

## Nedēļas ēdienkarte

## Grupa

BD 1-2

| pirmdiena, 5.oktobris    | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki       | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedr-<br>vielas | Alerģēni |
|--------------------------|----------|------------|--------------------|-------------|--------------|--------------|--------------|-------------------|----------|
| <b>Brokastis</b>         |          |            |                    |             |              |              |              |                   |          |
| Mannā biezputra ar ķirbi | 120      | 86         | 4,082              | 1,826       | 13,309       | 0,12         | 0,6          | 0,329             | 1,7      |
| Kaņēlcukurs              | 1        | 4          | 0,024              | 0,002       | 0,894        |              | 0,5          | 0,266             |          |
| Saldskābmaize            | 30       | 69         | 1,89               | 0,3         | 14,4         |              |              | 1,35              | 1,       |
| Sviests                  | 5        | 37         | 0,03               | 4,125       | 0,22         |              |              |                   | 7,       |
| Zāļu tēja                | 150      |            |                    |             |              |              |              |                   |          |
| <b>kopā:</b>             |          | <b>200</b> | <b>6,23</b>        | <b>6,29</b> | <b>29,34</b> | <b>0,120</b> | <b>1,100</b> | <b>2,145</b>      |          |

|                              |     |            |              |              |              |              |              |              |    |
|------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| <b>Pusdienas</b>             |     |            |              |              |              |              |              |              |    |
| Borščs                       | 100 | 51         | 1,632        | 2,775        | 4,848        | 0,4          | 0,2          | 1,627        |    |
| Krējums skābs                | 5   | 10         | 0,13         | 1,           | 0,135        |              |              |              | 7, |
| Sautēta cūkgaļa ar dārzeņiem | 50  | 73         | 5,426        | 5,396        | 0,78         | 0,2          |              | 0,445        |    |
| Vārīti griķi                 | 100 | 110        | 2,475        | 0,528        | 23,958       | 0,1          |              | 1,056        |    |
| Gurķi ar krējumu             | 50  | 25         | 0,5          | 2,08         | 0,99         |              |              | 0,2          | 7, |
| Augļu un ogu dzēriens        | 150 | 35         | 0,234        | 0,204        | 7,816        |              | 3,75         | 1,218        |    |
| Rudzu maize                  | 20  | 52         | 1,72         | 0,28         | 10,04        |              |              | 1,1          | 1, |
| <b>kopā:</b>                 |     | <b>357</b> | <b>12,12</b> | <b>12,26</b> | <b>48,57</b> | <b>0,700</b> | <b>3,950</b> | <b>5,646</b> |    |

|                                         |     |            |              |              |              |              |              |               |    |
|-----------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|----|
| <b>Launags</b>                          |     |            |              |              |              |              |              |               |    |
| Biezpiens                               | 40  | 39         | 7,6          | 0,2          | 1,6          |              |              |               | 7, |
| Krējums skābs                           | 15  | 30         | 0,39         | 3,           | 0,405        |              |              |               | 7, |
| Svaigu dārzeņu assorti ar ziedkāpostiem | 70  | 14         | 0,808        | 0,163        | 2,163        |              |              | 1,708         |    |
| Skābā krējuma ķiploku mērce             | 15  | 32         | 0,414        | 3,121        | 0,473        | 0,015        | 0,015        | 0,005         | 7, |
| Kliju maize                             | 20  | 55         | 2,42         | 0,54         | 9,46         |              |              | 1,16          | 1, |
| Sviests                                 | 5   | 37         | 0,03         | 4,125        | 0,22         |              |              |               | 7, |
| Zāļu tēja                               | 150 |            |              |              |              |              |              |               |    |
| <b>kopā:</b>                            |     | <b>207</b> | <b>11,66</b> | <b>11,15</b> | <b>14,32</b> | <b>0,015</b> | <b>0,015</b> | <b>2,873</b>  |    |
| <b>Diena kopā:</b>                      |     | <b>763</b> | <b>30,01</b> | <b>29,71</b> | <b>92,23</b> | <b>0,835</b> | <b>5,065</b> | <b>10,664</b> |    |

| otrdiena, 6.oktobris     | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki       | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedr-<br>vielas | Alerģēni |
|--------------------------|----------|------------|--------------------|-------------|--------------|--------------|--------------|-------------------|----------|
| <b>Brokastis</b>         |          |            |                    |             |              |              |              |                   |          |
| Trīs graudu pārslu putra | 100      | 84         | 3,84               | 1,832       | 13,11        | 0,1          | 0,2          | 1,92              | 1,7      |
| Ievārījums               | 5        | 8          | 0,05               | 0,005       | 1,95         |              |              |                   |          |
| Kliju maize              | 15       | 39         | 1,815              | 0,405       | 7,095        |              |              | 0,87              | 1,       |
| Krēmsiers                | 15       | 30         | 1,08               | 2,67        | 0,495        |              |              |                   | 7,       |
| Zāļu tēja                | 150      |            |                    |             |              |              |              |                   |          |
| <b>kopā:</b>             |          | <b>161</b> | <b>6,79</b>        | <b>4,91</b> | <b>22,65</b> | <b>0,100</b> | <b>0,200</b> | <b>2,790</b>      |          |

|                                   |     |            |             |              |              |              |          |              |     |
|-----------------------------------|-----|------------|-------------|--------------|--------------|--------------|----------|--------------|-----|
| <b>Pusdienas</b>                  |     |            |             |              |              |              |          |              |     |
| Ziedkāpostu zupa                  | 100 | 40         | 1,38        | 2,186        | 3,665        | 0,1          |          | 2,195        | 9,  |
| Plovs ar vistas gaļu              | 100 | 186        | 6,994       | 5,595        | 26,71        | 0,4          |          | 1,238        |     |
| Burkānu salāti ar sezama sēkliņām | 50  | 47         | 1,176       | 3,762        | 2,619        | 0,1          |          | 2,062        | 11, |
| Ķiršu dzēriens                    | 150 | 66         | 0,248       | 0,068        | 15,675       |              |          | 0,308        |     |
| <b>kopā:</b>                      |     | <b>339</b> | <b>9,80</b> | <b>11,61</b> | <b>48,67</b> | <b>0,600</b> | <b>0</b> | <b>5,803</b> |     |

|                    |     |            |              |              |               |              |              |              |       |
|--------------------|-----|------------|--------------|--------------|---------------|--------------|--------------|--------------|-------|
| <b>Launags</b>     |     |            |              |              |               |              |              |              |       |
| Smalkmaizīte       | 50  | 183        | 4,368        | 5,646        | 29,56         |              |              | 0,159        | 1,3,7 |
| Zāļu tēja          | 200 |            |              |              |               |              |              |              |       |
| Banāns             | 100 | 56         | 0,79         | 0,25         | 12,2          |              |              | 0,7          |       |
| <b>kopā:</b>       |     | <b>295</b> | <b>8,42</b>  | <b>7,98</b>  | <b>47,98</b>  | <b>0</b>     | <b>0</b>     | <b>1,378</b> |       |
| <b>Diena kopā:</b> |     | <b>795</b> | <b>25,00</b> | <b>24,51</b> | <b>119,30</b> | <b>0,700</b> | <b>0,200</b> | <b>9,971</b> |       |

| trešdiena, 7.oktobris | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki       | Ogļhidrāti   | Sāls         | Cukurs   | Šķiedr-<br>vielas | Alerģēni |
|-----------------------|----------|------------|--------------------|-------------|--------------|--------------|----------|-------------------|----------|
| <b>Brokastis</b>      |          |            |                    |             |              |              |          |                   |          |
| Auzu pārslu putra     | 100      | 93         | 4,435              | 2,65        | 13,115       | 0,1          |          | 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,       |
| Sviests               | 4        | 30         | 0,024              | 3,3         | 0,176        |              |          |                   | 7,       |
| Zāļu tēja             | 150      |            |                    |             |              |              |          |                   |          |
| <b>kopā:</b>          |          | <b>172</b> | <b>5,80</b>        | <b>6,31</b> | <b>23,31</b> | <b>0,100</b> | <b>0</b> | <b>1,480</b>      |          |

|                   |     |     |       |       |        |     |  |       |       |
|-------------------|-----|-----|-------|-------|--------|-----|--|-------|-------|
| <b>Pusdienas</b>  |     |     |       |       |        |     |  |       |       |
| Cūkgaļas teftelis | 50  | 111 | 6,988 | 6,778 | 5,402  |     |  | 0,289 | 1,3,7 |
| Vārīti kartupeļi  | 100 | 74  | 2,12  | 0,106 | 15,688 | 0,1 |  | 2,226 |       |

|                                     |    |            |              |              |              |              |              |              |    |
|-------------------------------------|----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| Kāpostu svaigu biešu salāti ar eļļu | 50 | 47         | 0,65         | 3,838        | 2,481        | 0,05         | 0,15         | 1,402        |    |
| Rīsu krēms                          | 30 | 64         | 0,93         | 4,232        | 5,569        |              | 1,5          | 0,067        | 7, |
| Ogu ķīselis                         | 70 | 69         | 0,224        | 0,071        | 16,551       |              | 3,5          | 0,695        |    |
| <b>kopā:</b>                        |    | <b>368</b> | <b>10,96</b> | <b>15,07</b> | <b>45,93</b> | <b>0,150</b> | <b>5,150</b> | <b>4,679</b> |    |

#### Launags

|                                |                 |             |                        |              |                   |              |               |                     |                 |
|--------------------------------|-----------------|-------------|------------------------|--------------|-------------------|--------------|---------------|---------------------|-----------------|
| Vārti cīsiņi (MK172)           | 40              | 86          | 4,52                   | 6,68         | 2,08              |              |               |                     | 7,              |
| Tomāti                         | 50              | 9           | 0,5                    | 0,1          | 1,3               |              |               | 0,5                 |                 |
| Jogurta mērce                  | 15              | 13          | 0,58                   | 0,646        | 1,279             | 0,015        |               | 0,012               | 7,              |
| Zāļu tēja                      | 150             |             |                        |              |                   |              |               |                     |                 |
| Saldskābmaize                  | 20              | 45          | 1,26                   | 0,2          | 9,6               |              |               | 0,9                 | 1,              |
| Sviests                        | 5               | 37          | 0,03                   | 4,125        | 0,22              |              |               |                     | 7,              |
| <b>kopā:</b>                   |                 | <b>191</b>  | <b>6,89</b>            | <b>11,75</b> | <b>14,48</b>      | <b>0,015</b> | <b>0</b>      | <b>1,412</b>        |                 |
| <b>Diena kopā:</b>             |                 | <b>731</b>  | <b>23,65</b>           | <b>33,13</b> | <b>83,72</b>      | <b>0,265</b> | <b>5,150</b>  | <b>7,571</b>        |                 |
| <b>ceturtdiena, 8.oktobris</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>Šķiedrvielas</b> | <b>Alerģēni</b> |

