



Nedēļas ēdienkarte

Grupa

BD 1-2

Papildus 3x nedēļā LAD programma "Piens un Augļi skolai" (Pirmsskola un no 1.-9. klasei)

| | pirmdiena, 10.marts | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrviel as | Alerģēni |
|------------------|---------------------|------------|-------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| Brokastis | | | | | | | | | | |
| Mannā putra | 120 | 91 | 4.233 | 1.845 | 14.235 | 0.12 | 0.12 | 0.015 | 1;7 | |
| Ievārījums | 10 | 14 | 0.1 | 0.01 | 3.9 | | | | | |
| Kliju maize | 15 | 41 | 1.815 | 0.405 | 7.095 | | | 0.87 | 1. | |
| Sviests | 3 | 22 | 0.018 | 2.475 | 0.132 | | | | 7. | |
| Zāļu tēja | 120 | 1 | 0.016 | 0.031 | 0.005 | | | | | |
| kopā: | | 169 | 6.18 | 4.77 | 25.37 | 0.120 | 0.120 | 0.885 | | |

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|--|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-------|--|
| Pusdienas | | | | | | | | | | |
| Skābeņu zupa | 100 | 51 | 1.548 | 2.63 | 5.273 | 0.4 | | 1.419 | 1;3;9 | |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | | | | 7. | |
| Sautēta cūkgāja ar dārzeņiem tomātu mērcē | 70 | 130 | 6.922 | 10.387 | 2.292 | 0.211 | | 0.645 | 1. | |
| Vārīti griķi | 80 | 88 | 1.98 | 0.422 | 19.166 | 0.08 | | 0.845 | | |
| Burkānu salāti ar ziedkāpostiem un eļļas mērci | 50 | 43 | 0.638 | 3.606 | 2.003 | 0.05 | 0.05 | 1.596 | | |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | | | | 1. | |
| Ūdens ar citronu | 120 | 2 | 0.042 | 0.036 | 0.192 | | | | | |
| kopā: | | 376 | 12.98 | 18.36 | 39.10 | 0.741 | 0.050 | 5.605 | | |

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|--------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|--|
| Launags | | | | | | | | | | |
| Cepti kartupeļi | 70 | 117 | 2.096 | 5.007 | 15.42 | 0.07 | | 2.183 | | |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | | | | 7. | |
| Saldskābmaize | 20 | 46 | 1.26 | 0.2 | 9.6 | | | 0.9 | 1. | |
| Sviests | 3 | 22 | 0.018 | 2.475 | 0.132 | | | | 7. | |
| Siers | 15 | 51 | 3.72 | 4.02 | | | | | 7. | |
| Zāļu tēja | 120 | 1 | 0.016 | 0.031 | 0.005 | | | | | |
| kopā: | | 247 | 7.24 | 12.73 | 25.29 | 0.070 | 0 | 3.083 | | |
| Diena kopā: | | 792 | 26.40 | 35.86 | 89.76 | 0.931 | 0.170 | 9.573 | | |

| | otrdiena, 11.marts | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrviel as | Alerģēni |
|------------------|--------------------|------------|-------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| Brokastis | | | | | | | | | | |
| Prosas biezputra | 120 | 108 | 4.511 | 2.405 | 17.176 | 0.12 | 0.6 | 0.707 | 7. | |
| Ievārījums | 10 | 14 | 0.1 | 0.01 | 3.9 | | | | | |
| Baltmaize | 15 | 39 | 1.17 | 0.315 | 7.71 | | | 0.57 | 1. | |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | | | | 7. | |
| Zāļu tēja | 120 | 1 | 0.016 | 0.031 | 0.005 | | | | | |
| kopā: | | 199 | 5.83 | 6.89 | 29.01 | 0.120 | 0.600 | 1.277 | | |

