 80       | 178        | 11,18           | 10,844       | 8,644         | 0,096        |              | 0,462         | 1;3;7    |
| Kartupeļu biežputra                    | 200      | 169        | 5,414           | 1,905        | 31,624        | 0,2          |              | 4,2           | 7,       |
| Kīnas kāpostu salāti ar dillēm un eļļu | 100      | 22         | 1,525           | 1,205        | 2,241         | 0,4          |              | 1,035         |          |
| Rudzu maize                            | 60       | 155        | 5,16            | 0,84         | 30,12         |              |              | 3,3           | 1,       |
| Jogurta krēms                          | 70       | 160        | 3,348           | 11,868       | 9,909         |              | 3,5          |               | 7,       |
| Ogu ķīselis                            | 100      | 99         | 0,32            | 0,102        | 23,644        |              | 5,           | 0,993         |          |
| Ūdens ar citronu                       | 200      | 4          | 0,07            | 0,06         | 0,32          |              |              |               |          |
| <b>kopā:</b>                           |          | <b>786</b> | <b>27,02</b>    | <b>26,82</b> | <b>106,50</b> | <b>0,696</b> | <b>8,500</b> | <b>9,990</b>  |          |

| ceturtdiena, 14.maijs       | Svars, g | Kcal       | Olbaltum vielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedr vielas | Alerģēni |
|-----------------------------|----------|------------|-----------------|--------------|---------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>            |          |            |                 |              |               |              |              |               |          |
| Dārzenu un sakņu siera zupa | 250      | 147        | 5,36            | 9,254        | 10,334        |              |              | 3,355         | 7,       |
| Maltas gaiņas mērce         | 100      | 159        | 10,789          | 10,227       | 5,97          | 0,3          |              | 0,566         | 7,       |
| Vārīta pasta - makaroni     | 200      | 346        | 11,193          | 3,547        | 65,975        | 0,8          |              |               | 1,       |
| Burkānu salāti ar eļļu      | 90       | 64         | 0,864           | 4,673        | 4,596         | 0,18         | 0,45         | 3,11          |          |
| Kefīrs                      | 200      | 96         | 6,              | 4,           | 9,            |              |              |               | 7,       |
| Rudzu maize                 | 20       | 52         | 1,72            | 0,28         | 10,04         |              |              | 1,1           | 1,       |
| <b>kopā:</b>                |          | <b>864</b> | <b>35,93</b>    | <b>31,98</b> | <b>105,92</b> | <b>1,280</b> | <b>0,450</b> | <b>8,131</b>  |          |

| piektdiena, 15.maijs                         | Svars, g | Kcal       | Olbaltum vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedr vielas | Alerģēni |
|--|----------|------------|-----------------|--------------|--------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>                             |          |            |                 |              |              |              |              |               |          |
| Biešu zupa                                   | 250      | 80         | 2,105           | 2,766        | 11,578       | 0,25         |              | 3,695         | 9,       |
| Krējums skābs                                | 5        | 10         | 0,13            | 1,           | 0,135        |              |              |               | 7,       |
| Zivju kotlete mājas gaumē                    | 70       | 162        | 13,117          | 11,02        | 2,519        | 0,07         |              | 0,199         | 1;3;4;7  |
| Vārīti kartupeļi                             | 230      | 171        | 4,876           | 0,244        | 36,082       | 0,23         |              | 5,12          |          |
| Saldā krējuma mērce ar ķiploku               | 75       | 75         | 0,735           | 6,791        | 2,798        | 0,075        |              | 0,053         | 1;7      |
| Jauno kāpostu un gurķu salāti ar eļļas mērci | 100      | 52         | 1,196           | 3,557        | 3,813        | 0,075        | 0,275        | 2,282         |          |
| Jāņogu dzēriens                              | 200      | 27         | 0,227           | 0,046        | 5,982        |              | 5,           | 0,7           |          |
| Rudzu maize                                  | 60       | 155        | 5,16            | 0,84         | 30,12        |              |              | 3,3           | 1,       |
| <b>kopā:</b>                                 |          | <b>733</b> | <b>27,55</b>    | <b>26,26</b> | <b>93,03</b> | <b>0,700</b> | <b>5,275</b> | <b>15,349</b> |          |