#### Brokastis

|                 |     |            |             |             |              |              |              |              |    |
|-----------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|----|
| Kukurūzas putra | 100 | 70         | 3,56        | 1,708       | 10,543       | 0,1          | 0,1          | 1,034        | 7, |
| Ievārījums      | 5   | 7          | 0,05        | 0,005       | 1,95         |              |              |              |    |
| Saldskābmaize   | 15  | 34         | 0,945       | 0,15        | 7,2          |              |              | 0,675        | 1, |
| Sviests         | 5   | 37         | 0,03        | 4,125       | 0,22         |              |              |              | 7, |
| Zāļu tēja       | 150 |            |             |             |              |              |              |              |    |
| <b>kopā:</b>    |     | <b>183</b> | <b>6,15</b> | <b>8,84</b> | <b>20,54</b> | <b>0,100</b> | <b>0,100</b> | <b>1,709</b> |    |

#### Pusdienas

|                                                       |     |            |              |              |              |              |              |              |     |
|-------------------------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-----|
| Dārzeņu biezenzupa                                    | 100 | 63         | 0,729        | 5,103        | 3,785        | 0,1          |              | 1,489        |     |
| Baltmaizes grauzdiņi                                  | 5   | 14         | 0,39         | 0,205        | 2,57         | 0,005        |              | 0,19         | 1,  |
| Pasta ar vistas gaļu un saldo krējumu                 | 100 | 191        | 8,42         | 6,656        | 23,509       | 0,4          |              | 0,252        | 1;7 |
| Ķīnas kāpostu un svaigu dārzeņu salāti ar eļļas mērci | 50  | 18         | 0,621        | 1,236        | 1,268        |              |              | 0,605        |     |
| Augļu un ogu dzēriens                                 | 150 | 35         | 0,234        | 0,204        | 7,816        |              | 3,75         | 1,218        |     |
| <b>kopā:</b>                                          |     | <b>321</b> | <b>10,39</b> | <b>13,40</b> | <b>38,95</b> | <b>0,505</b> | <b>3,750</b> | <b>3,754</b> |     |

#### Launags

|                               |                 |             |                        |              |                   |              |               |                     |                 |
|-------------------------------|-----------------|-------------|------------------------|--------------|-------------------|--------------|---------------|---------------------|-----------------|
| Biezpiena sacepums            | 50              | 87          | 9,014                  | 1,257        | 9,819             |              | 5,5           | 0,021               | 1;11;3;7        |
| Ievārījums                    | 15              | 24          | 0,15                   | 0,015        | 5,85              |              |               |                     |                 |
| Ābols                         | 50              | 28          | 0,395                  | 0,125        | 6,1               |              |               | 0,35                |                 |
| Kakao dzēriens                | 150             | 74          | 4,825                  | 3,325        | 6,35              |              |               | 0,775               | 7,              |
| Cukurs baltais                | 2               | 8           |                        |              | 1,996             |              | 2,            |                     |                 |
| <b>kopā:</b>                  |                 | <b>221</b>  | <b>14,38</b>           | <b>4,72</b>  | <b>30,12</b>      | <b>0</b>     | <b>7,500</b>  | <b>1,146</b>        |                 |
| <b>Diena kopā:</b>            |                 | <b>725</b>  | <b>30,92</b>           | <b>26,96</b> | <b>89,61</b>      | <b>0,605</b> | <b>11,350</b> | <b>6,609</b>        |                 |
| <b>piektdiena, 9.oktobris</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>Šķiedrvielas</b> | <b>Alerģēni</b> |

#### Brokastis

|                           |     |            |             |             |              |              |              |              |      |
|---------------------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|------|
| Četru graudu pārslu putra | 100 | 93         | 4,48        | 2,128       | 13,56        | 0,1          | 0,2          | 1,792        | 1;7  |
| Ievārījums                | 7   | 10         | 0,07        | 0,007       | 2,73         |              |              |              |      |
| Sēklu maize               | 15  | 45         | 1,575       | 0,96        | 7,065        |              |              | 0,645        | 1;11 |
| Sviests                   | 5   | 37         | 0,03        | 4,125       | 0,22         |              |              |              | 7,   |
| Zāļu tēja                 | 150 |            |             |             |              |              |              |              |      |
| <b>kopā:</b>              |     | <b>188</b> | <b>6,36</b> | <b>7,26</b> | <b>24,10</b> | <b>0,100</b> | <b>0,200</b> | <b>2,637</b> |      |

#### Pusdienas

|                                          |     |            |              |              |              |              |          |              |        |
|------------------------------------------|-----|------------|--------------|--------------|--------------|--------------|----------|--------------|--------|
| Zivs zupa ar dārzeņiem                   | 100 | 46         | 2,52         | 2,18         | 3,949        | 0,4          |          | 1,914        | 4,     |
| Krējums skābs                            | 5   | 10         | 0,13         | 1,           | 0,135        |              |          |              | 7,     |
| Cūkgaļas gulašs                          | 60  | 123        | 7,056        | 9,328        | 2,705        | 0,06         |          | 0,148        | 1;7    |
| Vārti kartupeļi                          | 100 | 74         | 2,12         | 0,106        | 15,688       | 0,1          |          | 2,226        |        |
| Biešu salāti ar āboliem un krējuma mērci | 50  | 44         | 0,74         | 2,755        | 4,005        | 0,1          |          | 1,025        | 10;3;7 |
| Ūdens ar cidonijām                       | 100 | 2          | 0,02         | 0,025        | 0,365        |              |          | 0,2          |        |
| Rudzu maize                              | 20  | 52         | 1,72         | 0,28         | 10,04        |              |          | 1,1          | 1,     |
| <b>kopā:</b>                             |     | <b>351</b> | <b>14,31</b> | <b>15,67</b> | <b>36,89</b> | <b>0,660</b> | <b>0</b> | <b>6,613</b> |        |

#### Launags

|                     |     |            |              |              |              |              |              |               |          |
|---------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|----------|
| Karstmaize ar sieru | 30  | 112        | 4,41         | 6,94         | 7,95         |              |              | 0,525         | 1;10;3;7 |
| Ābols               | 50  | 28         | 0,395        | 0,125        | 6,1          |              |              | 0,35          |          |
| Tēja                | 150 | 74         | 4,825        | 3,325        | 6,35         |              |              | 0,775         |          |
| Cukurs baltais      | 1   | 4          |              |              | 0,998        |              | 1,           |               |          |
| <b>kopā:</b>        |     | <b>218</b> | <b>9,63</b>  | <b>10,39</b> | <b>21,40</b> | <b>0</b>     | <b>1,000</b> | <b>1,650</b>  |          |
| <b>Diena kopā:</b>  |     | <b>757</b> | <b>30,29</b> | <b>33,32</b> | <b>82,38</b> | <b>0,760</b> | <b>1,200</b> | <b>10,900</b> |          |

## Nedēļas ēdienkarte

## Grupa

BD 3-6

| pirmdienā, 5.oktobris | Svars, g | Kcal       | Olībaltum<br>vielas | Tauki       | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedr-<br>vielas | Alerģēni |
|-----------------------|----------|------------|---------------------|-------------|--------------|--------------|--------------|-------------------|----------|
| <b>Brokastis</b>      |          |            |                     |             |              |              |              |                   |          |
| Mannā biezputra       | 150      | 108        | 5,103               | 2,283       | 16,636       | 0,15         | 0,75         | 0,411             | 1,7      |
| Kaņēlcukurs           | 1        | 4          | 0,024               | 0,002       | 0,894        |              | 0,5          | 0,266             |          |
| Saldskābmaize         | 30       | 69         | 1,89                | 0,3         | 14,4         |              |              | 1,35              | 1,       |
| Sviests               | 5        | 37         | 0,03                | 4,125       | 0,22         |              |              |                   | 7,       |
| Zāļu tēja             | 200      |            |                     |             |              |              |              |                   |          |
| <b>kopā:</b>          |          | <b>221</b> | <b>7,25</b>         | <b>6,75</b> | <b>32,67</b> | <b>0,150</b> | <b>1,250</b> | <b>2,227</b>      |          |

|                              |     |            |              |              |              |              |              |              |    |
|------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| <b>Pusdienas</b>             |     |            |              |              |              |              |              |              |    |
| Borščs                       | 150 | 77         | 2,447        | 4,162        | 7,272        | 0,6          | 0,3          | 2,44         |    |
| Krējums skābs                | 5   | 10         | 0,13         | 1,           | 0,135        |              |              |              | 7, |
| Sautēta cūkgaļa ar dārzeņiem | 70  | 102        | 7,596        | 7,554        | 1,093        | 0,28         |              | 0,623        |    |
| Vārīti griķi                 | 150 | 166        | 3,712        | 0,792        | 35,937       | 0,15         |              | 1,584        |    |
| Gurķi ar krējumu             | 60  | 30         | 0,6          | 2,496        | 1,188        |              |              | 0,24         | 7, |
| Augļu un ogu dzēriens        | 200 | 47         | 0,312        | 0,272        | 10,422       |              | 5,           | 1,624        |    |
| Rudzu maize                  | 20  | 52         | 1,72         | 0,28         | 10,04        |              |              | 1,1          | 1, |
| <b>kopā:</b>                 |     | <b>484</b> | <b>16,52</b> | <b>16,56</b> | <b>66,09</b> | <b>1,030</b> | <b>5,300</b> | <b>7,611</b> |    |