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|--|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-----|--|
| Pusdienas | | | | | | | | | | |
| Vistas gaļas zupa ar dārzeņiem | 100 | 59 | 3.605 | 3.783 | 2.642 | 0.1 | | 1.372 | | |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | | | | 7. | |
| Makaroni ar maltu cūkgāļu un dārzeņiem | 120 | 264 | 7.15 | 11.968 | 27.685 | 0.408 | | 2.235 | 1;9 | |
| Vārītas bietes | 15 | 6 | 0.225 | 0.015 | 1.26 | | | 0.375 | | |
| Burkāni | 20 | 5 | 0.2 | 0.04 | 0.96 | | | 0.72 | | |
| Kāposti | 20 | 5 | 0.28 | 0.04 | 0.84 | | | 0.6 | | |
| Eļļas citrona mērcē | 4 | 33 | 0.004 | 3.603 | 0.218 | 0.004 | 0.2 | 0.001 | | |
| Ūdens ar apelsīniem | 120 | 3 | 0.06 | 0.012 | 0.498 | | | 0.144 | | |
| kopā: | | 385 | 11.65 | 20.46 | 34.24 | 0.512 | 0.200 | 5.447 | | |

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| Launags | | | | | | | | | | |
| Biezpiena sacepums | 60 | 96 | 11.949 | 1.938 | 7.412 | | 1.8 | 0.025 | 1;11;3;7 | |
| Ievārījums | 10 | 14 | 0.1 | 0.01 | 3.9 | | | | | |
| Bumbieri | 70 | 38 | 0.35 | 0.21 | 8.68 | | | 2.31 | | |
| Zāļu tēja | 120 | 1 | 0.016 | 0.031 | 0.005 | | | | | |
| kopā: | | 149 | 12.42 | 2.19 | 20.00 | 0 | 1.800 | 2.335 | | |
| Diena kopā: | | 734 | 29.90 | 29.54 | 83.25 | 0.632 | 2.600 | 9.059 | | |

| | trešdiena, 12.marts | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrviel as | Alerģēni |
|-------------------|---------------------|------------|-------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| Brokastis | | | | | | | | | | |
| Auzu pārslu putra | 120 | 112 | 5.322 | 3.18 | 15.714 | 0.12 | 0.12 | 0.972 | 1;7 | |
| Ievārījums | 10 | 14 | 0.1 | 0.01 | 3.9 | | | | | |
| Saldskābmaize | 20 | 46 | 1.26 | 0.2 | 9.6 | | | 0.9 | 1. | |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | | | | 7. | |
| Zāļu tēja | 150 | 1 | 0.02 | 0.038 | 0.006 | | | | | |
| kopā: | | 210 | 6.73 | 7.55 | 29.44 | 0.120 | 0.120 | 1.872 | | |

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|------------------------------|-----|-----|-------|-------|--------|-------|------|-------|-----|--|
| Pusdienas | | | | | | | | | | |
| Biešu zupa ar kartupeļiem | 120 | 40 | 1.011 | 1.328 | 5.917 | 0.12 | 0.36 | 1.774 | 9. | |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | | | | 7. | |
| Baltās pupiņas krējuma mērcē | 60 | 68 | 2.182 | 4.582 | 4.559 | 0.306 | | 1.516 | 1;7 | |
| Vārīti risi | 100 | 113 | 2.244 | 0.198 | 25.641 | 0.1 | | 0.462 | | |



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|--|-----|------------|-------------|--------------|--------------|--------------|--------------|--------------|----|
| Kīnas kāpostu salāti ar dillēm un kukurūzu | 60 | 39 | 1.07 | 2.912 | 2.667 | 0.06 | 0.12 | 0.736 | |
| Ūdens ar ogām | 120 | 2 | 0.048 | 0.024 | 0.33 | | | | |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | | | 1.1 | 1. |
| kopā: | | 325 | 8.41 | 10.32 | 49.29 | 0.586 | 0.480 | 5.588 | |