|                                         |                 |             |                             |              |                   |              |               |                           |                 |
|-----------------------------------------|-----------------|-------------|-----------------------------|--------------|-------------------|--------------|---------------|---------------------------|-----------------|
| <b>Launags</b>                          |                 |             |                             |              |                   |              |               |                           |                 |
| Biezpiens                               | 50              | 49          | 9,5                         | 0,25         | 2,                |              |               |                           | 7,              |
| Krējums skābs                           | 20              | 40          | 0,52                        | 4,           | 0,54              |              |               |                           | 7,              |
| Svaigu dārzeņu assorti ar ziedkāpostiem | 70              | 14          | 0,808                       | 0,163        | 2,163             |              |               | 1,708                     |                 |
| Skābā krējuma kļpoku mērce              | 20              | 42          | 0,552                       | 4,161        | 0,631             | 0,02         | 0,02          | 0,007                     | 7,              |
| Kliju maize                             | 30              | 82          | 3,63                        | 0,81         | 14,19             |              |               | 1,74                      | 1,              |
| Sviests                                 | 5               | 37          | 0,03                        | 4,125        | 0,22              |              |               |                           | 7,              |
| Zāļu tēja                               | 200             |             |                             |              |                   |              |               |                           |                 |
| <b>kopā:</b>                            |                 | <b>264</b>  | <b>15,04</b>                | <b>13,51</b> | <b>19,74</b>      | <b>0,020</b> | <b>0,020</b>  | <b>3,455</b>              |                 |
| <b>Diena kopā:</b>                      |                 | <b>969</b>  | <b>38,80</b>                | <b>36,82</b> | <b>118,50</b>     | <b>1,200</b> | <b>6,570</b>  | <b>13,293</b>             |                 |
| <b>otrdiena, 6.oktobris</b>             | <b>Svars, g</b> | <b>Kcal</b> | <b>Olībaltum<br/>vielas</b> | <b>Tauki</b> | <b>Ogļhidrāti</b> | <b>Sāls</b>  | <b>Cukurs</b> | <b>Šķiedr-<br/>vielas</b> | <b>Alerģēni</b> |

|                          |     |            |             |             |              |              |              |              |     |
|--------------------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|-----|
| <b>Brokastis</b>         |     |            |             |             |              |              |              |              |     |
| Trīs graudu pārslu putra | 150 | 126        | 5,76        | 2,748       | 19,664       | 0,15         | 0,3          | 2,88         | 1,7 |
| Ievārījums               | 5   | 8          | 0,05        | 0,005       | 1,95         |              |              |              |     |
| Kliju maize              | 20  | 52         | 2,42        | 0,54        | 9,46         |              |              | 1,16         | 1,  |
| Krēmsiers                | 20  | 40         | 1,44        | 3,56        | 0,66         |              |              |              | 7,  |
| Zāļu tēja                | 200 |            |             |             |              |              |              |              |     |
| <b>kopā:</b>             |     | <b>226</b> | <b>9,67</b> | <b>6,85</b> | <b>31,73</b> | <b>0,150</b> | <b>0,300</b> | <b>4,040</b> |     |

|                                   |     |            |              |              |              |              |          |              |     |
|-----------------------------------|-----|------------|--------------|--------------|--------------|--------------|----------|--------------|-----|
| <b>Pusdienas</b>                  |     |            |              |              |              |              |          |              |     |
| Ziedkāpostu zupa                  | 150 | 60         | 2,07         | 3,279        | 5,498        | 0,15         |          | 3,292        | 9,  |
| Plovs ar vistas gaļu              | 150 | 279        | 10,491       | 8,393        | 40,064       | 0,6          |          | 1,857        |     |
| Burkānu salāti ar sezama sēkliņām | 60  | 57         | 1,411        | 4,514        | 3,142        | 0,12         |          | 2,474        | 11, |
| Kiršu dzēriens                    | 200 | 88         | 0,33         | 0,09         | 20,9         |              |          | 0,41         |     |
| <b>kopā:</b>                      |     | <b>483</b> | <b>14,30</b> | <b>16,28</b> | <b>69,60</b> | <b>0,870</b> | <b>0</b> | <b>8,033</b> |     |

|                              |                 |             |                             |              |                   |              |               |                           |                 |
|------------------------------|-----------------|-------------|-----------------------------|--------------|-------------------|--------------|---------------|---------------------------|-----------------|
| <b>Launags</b>               |                 |             |                             |              |                   |              |               |                           |                 |
| Smalkmaizīte                 | 50              | 183         | 4,368                       | 5,646        | 29,56             |              |               | 0,159                     | 1;3;7           |
| Zāļu tēja                    | 200             |             |                             |              |                   |              |               |                           |                 |
| Banāns                       | 100             | 56          | 0,79                        | 0,25         | 12,2              |              |               | 0,7                       |                 |
| <b>kopā:</b>                 |                 | <b>323</b>  | <b>8,81</b>                 | <b>8,11</b>  | <b>54,08</b>      | <b>0</b>     | <b>0</b>      | <b>1,728</b>              |                 |
| <b>Diena kopā:</b>           |                 | <b>1033</b> | <b>32,79</b>                | <b>31,24</b> | <b>155,42</b>     | <b>1,020</b> | <b>0,300</b>  | <b>13,801</b>             |                 |
| <b>trešdiena, 7.oktobris</b> | <b>Svars, g</b> | <b>Kcal</b> | <b>Olībaltum<br/>vielas</b> | <b>Tauki</b> | <b>Ogļhidrāti</b> | <b>Sāls</b>  | <b>Cukurs</b> | <b>Šķiedr-<br/>vielas</b> | <b>Alerģēni</b> |

|                   |     |            |             |             |              |              |          |              |     |
|-------------------|-----|------------|-------------|-------------|--------------|--------------|----------|--------------|-----|
| <b>Brokastis</b>  |     |            |             |             |              |              |          |              |     |
| Auzu pārslu putra | 150 | 140        | 6,652       | 3,975       | 19,672       | 0,15         |          | 1,215        | 1,7 |
| Ievārījums        | 5   | 7          | 0,05        | 0,005       | 1,95         |              |          |              |     |
| Baltmaize         | 15  | 39         | 1,17        | 0,315       | 7,71         |              |          | 0,57         | 1,  |
| Sviests           | 5   | 37         | 0,03        | 4,125       | 0,22         |              |          |              | 7,  |
| Zāļu tēja         | 200 |            |             |             |              |              |          |              |     |
| <b>kopā:</b>      |     | <b>226</b> | <b>8,02</b> | <b>8,46</b> | <b>29,91</b> | <b>0,150</b> | <b>0</b> | <b>1,885</b> |     |

|                   |     |     |       |       |        |      |  |       |       |
|-------------------|-----|-----|-------|-------|--------|------|--|-------|-------|
| <b>Pusdienas</b>  |     |     |       |       |        |      |  |       |       |
| Cūkgaļas teftelis | 50  | 111 | 6,988 | 6,778 | 5,402  |      |  | 0,289 | 1;3;7 |
| Vārīti kartupeļi  | 150 | 112 | 3,18  | 0,159 | 23,532 | 0,15 |  | 3,339 |       |

|                                     |    |            |              |              |              |              |              |              |    |
|-------------------------------------|----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| Kāpostu svaigu biešu salāti ar eļļu | 60 | 56         | 0,779        | 4,606        | 2,977        | 0,06         | 0,18         | 1,683        |    |
| Rīsu krēms                          | 30 | 64         | 0,93         | 4,232        | 5,569        |              | 1,5          | 0,067        | 7, |
| Ogu ķīselis                         | 70 | 69         | 0,224        | 0,071        | 16,551       |              | 3,5          | 0,695        |    |
| <b>kopā:</b>                        |    | <b>416</b> | <b>12,17</b> | <b>15,91</b> | <b>54,35</b> | <b>0,210</b> | <b>5,180</b> | <b>6,073</b> |    |

#### Launags

|                                |                 |             |                        |              |                   |              |               |                     |                 |
|--------------------------------|-----------------|-------------|------------------------|--------------|-------------------|--------------|---------------|---------------------|-----------------|
| Vārīti cīsiņi (MK172)          | 50              | 108         | 5,65                   | 8,35         | 2,6               |              |               |                     | 7,              |
| Tomāti                         | 50              | 9           | 0,5                    | 0,1          | 1,3               |              |               | 0,5                 |                 |
| Jogurta mērce                  | 20              | 18          | 0,773                  | 0,861        | 1,705             | 0,02         |               | 0,016               | 7,              |
| Zāļu tēja                      | 200             |             |                        |              |                   |              |               |                     |                 |
| Saldskābmaize                  | 20              | 45          | 1,26                   | 0,2          | 9,6               |              |               | 0,9                 | 1,              |
| Sviests                        | 5               | 37          | 0,03                   | 4,125        | 0,22              |              |               |                     | 7,              |
| <b>kopā:</b>                   |                 | <b>217</b>  | <b>8,21</b>            | <b>13,64</b> | <b>15,43</b>      | <b>0,020</b> | <b>0</b>      | <b>1,416</b>        |                 |
| <b>Diena kopā:</b>             |                 | <b>859</b>  | <b>28,41</b>           | <b>38,00</b> | <b>99,69</b>      | <b>0,380</b> | <b>5,180</b>  | <b>9,374</b>        |                 |
| <b>ceturtdiena, 8.oktobris</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>Šķiedrvielas</b> | <b>Alerģēni</b> |

#### Brokastis

|                 |     |            |             |              |              |              |              |              |    |
|-----------------|-----|------------|-------------|--------------|--------------|--------------|--------------|--------------|----|
| Kukurūzas putra | 150 | 104        | 5,34        | 2,562        | 15,814       | 0,15         | 0,15         | 1,551        | 7, |
| Ievārījums      | 5   | 7          | 0,05        | 0,005        | 1,95         |              |              |              |    |
| Saldskābmaize   | 30  | 69         | 1,89        | 0,3          | 14,4         |              |              | 1,35         | 1, |
| Sviests         | 5   | 37         | 0,03        | 4,125        | 0,22         |              |              |              | 7, |
| Zāļu tēja       | 200 |            |             |              |              |              |              |              |    |
| <b>kopā:</b>    |     | <b>263</b> | <b>9,39</b> | <b>10,79</b> | <b>33,22</b> | <b>0,150</b> | <b>0,150</b> | <b>2,901</b> |    |

#### Pusdienas

|                                                       |     |            |              |              |              |              |              |              |     |
|-------------------------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-----|
| Dārzeņu biezenzupa                                    | 150 | 95         | 1,094        | 7,654        | 5,678        | 0,15         |              | 2,234        |     |
| Baltmaizes grauzdiņi                                  | 5   | 14         | 0,39         | 0,205        | 2,57         | 0,005        |              | 0,19         | 1,  |
| Pasta ar vistas gaļu un saldo krējumu                 | 150 | 286        | 12,63        | 9,983        | 35,264       | 0,6          |              | 0,377        | 1;7 |
| Ķīnas kāpostu un svaigu dārzeņu salāti ar eļļas mērci | 60  | 21         | 0,745        | 1,483        | 1,522        |              |              | 0,726        |     |
| Augļu un ogu dzēriens                                 | 200 | 47         | 0,312        | 0,272        | 10,422       |              | 5,           | 1,624        |     |
| <b>kopā:</b>                                          |     | <b>464</b> | <b>15,17</b> | <b>19,60</b> | <b>55,46</b> | <b>0,755</b> | <b>5,000</b> | <b>5,151</b> |     |

#### Launags

|                               |                 |             |                        |              |                   |              |               |                     |                 |
|-------------------------------|-----------------|-------------|------------------------|--------------|-------------------|--------------|---------------|---------------------|-----------------|
| Biezpiena sacepums            | 60              | 105         | 10,817                 | 1,509        | 11,782            |              | 6,6           | 0,025               | 1;11;3;7        |
| Ievārījums                    | 15              | 24          | 0,15                   | 0,015        | 5,85              |              |               |                     |                 |
| Ābols                         | 80              | 45          | 0,632                  | 0,2          | 9,76              |              |               | 0,56                |                 |
| Kakao dzēriens                | 200             | 98          | 6,433                  | 4,433        | 8,467             |              |               | 1,034               | 7,              |
| Cukurs baltais                | 3               | 12          |                        |              | 2,994             |              | 3,            |                     |                 |
| <b>kopā:</b>                  |                 | <b>283</b>  | <b>18,03</b>           | <b>6,16</b>  | <b>38,85</b>      | <b>0</b>     | <b>9,600</b>  | <b>1,619</b>        |                 |
| <b>Diena kopā:</b>            |                 | <b>1010</b> | <b>42,59</b>           | <b>36,55</b> | <b>127,53</b>     | <b>0,905</b> | <b>14,750</b> | <b>9,671</b>        |                 |
| <b>piektdiena, 9.oktobris</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>Šķiedrvielas</b> | <b>Alerģēni</b> |

#### Brokastis

|                            |     |            |              |             |              |              |              |              |      |
|----------------------------|-----|------------|--------------|-------------|--------------|--------------|--------------|--------------|------|
| Četrus graudu pārslu putra | 150 | 139        | 6,72         | 3,192       | 20,339       | 0,15         | 0,3          | 2,688        | 1;7  |
| Ievārījums                 | 7   | 10         | 0,07         | 0,007       | 2,73         |              |              |              |      |
| Sēkļu maize                | 30  | 89         | 3,15         | 1,92        | 14,13        |              |              | 1,29         | 1;11 |
| Sviests                    | 5   | 37         | 0,03         | 4,125       | 0,22         |              |              |              | 7,   |
| Zāļu tēja                  | 200 |            |              |             |              |              |              |              |      |
| <b>kopā:</b>               |     | <b>279</b> | <b>10,17</b> | <b>9,28</b> | <b>37,94</b> | <b>0,150</b> | <b>0,300</b> | <b>4,178</b> |      |

#### Pusdienas

|                                          |     |            |              |              |              |              |          |              |        |
|------------------------------------------|-----|------------|--------------|--------------|--------------|--------------|----------|--------------|--------|
| Zivs zupa ar dārzeņiem                   | 150 | 69         | 3,779        | 3,27         | 5,924        | 0,6          |          | 2,871        | 4,     |
| Krējums skābs                            | 5   | 10         | 0,13         | 1,           | 0,135        |              |          |              | 7,     |
| Cūkgaļas gulašs                          | 60  | 123        | 7,056        | 9,328        | 2,705        | 0,06         |          | 0,148        | 1;7    |
| Vārīti kartupeļi                         | 150 | 112        | 3,18         | 0,159        | 23,532       | 0,15         |          | 3,339        |        |
| Biešu salāti ar āboliem un krējuma mērci | 60  | 53         | 0,888        | 3,306        | 4,806        | 0,12         |          | 1,23         | 10;3;7 |
| Ūdens ar cidonijām                       | 150 | 3          | 0,03         | 0,038        | 0,548        |              |          | 0,3          |        |
| Rudzu maize                              | 20  | 52         | 1,72         | 0,28         | 10,04        |              |          | 1,1          | 1,     |
| <b>kopā:</b>                             |     | <b>421</b> | <b>16,78</b> | <b>17,38</b> | <b>47,69</b> | <b>0,930</b> | <b>0</b> | <b>8,988</b> |        |

#### Launags

|                     |     |             |              |              |               |              |              |               |          |
|---------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|---------------|----------|
| Karstmaize ar sieru | 60  | 225         | 8,82         | 13,88        | 15,9          |              |              | 1,05          | 1;10;3;7 |
| Ābols               | 100 | 56          | 0,79         | 0,25         | 12,2          |              |              | 0,7           |          |
| Tēja                | 200 | 98          | 6,433        | 4,433        | 8,467         |              |              | 1,034         | 7,       |
| Cukurs baltais      | 2   | 8           |              |              | 1,996         |              | 2,           |               |          |
| <b>kopā:</b>        |     | <b>386</b>  | <b>16,04</b> | <b>18,56</b> | <b>38,56</b>  | <b>0</b>     | <b>2,000</b> | <b>2,784</b>  |          |
| <b>Diena kopā:</b>  |     | <b>1087</b> | <b>43,00</b> | <b>45,23</b> | <b>124,19</b> | <b>1,080</b> | <b>2,300</b> | <b>15,950</b> |          |

## Nedēļas ēdienkarte

## Grupa diētu ēdienkarte

BD 3-6

|                              | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki       | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedr-<br>vielas | Alerģēni |
|------------------------------|----------|------------|--------------------|-------------|--------------|--------------|--------------|-------------------|----------|
| <b>pirmdienā, 5.oktobris</b> |          |            |                    |             |              |              |              |                   |          |
| <b>Brokastis</b>             |          |            |                    |             |              |              |              |                   |          |
| Griķu mannas putra bez piena | 150      | 108        | 1,746              | 1,505       | 21,674       | 0,15         | 1,5          | 0,459             |          |
| Ievārījums                   | 5        | 8          | 0,05               | 0,005       | 1,95         |              |              |                   |          |
| Tomāti                       | 20       | 3          | 0,2                | 0,04        | 0,52         |              |              | 0,2               |          |
| Bezglutēna maize             | 30       | 66         | 0,087              | 0,968       | 14,19        | 0,3          |              |                   |          |
| Margarīns sviestmaizēm       | 5        | 36         |                    | 4,          |              |              |              |                   |          |
| Zāļu tēja                    | 200      |            |                    |             |              |              |              |                   |          |
| <b>kopā:</b>                 |          | <b>221</b> | <b>2,08</b>        | <b>6,52</b> | <b>38,33</b> | <b>0,450</b> | <b>1,500</b> | <b>0,659</b>      |          |

|                                  |     |            |              |              |              |              |              |              |  |
|----------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| <b>Pusdienas</b>                 |     |            |              |              |              |              |              |              |  |
| Borščs                           | 150 | 77         | 2,447        | 4,162        | 7,272        | 0,6          | 0,3          | 2,44         |  |
| Sautēta cūkgaļa ar dārzeņiem     | 70  | 102        | 7,596        | 7,554        | 1,093        | 0,28         |              | 0,623        |  |
| Vārīti griķi                     | 150 | 166        | 3,712        | 0,792        | 35,937       | 0,15         |              | 1,584        |  |
| Gurķu salāti ar zaļumiem un eļļu | 60  | 19         | 0,42         | 1,33         | 1,205        | 0,06         |              | 0,369        |  |
| Augļu un ogu dzēriens            | 200 | 47         | 0,312        | 0,272        | 10,422       |              | 5,           | 1,624        |  |
| Bezglutēna maize                 | 30  | 66         | 0,087        | 0,968        | 14,19        | 0,3          |              |              |  |
| <b>kopā:</b>                     |     | <b>476</b> | <b>14,57</b> | <b>15,08</b> | <b>70,12</b> | <b>1,390</b> | <b>5,300</b> | <b>6,640</b> |  |

|                                         |          |            |                    |              |               |              |              |                   |          |
|-----------------------------------------|----------|------------|--------------------|--------------|---------------|--------------|--------------|-------------------|----------|
| <b>Launags</b>                          |          |            |                    |              |               |              |              |                   |          |
| Svaigu dārzeņu assorti ar ziedkāpostiem | 100      | 20         | 1,154              | 0,233        | 3,09          |              |              | 2,439             |          |
| 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,           |               |              |              |                   |          |
| Zāļu tēja                               | 200      |            |                    |              |               |              |              |                   |          |
| <b>kopā:</b>                            |          | <b>192</b> | <b>8,39</b>        | <b>9,78</b>  | <b>17,41</b>  | <b>0,330</b> | <b>0</b>     | <b>2,496</b>      |          |
| <b>Diena kopā:</b>                      |          | <b>889</b> | <b>25,05</b>       | <b>31,38</b> | <b>125,86</b> | <b>2,170</b> | <b>6,800</b> | <b>9,795</b>      |          |
| <b>otrdiena, 6.oktobris</b>             |          |            |                    |              |               |              |              |                   |          |
|                                         | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedr-<br>vielas | Alerģēni |

|                                   |     |            |             |             |              |              |          |              |    |
|-----------------------------------|-----|------------|-------------|-------------|--------------|--------------|----------|--------------|----|
| <b>Brokastis</b>                  |     |            |             |             |              |              |          |              |    |
| Prosas biezputra bez piena        | 150 | 122        | 6,132       | 2,952       | 17,646       | 0,3          |          | 0,912        | 6, |
| Ievārījums                        | 5   | 8          | 0,05        | 0,005       | 1,95         |              |          |              |    |
| Bezglutēna maize                  | 30  | 66         | 0,087       | 0,968       | 14,19        | 0,3          |          |              |    |
| Vegāniskais siers smērīnš Violife | 20  | 6          |             | 4,6         | 1,6          |              |          | 0,36         |    |
| Zāļu tēja                         | 200 |            |             |             |              |              |          |              |    |
| <b>kopā:</b>                      |     | <b>201</b> | <b>6,27</b> | <b>8,53</b> | <b>35,39</b> | <b>0,600</b> | <b>0</b> | <b>1,272</b> |    |

|                                |     |            |              |              |              |              |          |              |     |
|--------------------------------|-----|------------|--------------|--------------|--------------|--------------|----------|--------------|-----|
| <b>Pusdienas</b>               |     |            |              |              |              |              |          |              |     |
| Ziedkāpostu zupa               | 150 | 60         | 2,07         | 3,279        | 5,498        | 0,15         |          | 3,292        | 9,  |
| Plovs ar vistas gaļu           | 150 | 279        | 10,491       | 8,393        | 40,064       | 0,6          |          | 1,857        |     |
| Burkānu salāti ar sezama eļļām | 60  | 57         | 1,411        | 4,514        | 3,142        | 0,12         |          | 2,474        | 11, |
| Kiršu dzēriens                 | 200 | 88         | 0,33         | 0,09         | 20,9         |              |          | 0,41         |     |
| <b>kopā:</b>                   |     | <b>483</b> | <b>14,30</b> | <b>16,28</b> | <b>69,60</b> | <b>0,870</b> | <b>0</b> | <b>8,033</b> |     |

|                              |          |            |                    |              |               |              |              |                   |          |
|------------------------------|----------|------------|--------------------|--------------|---------------|--------------|--------------|-------------------|----------|
| <b>Launags</b>               |          |            |                    |              |               |              |              |                   |          |
| Šarlotē ar āboliem           | 60       | 113        | 1,905              | 5,091        | 14,813        |              | 6,           | 0,416             | 3,       |
| Augļu salāti                 | 200      | 117        | 1,2                | 0,656        | 26,7          |              |              | 4,08              |          |
| <b>kopā:</b>                 |          | <b>231</b> | <b>3,11</b>        | <b>5,75</b>  | <b>41,51</b>  | <b>0</b>     | <b>6,000</b> | <b>4,496</b>      |          |
| <b>Diena kopā:</b>           |          | <b>915</b> | <b>23,68</b>       | <b>30,55</b> | <b>146,50</b> | <b>1,470</b> | <b>6,000</b> | <b>13,801</b>     |          |
| <b>trešdiena, 7.oktobris</b> |          |            |                    |              |               |              |              |                   |          |
|                              | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedr-<br>vielas | Alerģēni |

|                                        |     |            |             |             |              |              |              |              |  |
|----------------------------------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|--|
| <b>Brokastis</b>                       |     |            |             |             |              |              |              |              |  |
| Bez piena bezglutēna auzu pārslu putra | 150 | 150        | 3,045       | 3,188       | 28,499       | 0,45         | 0,6          |              |  |
| 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,          |              |              |              |              |  |
| Gurķi                                  | 20  | 2          | 0,12        | 0,04        | 0,36         |              |              | 0,1          |  |
| Zāļu tēja                              | 200 |            |             |             |              |              |              |              |  |
| <b>kopā:</b>                           |     | <b>261</b> | <b>3,30</b> | <b>8,20</b> | <b>45,00</b> | <b>0,750</b> | <b>0,600</b> | <b>0,100</b> |  |

|                                          |     |     |       |       |        |      |  |       |    |
|------------------------------------------|-----|-----|-------|-------|--------|------|--|-------|----|
| <b>Pusdienas</b>                         |     |     |       |       |        |      |  |       |    |
| Cūkgaļas teftelis bez piena, bez glutēna | 50  | 111 | 6,593 | 6,558 | 6,342  |      |  | 0,104 | 3, |
| Vārīti kartupeļi                         | 150 | 112 | 3,18  | 0,159 | 23,532 | 0,15 |  | 3,339 |    |

|                                     |     |            |              |              |              |              |              |              |  |
|-------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| Baltā mērce                         | 20  | 14         | 0,024        | 0,272        | 2,913        | 0,02         |              | 0,001        |  |
| Kāpostu svaigu biešu salāti ar eļļu | 60  | 56         | 0,779        | 4,606        | 2,977        | 0,06         | 0,18         | 1,683        |  |
| Augu tauku putukrējums              | 30  | 92         | 0,158        | 8,184        | 4,346        |              | 3,6          |              |  |
| Ogu ķīselis                         | 70  | 69         | 0,224        | 0,071        | 16,551       |              | 3,5          | 0,695        |  |
| Ūdens ar citronu                    | 200 | 4          | 0,07         | 0,06         | 0,32         |              |              |              |  |
| <b>kopā:</b>                        |     | <b>457</b> | <b>11,03</b> | <b>19,91</b> | <b>56,98</b> | <b>0,230</b> | <b>7,280</b> | <b>5,822</b> |  |

#### Launags

|                                    |                 |             |                        |              |                   |              |               |                     |                 |
|------------------------------------|-----------------|-------------|------------------------|--------------|-------------------|--------------|---------------|---------------------|-----------------|
| Gurķu tomātu salāti ar eļļas mērci | 60              | 31          | 0,477                  | 2,52         | 1,472             |              |               | 0,455               |                 |
| Zāļu tēja                          | 200             |             |                        |              |                   |              |               |                     |                 |
| Bezglutēna maize                   | 30              | 66          | 0,087                  | 0,968        | 14,19             | 0,3          |               |                     |                 |
| Margarīns sviestmaizēm             | 5               | 36          |                        | 4,           |                   |              |               |                     |                 |
| Vārīta vistas gaļa                 | 40              | 78          | 8,641                  | 4,573        | 0,028             | 0,04         |               | 0,011               |                 |
| <b>kopā:</b>                       |                 | <b>210</b>  | <b>9,21</b>            | <b>12,06</b> | <b>15,69</b>      | <b>0,340</b> | <b>0</b>      | <b>0,466</b>        |                 |
| <b>Diena kopā:</b>                 |                 | <b>928</b>  | <b>23,54</b>           | <b>40,17</b> | <b>117,67</b>     | <b>1,320</b> | <b>7,880</b>  | <b>6,388</b>        |                 |
| <b>ceturtdiena, 8.oktobris</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>Šķiedrvielas</b> | <b>Alerģēni</b> |

#### Brokastis

|                                   |     |            |             |              |              |              |          |              |  |
|-----------------------------------|-----|------------|-------------|--------------|--------------|--------------|----------|--------------|--|
| Kukurūzas biezputra ar rīsu pienu | 150 | 147        | 2,649       | 2,394        | 29,403       | 0,3          |          | 1,974        |  |
| 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,           |              |              |          |              |  |
| "Pusšāvēta desa "Zaļā dakšiņa""   | 20  | 44         | 3,74        | 3,08         | 0,44         |              |          |              |  |
| Zāļu tēja                         | 200 |            |             |              |              |              |          |              |  |
| <b>kopā:</b>                      |     | <b>300</b> | <b>6,53</b> | <b>10,45</b> | <b>45,98</b> | <b>0,600</b> | <b>0</b> | <b>1,974</b> |  |

#### Pusdienas

|                                                       |     |            |              |              |              |              |          |              |  |
|-------------------------------------------------------|-----|------------|--------------|--------------|--------------|--------------|----------|--------------|--|
| Dārzenu biezenzupa                                    | 150 | 95         | 1,094        | 7,654        | 5,678        | 0,15         |          | 2,234        |  |
| Bezglutēna maizes grauzdiņi                           | 5   | 12         | 0,145        | 0,35         | 1,985        | 0,005        |          |              |  |
| Vārīti bezglutēna makaroni                            | 150 | 218        | 2,258        | 3,682        | 43,575       | 0,15         |          | 0,788        |  |
| Cepta vistas gaļa                                     | 50  | 111        | 10,724       | 7,139        | 0,434        | 0,2          |          | 0,035        |  |
| Tomātu mērce                                          | 20  | 11         | 0,271        | 0,451        | 1,457        | 0,02         |          | 0,245        |  |
| Ķīnas kāpostu un svaigu dārzenu salāti ar eļļas mērci | 60  | 21         | 0,745        | 1,483        | 1,522        |              |          | 0,726        |  |
| Ūdens ar ogām                                         | 200 | 4          | 0,08         | 0,04         | 0,55         |              |          |              |  |
| <b>kopā:</b>                                          |     | <b>472</b> | <b>15,32</b> | <b>20,80</b> | <b>55,20</b> | <b>0,525</b> | <b>0</b> | <b>4,028</b> |  |

#### Launags

|                                   |                 |             |                        |              |                   |              |               |                     |                 |
|-----------------------------------|-----------------|-------------|------------------------|--------------|-------------------|--------------|---------------|---------------------|-----------------|
| Banānu pankūka bez glutēna, piena | 100             | 231         | 1,44                   | 8,59         | 41,37             |              | 5,            | 0,93                |                 |
| Ievārījums                        | 15              | 24          | 0,15                   | 0,015        | 5,85              |              |               |                     |                 |
| Auglis                            | 70              | 39          | 0,553                  | 0,175        | 8,54              |              |               | 0,49                |                 |
| Zāļu tēja                         | 200             |             |                        |              |                   |              |               |                     |                 |
| <b>kopā:</b>                      |                 | <b>294</b>  | <b>2,14</b>            | <b>8,78</b>  | <b>55,76</b>      | <b>0</b>     | <b>5,000</b>  | <b>1,420</b>        |                 |
| <b>Diena kopā:</b>                |                 | <b>1065</b> | <b>23,99</b>           | <b>40,03</b> | <b>156,94</b>     | <b>1,125</b> | <b>5,000</b>  | <b>7,422</b>        |                 |
| <b>piektdiena, 9.oktobris</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>Šķiedrvielas</b> | <b>Alerģēni</b> |

#### Brokastis

|                              |     |            |             |             |              |              |          |              |  |
|------------------------------|-----|------------|-------------|-------------|--------------|--------------|----------|--------------|--|
| Rīsu biezputra ar rīsu pienu | 150 | 155        | 1,658       | 1,92        | 32,782       | 0,3          |          | 0,315        |  |
| Ievārījums                   | 7   | 10         | 0,07        | 0,007       | 2,73         |              |          |              |  |
| 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          |  |
| Zāļu tēja                    | 200 |            |             |             |              |              |          |              |  |
| <b>kopā:</b>                 |     | <b>270</b> | <b>2,02</b> | <b>6,94</b> | <b>50,22</b> | <b>0,600</b> | <b>0</b> | <b>0,515</b> |  |

#### Pusdienas

|                                              |     |            |              |              |              |              |              |              |    |
|----------------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| Laša zupa ar dārzeņiem                       | 150 | 69         | 3,779        | 3,27         | 5,924        | 0,6          |              | 2,871        | 4, |
| Cūkgaļas gulašs bez miltiem un tomātu mērces | 60  | 99         | 6,744        | 6,972        | 2,438        | 0,06         |              | 0,178        |    |
| Vārīti kartupeļi                             | 150 | 112        | 3,18         | 0,159        | 23,532       | 0,15         |              | 3,339        |    |
| Kāpostu svaigu biešu salāti ar eļļu          | 60  | 56         | 0,779        | 4,606        | 2,977        | 0,06         | 0,18         | 1,683        |    |
| Augļu un ogu dzēriens                        | 200 | 47         | 0,312        | 0,272        | 10,422       |              | 5,           | 1,624        |    |
| <b>kopā:</b>                                 |     | <b>383</b> | <b>14,79</b> | <b>15,28</b> | <b>45,29</b> | <b>0,870</b> | <b>5,180</b> | <b>9,695</b> |    |

#### Launags

|                        |    |    |       |       |       |      |  |       |  |
|------------------------|----|----|-------|-------|-------|------|--|-------|--|
| Vārīta cūkgaļa         | 20 | 47 | 4,768 | 3,054 | 0,087 | 0,02 |  | 0,038 |  |
| Margarīns sviestmaizēm | 5  | 36 |       | 4,    |       |      |  |       |  |
| Bezglutēna maize       | 30 | 66 | 0,087 | 0,968 | 14,19 | 0,3  |  |       |  |

|                    |     |            |              |              |               |              |              |               |  |
|--------------------|-----|------------|--------------|--------------|---------------|--------------|--------------|---------------|--|
| Auglis             | 100 | 56         | 0,79         | 0,25         | 12,2          |              |              | 0,7           |  |
| Kakao bez piena    | 200 | 101        | 0,704        | 2,786        | 18,302        |              |              | 0,851         |  |
| Cukurs baltais     | 2   | 8          |              |              | 1,996         |              | 2,           |               |  |
| <b>kopā:</b>       |     | <b>313</b> | <b>6,35</b>  | <b>11,06</b> | <b>46,78</b>  | <b>0,320</b> | <b>2,000</b> | <b>1,589</b>  |  |
| <b>Diena kopā:</b> |     | <b>967</b> | <b>23,16</b> | <b>33,27</b> | <b>142,29</b> | <b>1,790</b> | <b>7,180</b> | <b>11,799</b> |  |

Launags

|                               |                 |             |                        |              |                   |             |               |                      |                 |
|-------------------------------|-----------------|-------------|------------------------|--------------|-------------------|-------------|---------------|----------------------|-----------------|
| Biezpiena sacepums            | 100             | 174         | 18,028                 | 2,514        | 19,637            |             | 11,           | 0,041                | 1;11;3;7        |
| Ievārījums                    | 30              | 48          | 0,3                    | 0,03         | 11,7              |             |               |                      |                 |
| Kakao dzēriens                | 200             | 98          | 6,433                  | 4,433        | 8,467             |             |               | 1,034                | 7,              |
| Cukurs baltais                | 3               | 12          |                        |              | 2,994             |             | 3,            |                      |                 |
| <b>kopā:</b>                  |                 | <b>333</b>  | <b>24,76</b>           | <b>6,98</b>  | <b>42,80</b>      | <b>0</b>    | <b>14,000</b> | <b>1,075</b>         |                 |
| <b>piektdiena, 9.oktobris</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>Šķiedr vielas</b> | <b>Alerģēni</b> |

#### Pusdienas

|                                          |     |            |              |              |              |              |          |               |        |
|------------------------------------------|-----|------------|--------------|--------------|--------------|--------------|----------|---------------|--------|
| Zivs zupa ar dārzeņiem                   | 200 | 92         | 5,039        | 4,359        | 7,899        | 0,8          |          | 3,828         | 4,     |
| Krējums skābs                            | 10  | 20         | 0,26         | 2,           | 0,27         |              |          |               | 7,     |
| Cūkgaļas gulašs                          | 100 | 204        | 11,76        | 15,547       | 4,509        | 0,1          |          | 0,247         | 1,7    |
| Vārīti kartupeļi                         | 200 | 149        | 4,24         | 0,212        | 31,376       | 0,2          |          | 4,452         |        |
| Biešu salāti ar āboliem un krējuma mērci | 100 | 89         | 1,48         | 5,51         | 8,01         | 0,2          |          | 2,05          | 10;3;7 |
| Ūdens ar cidonijām                       | 200 | 4          | 0,04         | 0,05         | 0,73         |              |          | 0,4           |        |
| Rudzu maize                              | 40  | 104        | 3,44         | 0,56         | 20,08        |              |          | 2,2           | 1,     |
| <b>kopā:</b>                             |     | <b>661</b> | <b>26,26</b> | <b>28,24</b> | <b>72,87</b> | <b>1,300</b> | <b>0</b> | <b>13,177</b> |        |

#### Launags

|                     |     |            |              |              |              |          |              |              |          |
|---------------------|-----|------------|--------------|--------------|--------------|----------|--------------|--------------|----------|
| Karstmaize ar sieru | 60  | 225        | 8,82         | 13,88        | 15,9         |          |              | 1,05         | 1;10;3;7 |
| Ābols               | 100 | 56         | 0,79         | 0,25         | 12,2         |          |              | 0,7          |          |
| Kakao dzēriens      | 200 | 98         | 6,433        | 4,433        | 8,467        |          |              | 1,034        | 7,       |
| Cukurs baltais      | 2   | 8          |              |              | 1,996        |          | 2,           |              |          |
| <b>kopā:</b>        |     | <b>386</b> | <b>16,04</b> | <b>18,56</b> | <b>38,56</b> | <b>0</b> | <b>2,000</b> | <b>2,784</b> |          |

## Nedēļas ēdienkarte

## Grupa Veģetārā

1.-4.klase

VEĢ

| pirmdienā, 5.oktobris | Svars, g | Kcal | Olbaltum<br>vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvi<br>elas | Alerģēni |
|-----------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|
|-----------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|

## Pusdienas

|                              |     |            |              |              |              |              |              |               |    |
|------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|----|
| Borščs ar svaigiem kāpostiem | 200 | 86         | 1,84         | 4,19         | 10,064       | 0,8          | 1,           | 3,005         | 9, |
| Krējums skābs                | 10  | 20         | 0,26         | 2,           | 0,27         |              |              |               | 7, |
| Pupiņas dārzeņu mērcē        | 100 | 111        | 5,348        | 4,47         | 12,469       | 0,1          |              | 4,998         | 9, |
| Griķi ar dārzeņiem           | 200 | 196        | 4,371        | 4,864        | 33,758       | 0,2          |              | 3,762         |    |
| Gurķi ar krējumu             | 100 | 50         | 1,           | 4,16         | 1,98         |              |              | 0,4           | 7, |
| 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>639</b> | <b>20,76</b> | <b>23,24</b> | <b>85,37</b> | <b>1,100</b> | <b>1,000</b> | <b>14,365</b> |    |

## Launags

|                                        |     |            |              |              |              |              |              |              |    |
|----------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| Biezpiens                              | 80  | 78         | 15,2         | 0,4          | 3,2          |              |              |              | 7, |
| Krējums skābs                          | 20  | 40         | 0,52         | 4,           | 0,54         |              |              |              | 7, |
| Svaigu dārzeņu asorti ar ziedkāpostiem | 100 | 20         | 1,154        | 0,233        | 3,09         |              |              | 2,439        |    |
| Skābā krējuma ķiploku mērce            | 20  | 42         | 0,552        | 4,161        | 0,631        | 0,02         | 0,02         | 0,007        | 7, |
| Kliju maize                            | 30  | 82         | 3,63         | 0,81         | 14,19        |              |              | 1,74         | 1, |
| Sviests                                | 10  | 75         | 0,06         | 8,25         | 0,44         |              |              |              | 7, |
| Zāļu tēja                              | 200 |            |              |              |              |              |              |              |    |
| <b>kopā:</b>                           |     | <b>337</b> | <b>21,12</b> | <b>17,85</b> | <b>22,09</b> | <b>0,020</b> | <b>0,020</b> | <b>4,186</b> |    |

| otrdiena, 6.oktobris | Svars, g | Kcal | Olbaltum<br>vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvi<br>elas | Alerģēni |
|----------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|
|----------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|

## Pusdienas

|                                   |     |            |              |              |              |              |          |               |     |
|-----------------------------------|-----|------------|--------------|--------------|--------------|--------------|----------|---------------|-----|
| Ziedkāpostu zupa                  | 200 | 80         | 2,759        | 4,372        | 7,33         | 0,2          |          | 4,39          | 9,  |
| Krējums skābs                     | 5   | 10         | 0,13         | 1,           | 0,135        |              |          |               | 7,  |
| Plovs ar turku zirņiem            | 200 | 223        | 5,734        | 5,137        | 38,656       | 0,8          |          | 4,429         |     |
| Burkānu salāti ar sezama sēkliņām | 100 | 94         | 2,352        | 7,524        | 5,237        | 0,2          |          | 4,124         | 11, |
| Sēklu maisījums                   | 10  | 58         | 2,139        | 5,26         | 0,743        |              |          | 0,716         | 11, |
| Ķiršu dzēriens                    | 200 | 88         | 0,33         | 0,09         | 20,9         |              |          | 0,41          |     |
| Rudzu maize                       | 20  | 52         | 1,72         | 0,28         | 10,04        |              |          | 1,1           | 1,  |
| <b>kopā:</b>                      |     | <b>604</b> | <b>15,16</b> | <b>23,66</b> | <b>83,04</b> | <b>1,200</b> | <b>0</b> | <b>15,169</b> |     |

## Launags

|                               |     |            |             |             |              |          |          |              |       |
|-------------------------------|-----|------------|-------------|-------------|--------------|----------|----------|--------------|-------|
| Smalkmaizīte                  | 50  | 183        | 4,368       | 5,646       | 29,56        |          |          | 0,159        | 1;3;7 |
| Kefīrs ar banāniem un zemenēm | 200 | 113        | 4,873       | 2,949       | 16,428       |          |          | 1,158        | 7,    |
| <b>kopā:</b>                  |     | <b>296</b> | <b>9,24</b> | <b>8,60</b> | <b>45,99</b> | <b>0</b> | <b>0</b> | <b>1,317</b> |       |

| trešdiena, 7.oktobris | Svars, g | Kcal | Olbaltum<br>vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvi<br>elas | Alerģēni |
|-----------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|
|-----------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|

## Pusdienas

|                                     |     |            |              |              |              |              |              |               |       |
|-------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|-------|
| Pupiņu plācenītis                   | 80  | 152        | 6,334        | 7,441        | 14,753       | 0,16         |              | 3,915         | 1;3;7 |
| Vārīti kartupeļi                    | 150 | 112        | 3,18         | 0,159        | 23,532       | 0,15         |              | 3,339         |       |
| Siera mērce ar ķiploku              | 20  | 28         | 0,597        | 2,489        | 0,661        |              |              | 0,011         | 1;7   |
| Kāpostu svaigu biešu salāti ar eļļu | 60  | 56         | 0,779        | 4,606        | 2,977        | 0,06         | 0,18         | 1,683         |       |
| Rīsu krēms                          | 40  | 86         | 1,241        | 5,643        | 7,425        |              | 2,           | 0,089         | 7,    |
| Ogu ķīselis                         | 100 | 99         | 0,32         | 0,102        | 23,644       |              | 5,           | 0,993         |       |
| Piens                               | 200 | 96         | 6,4          | 4,           | 9,           |              |              |               | 7,    |
| Rudzu maize                         | 20  | 52         | 1,72         | 0,28         | 10,04        |              |              | 1,1           | 1,    |
| <b>kopā:</b>                        |     | <b>679</b> | <b>20,57</b> | <b>24,72</b> | <b>92,03</b> | <b>0,370</b> | <b>7,180</b> | <b>11,130</b> |       |

## Launags

|               |     |            |              |              |              |              |          |              |    |
|---------------|-----|------------|--------------|--------------|--------------|--------------|----------|--------------|----|
| Vārīta ola    | 50  | 74         | 6,165        | 4,9          | 0,505        |              |          |              | 3, |
| Tomāti        | 100 | 17         | 1,           | 0,2          | 2,6          |              |          | 1,           |    |
| Jogurta mērce | 20  | 18         | 0,773        | 0,861        | 1,705        | 0,02         |          | 0,016        | 7, |
| Zāļu tēja     | 200 |            |              |              |              |              |          |              |    |
| Saldskābmaize | 40  | 90         | 2,52         | 0,4          | 19,2         |              |          | 1,8          | 1, |
| Sviests       | 10  | 75         | 0,06         | 8,25         | 0,44         |              |          |              | 7, |
| <b>kopā:</b>  |     | <b>274</b> | <b>10,52</b> | <b>14,61</b> | <b>24,45</b> | <b>0,020</b> | <b>0</b> | <b>2,816</b> |    |

| ceturtdiena, 8.oktobris | Svars, g | Kcal | Olbaltum<br>vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvi<br>elas | Alerģēni |
|-------------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|
|-------------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|

## Pusdienas

|                                                       |     |     |        |        |        |      |    |       |         |
|-------------------------------------------------------|-----|-----|--------|--------|--------|------|----|-------|---------|
| Dārzeņu biezenzupa                                    | 200 | 127 | 1,458  | 10,206 | 7,57   | 0,2  |    | 2,978 |         |
| Baltmaizes grauzdiņi                                  | 10  | 28  | 0,78   | 0,41   | 5,14   | 0,01 |    | 0,38  | 1,      |
| Pasta ar spinātiem un sieru                           | 180 | 332 | 12,364 | 15,411 | 35,976 | 0,18 |    | 2,326 | 1;3;7;9 |
| Ķīnas kāpostu un svaigu dārzeņu salāti ar eļļas mērci | 100 | 36  | 1,242  | 2,472  | 2,536  |      |    | 1,211 |         |
| Augļu un ogu dzēriens                                 | 200 | 47  | 0,312  | 0,272  | 10,422 |      | 5, | 1,624 |         |

|              |    |            |              |              |              |              |              |               |    |
|--------------|----|------------|--------------|--------------|--------------|--------------|--------------|---------------|----|
| Rudzu maize  | 40 | 104        | 3,44         | 0,56         | 20,08        |              |              | 2,2           | 1, |
| <b>kopā:</b> |    | <b>674</b> | <b>19,60</b> | <b>29,33</b> | <b>81,72</b> | <b>0,390</b> | <b>5,000</b> | <b>10,719</b> |    |

#### Launags

|                               |                 |             |                        |              |                   |             |               |                     |                 |
|-------------------------------|-----------------|-------------|------------------------|--------------|-------------------|-------------|---------------|---------------------|-----------------|
| Biezpiena sacepums            | 100             | 174         | 18,028                 | 2,514        | 19,637            |             | 11,           | 0,041               | 1;11;3;7        |
| Ievārījums                    | 30              | 48          | 0,3                    | 0,03         | 11,7              |             |               |                     |                 |
| Kakao dzēriens                | 200             | 98          | 6,433                  | 4,433        | 8,467             |             |               | 1,034               | 7,              |
| Cukurs baltais                | 3               | 12          |                        |              | 2,994             |             | 3,            |                     |                 |
| <b>kopā:</b>                  |                 | <b>333</b>  | <b>24,76</b>           | <b>6,98</b>  | <b>42,80</b>      | <b>0</b>    | <b>14,000</b> | <b>1,075</b>        |                 |
| <b>piektdiena, 9.oktobris</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>Šķiedrvielas</b> | <b>Alerģēni</b> |

#### Pusdienas

|                                          |     |            |              |              |              |              |          |               |        |
|------------------------------------------|-----|------------|--------------|--------------|--------------|--------------|----------|---------------|--------|
| Dārzeņu zupa                             | 200 | 85         | 2,411        | 4,254        | 9,077        | 0,2          |          | 2,901         |        |
| Krējums skābs                            | 10  | 20         | 0,26         | 2,           | 0,27         |              |          |               | 7,     |
| Kāpostu plācenītis                       | 100 | 140        | 4,536        | 8,675        | 10,929       | 0,8          |          | 2,767         | 1;11;3 |
| Burkānu mērce                            | 20  | 15         | 0,479        | 0,661        | 1,742        | 0,08         |          | 0,258         | 7,     |
| Vārīti kartupeļi                         | 200 | 149        | 4,24         | 0,212        | 31,376       | 0,2          |          | 4,452         |        |
| Biešu salāti ar āboliem un krējuma mērci | 100 | 89         | 1,48         | 5,51         | 8,01         | 0,2          |          | 2,05          | 10;3;7 |
| Ūdens ar cidonijām                       | 200 | 4          | 0,04         | 0,05         | 0,73         |              |          | 0,4           |        |
| Rudzu maize                              | 40  | 104        | 3,44         | 0,56         | 20,08        |              |          | 2,2           | 1,     |
| <b>kopā:</b>                             |     | <b>605</b> | <b>16,89</b> | <b>21,92</b> | <b>82,21</b> | <b>1,480</b> | <b>0</b> | <b>15,028</b> |        |

#### Launags

|                |     |            |              |              |              |          |              |              |       |
|----------------|-----|------------|--------------|--------------|--------------|----------|--------------|--------------|-------|
| Rauga pankūka  | 200 | 472        | 12,285       | 16,527       | 67,389       |          | 1,           | 0,094        | 1;3;7 |
| Ievārījums     | 30  | 48         | 0,3          | 0,03         | 11,7         |          |              |              |       |
| Kakao dzēriens | 200 | 98         | 6,433        | 4,433        | 8,467        |          |              | 1,034        | 7,    |
| Cukurs baltais | 2   | 8          |              |              | 1,996        |          | 2,           |              |       |
| <b>kopā:</b>   |     | <b>627</b> | <b>19,02</b> | <b>20,99</b> | <b>89,55</b> | <b>0</b> | <b>3,000</b> | <b>1,128</b> |       |

## Nedēļas ēdienkarte

## Grupa

5.-6.klase

| pirmdiena, 5.oktobris        | Svars, g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedr<br>vielas | Alerģēni |
|------------------------------|----------|------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>             |          |            |                    |              |              |              |              |                  |          |
| Borščs                       | 200      | 102        | 3,263              | 5,549        | 9,696        | 0,8          | 0,4          | 3,254            |          |
| Krējums skābs                | 10       | 20         | 0,26               | 2,           | 0,27         |              |              |                  | 7,       |
| Sautēta cūkgaļa ar dārzeņiem | 80       | 117        | 8,681              | 8,633        | 1,249        | 0,32         |              | 0,712            |          |
| Vārīti griķi                 | 200      | 221        | 4,95               | 1,056        | 47,916       | 0,2          |              | 2,112            |          |
| Gurķi ar krējumu             | 100      | 50         | 1,                 | 4,16         | 1,98         |              |              | 0,4              | 7,       |
| Augļu un ogu dzēriens        | 200      | 47         | 0,312              | 0,272        | 10,422       |              | 5,           | 1,624            |          |
| Rudzu maize                  | 40       | 104        | 3,44               | 0,56         | 20,08        |              |              | 2,2              | 1,       |
| <b>kopā:</b>                 |          | <b>686</b> | <b>26,09</b>       | <b>24,96</b> | <b>87,94</b> | <b>1,320</b> | <b>0,400</b> | <b>8,678</b>     |          |

|                                        |          |      |                    |       |            |       |        |                  |          |
|----------------------------------------|----------|------|--------------------|-------|------------|-------|--------|------------------|----------|
| Launags                                |          |      |                    |       |            |       |        |                  |          |
| Biezpiens                              | 80       | 78   | 15,2               | 0,4   | 3,2        |       |        |                  | 7,       |
| Krējums skābs                          | 20       | 40   | 0,52               | 4,    | 0,54       |       |        |                  | 7,       |
| Svaigu dārzeņu asorti ar ziedkāpostiem | 100      | 20   | 1,154              | 0,233 | 3,09       |       |        | 2,439            |          |
| Skābā krējuma ķiploku mērce            | 20       | 42   | 0,552              | 4,161 | 0,631      | 0,02  | 0,02   | 0,007            | 7,       |
| Kliju maize                            | 30       | 82   | 3,63               | 0,81  | 14,19      |       |        | 1,74             | 1,       |
| Sviests                                | 10       | 75   | 0,06               | 8,25  | 0,44       |       |        |                  | 7,       |
| Zāļu tēja                              | 200      |      |                    |       |            |       |        |                  |          |
| kopā:                                  |          | 337  | 21,12              | 17,85 | 22,09      | 0,020 | 0,020  | 4,186            |          |
| otrdiena. 6.oktobris                   | Svars, g | Kcal | Olbaltum<br>vielas | Tauki | Ogļhidrāti | Sāls  | Cukurs | Šķiedr<br>vielas | Alerģēni |

|                                   |     |            |              |              |              |              |          |               |     |
|-----------------------------------|-----|------------|--------------|--------------|--------------|--------------|----------|---------------|-----|
| <b>Pusdienas</b>                  |     |            |              |              |              |              |          |               |     |
| Ziedkāpostu zupa                  | 200 | 80         | 2,759        | 4,372        | 7,33         | 0,2          |          | 4,39          | 9,  |
| Plovs ar vistas gaļu              | 200 | 372        | 13,988       | 11,191       | 53,419       | 0,8          |          | 2,475         |     |
| Burkānu salāti ar sezama sēkliņām | 100 | 94         | 2,352        | 7,524        | 5,237        | 0,2          |          | 4,124         | 11, |
| Kiršu dzēriens                    | 200 | 88         | 0,33         | 0,09         | 20,9         |              |          | 0,41          |     |
| Rudzu maize                       | 20  | 52         | 1,72         | 0,28         | 10,04        |              |          | 1,1           | 1,  |
| <b>kopā:</b>                      |     | <b>696</b> | <b>21,28</b> | <b>24,46</b> | <b>97,06</b> | <b>1,200</b> | <b>0</b> | <b>12,499</b> |     |

|                       |          |      |                    |       |            |      |        |                  |          |
|-----------------------|----------|------|--------------------|-------|------------|------|--------|------------------|----------|
| Launags               |          |      |                    |       |            |      |        |                  |          |
| Smalkmaizīte          | 50       | 183  | 4,368              | 5,646 | 29,56      |      |        | 0,159            | 1;3;7    |
| Zāļu tēja             | 200      |      |                    |       |            |      |        |                  |          |
| Banāns                | 100      | 56   | 0,79               | 0,25  | 12,2       |      |        | 0,7              |          |
|                       |          |      |                    |       |            |      |        |                  |          |
| kopā:                 |          | 296  | 9,24               | 8,60  | 45,99      | 0    | 0      | 1,317            |          |
| trešdiena, 7.oktobris | Svars, g | Kcal | Olbaltum<br>vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedr<br>vielas | Alerģēni |

|                                     |     |            |              |              |              |              |              |              |       |
|-------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-------|
| <b>Pusdienas</b>                    |     |            |              |              |              |              |              |              |       |
| Cūkgaļas tefelī                     | 60  | 133        | 8,385        | 8,133        | 6,483        |              |              | 0,346        | 1;3;7 |
| Vārīti kartupeļi                    | 150 | 112        | 3,18         | 0,159        | 23,532       | 0,15         |              | 3,339        |       |
| Siera mērce ar ķiploku              | 20  | 28         | 0,597        | 2,489        | 0,661        |              |              | 0,011        | 1;7   |
| Kāpostu svaigu biešu salāti ar eļļu | 60  | 56         | 0,779        | 4,606        | 2,977        | 0,06         | 0,18         | 1,683        |       |
| Rīsu krēms                          | 40  | 86         | 1,241        | 5,643        | 7,425        |              | 2,           | 0,089        | 7,    |
| Ogu ķīselis                         | 100 | 99         | 0,32         | 0,102        | 23,644       |              | 5,           | 0,993        |       |
| <b>kopā:</b>                        |     | <b>661</b> | <b>22,62</b> | <b>25,41</b> | <b>83,76</b> | <b>0,210</b> | <b>7,180</b> | <b>7,561</b> |       |

|                         |          |      |                    |       |            |       |        |                  |          |
|-------------------------|----------|------|--------------------|-------|------------|-------|--------|------------------|----------|
| Launags                 |          |      |                    |       |            |       |        |                  |          |
| Vārīti cīsiņi (MK172)   | 60       | 130  | 6,78               | 10,02 | 3,12       |       |        |                  | 7,       |
| Tomāti                  | 100      | 17   | 1,                 | 0,2   | 2,6        |       |        | 1,               |          |
| Jogurta mērce           | 20       | 18   | 0,773              | 0,861 | 1,705      | 0,02  |        | 0,016            | 7,       |
| Zāļu tēja               | 200      |      |                    |       |            |       |        |                  |          |
| Saldskābmaize           | 40       | 90   | 2,52               | 0,4   | 19,2       |       |        | 1,8              | 1,       |
| Sviests                 | 10       | 75   | 0,06               | 8,25  | 0,44       |       |        |                  | 7,       |
| kopā:                   |          | 330  | 11,13              | 19,73 | 27,07      | 0,020 | 0      | 2,816            |          |
| ceturtdiena, 8.oktobris | Svars, g | Kcal | Olbaltum<br>vielas | Tauki | Ogļhidrāti | Sāls  | Cukurs | Šķiedr<br>vielas | Alerģēni |

|                                                       |     |            |              |              |              |              |          |              |     |
|-------------------------------------------------------|-----|------------|--------------|--------------|--------------|--------------|----------|--------------|-----|
| <b>Pusdienas</b>                                      |     |            |              |              |              |              |          |              |     |
| Dārzeņu biezenzupa                                    | 200 | 127        | 1,458        | 10,206       | 7,57         | 0,2          |          | 2,978        |     |
| Baltmaizes grauzdiņi                                  | 10  | 28         | 0,78         | 0,41         | 5,14         | 0,01         |          | 0,38         | 1,  |
| Pasta ar vistas gaļu un saldo krējumu                 | 200 | 381        | 16,84        | 13,311       | 47,018       | 0,8          |          | 0,503        | 1;7 |
| Ķīnas kāpostu un svaigu dārzeņu salāti ar eļļas mērci | 100 | 36         | 1,242        | 2,472        | 2,536        |              |          | 1,211        |     |
| Augļu un ogu dzēriens                                 | 200 | 47         | 0,312        | 0,272        | 10,422       |              | 5,       | 1,624        |     |
| <b>kopā:</b>                                          |     | <b>644</b> | <b>25,12</b> | <b>29,40</b> | <b>69,01</b> | <b>1,010</b> | <b>0</b> | <b>5,072</b> |     |

|                    |     |     |        |       |        |  |     |       |          |
|--------------------|-----|-----|--------|-------|--------|--|-----|-------|----------|
| <b>Launags</b>     |     |     |        |       |        |  |     |       |          |
| Biezpiena sacepums | 100 | 174 | 18,028 | 2,514 | 19,637 |  | 11, | 0,041 | 1;11;3;7 |

|                               |                 |             |                        |              |                   |             |               |                      |                 |
|-------------------------------|-----------------|-------------|------------------------|--------------|-------------------|-------------|---------------|----------------------|-----------------|
| ievārījums                    | 30              | 48          | 0,3                    | 0,03         | 11,7              |             |               |                      |                 |
| Kakao dzēriens                | 200             | 98          | 6,433                  | 4,433        | 8,467             |             |               | 1,034                | 7,              |
| Cukurs baltais                | 3               | 12          |                        |              | 2,994             |             | 3,            |                      |                 |
| <b>kopā:</b>                  |                 | <b>333</b>  | <b>24,76</b>           | <b>6,98</b>  | <b>42,80</b>      | <b>0</b>    | <b>14,000</b> | <b>1,075</b>         |                 |
| <b>piektdiena, 9.oktobris</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>Šķiedr vielas</b> | <b>Alerģēni</b> |

#### Pusdienas

|                                          |     |            |              |              |              |              |          |               |        |
|------------------------------------------|-----|------------|--------------|--------------|--------------|--------------|----------|---------------|--------|
| Zivs zupa ar dārzeņiem                   | 200 | 92         | 5,039        | 4,359        | 7,899        | 0,8          |          | 3,828         | 4,     |
| Krējums skābs                            | 10  | 20         | 0,26         | 2,           | 0,27         |              |          |               | 7,     |
| Cūkgaļas gulašs                          | 100 | 204        | 11,76        | 15,547       | 4,509        | 0,1          |          | 0,247         | 1;7    |
| Vārīti kartupeļi                         | 200 | 149        | 4,24         | 0,212        | 31,376       | 0,2          |          | 4,452         |        |
| Biešu salāti ar āboliem un krējuma mērci | 100 | 89         | 1,48         | 5,51         | 8,01         | 0,2          |          | 2,05          | 10;3;7 |
| Ūdens ar cidonijām                       | 200 | 4          | 0,04         | 0,05         | 0,73         |              |          | 0,4           |        |
| Rudzu maize                              | 40  | 104        | 3,44         | 0,56         | 20,08        |              |          | 2,2           | 1,     |
| <b>kopā:</b>                             |     | <b>661</b> | <b>26,26</b> | <b>28,24</b> | <b>72,87</b> | <b>1,300</b> | <b>0</b> | <b>13,177</b> |        |

#### Launags

|                     |     |            |              |              |              |          |              |              |          |
|---------------------|-----|------------|--------------|--------------|--------------|----------|--------------|--------------|----------|
| Karstmaize ar sieru | 60  | 225        | 8,82         | 13,88        | 15,9         |          |              | 1,05         | 1;10;3;7 |
| Ābols               | 100 | 56         | 0,79         | 0,25         | 12,2         |          |              | 0,7          |          |
| Kakao dzēriens      | 200 | 98         | 6,433        | 4,433        | 8,467        |          |              | 1,034        | 7,       |
| Cukurs baltais      | 2   | 8          |              |              | 1,996        |          | 2,           |              |          |
| <b>kopā:</b>        |     | <b>386</b> | <b>16,04</b> | <b>18,56</b> | <b>38,56</b> | <b>0</b> | <b>2,000</b> | <b>2,784</b> |          |