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|----------------------|-----|------------|--------------|--------------|---------------|--------------|--------------|--------------|----|
| Launags | | | | | | | | | |
| Ievārijuma uzpūtenis | 40 | 34 | 0.51 | 0.058 | 8.366 | | 2. | 0.004 | 1. |
| Piens | 200 | 96 | 6.4 | 4. | 9. | | | | 7. |
| Klijū maize | 20 | 55 | 2.42 | 0.54 | 9.46 | | | 1.16 | 1. |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | | | | 7. |
| Zāļu tēja | 120 | 1 | 0.016 | 0.031 | 0.005 | | | | |
| kopā: | | 223 | 9.38 | 8.75 | 27.05 | 0 | 2.000 | 1.164 | |
| Diena kopā: | | 758 | 24.51 | 26.63 | 105.78 | 0.706 | 2.600 | 8.624 | |

| ceturtdiena, 13.marts | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|----------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| Brokastis | | | | | | | | | |
| Risu putra | 120 | 114 | 3.624 | 2.508 | 19.097 | 0.12 | 0.6 | 0.252 | 7. |
| Zemeņu mērce | 10 | 5 | 0.064 | 0.032 | 1.1 | | 0.5 | 0.133 | |
| Saldskābmaize | 20 | 46 | 1.26 | 0.2 | 9.6 | | | 0.9 | 1. |
| Sviests | 3 | 22 | 0.018 | 2.475 | 0.132 | | | | 7. |
| Tomāti | 20 | 3 | 0.2 | 0.04 | 0.52 | | | 0.2 | |
| Zāļu tēja | 120 | 1 | 0.016 | 0.031 | 0.005 | | | | |
| kopā: | | 192 | 5.18 | 5.29 | 30.45 | 0.120 | 1.100 | 1.485 | |
| Pusdienas | | | | | | | | | |
| Vistas gaļas kotlete mājās gaumē | 50 | 133 | 8.779 | 9.313 | 3.53 | 0.05 | | 0.199 | 1;3 |
| Kartupelu biezputra | 100 | 85 | 2.707 | 0.952 | 15.812 | 0.1 | | 2.1 | 7. |
| Burkānu salāti ar eļļu | 60 | 43 | 0.576 | 3.115 | 3.064 | 0.12 | 0.3 | 2.074 | |
| Biezpiena masa | 50 | 64 | 7.798 | 1.703 | 4.314 | | 2.5 | | 7. |
| Ogu kiselis | 80 | 79 | 0.256 | 0.082 | 18.915 | | 4. | 0.794 | |
| Ūdens ar brūklenēm | 120 | 2 | 0.018 | 0.03 | 0.372 | | | 0.174 | |
| kopā: | | 405 | 20.13 | 15.20 | 46.01 | 0.270 | 6.800 | 5.341 | |

| ceturtdiena, 13.marts | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|-----------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| Launags | | | | | | | | | |
| Banānu pankūka | 50 | 127 | 2.82 | 7.238 | 12.572 | 0.1 | | 0.407 | 1;3;7 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | | | | 7. |
| Āboli | 60 | 32 | 0.18 | 0.36 | 6.84 | | | 1.2 | |
| Zāļu tēja | 120 | 1 | 0.016 | 0.031 | 0.005 | | | | |
| kopā: | | 180 | 3.28 | 9.63 | 19.69 | 0.100 | 0 | 1.607 | |
| Diena kopā: | | 777 | 28.59 | 30.11 | 96.15 | 0.490 | 7.900 | 8.433 | |

| piektdiena, 14.marts | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|--------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|-----------|
| Brokastis | | | | | | | | | |
| Olu kultenis | 50 | 74 | 5.142 | 5.175 | 1.264 | 0.05 | | 0.013 | 3;7 |
| Saldskābmaize | 20 | 46 | 1.26 | 0.2 | 9.6 | | | 0.9 | 1. |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | | | | 7. |
| Gurķi | 20 | 2 | 0.12 | 0.04 | 0.36 | | | 0.1 | |
| Zāļu tēja | 120 | 1 | 0.016 | 0.031 | 0.005 | | | | |
| kopā: | | 161 | 6.57 | 9.57 | 11.45 | 0.050 | 0 | 1.013 | |
| Pusdienas | | | | | | | | | |
| Zivju zupa ar zivju frikadeļem | 120 | 49 | 3.917 | 1.223 | 5.424 | 0.138 | | 1.642 | 1;3;4;7;9 |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | | | | 7. |
| Plovs ar cūkgaļu | 120 | 242 | 9.197 | 9.943 | 28.879 | 0.48 | | 1.423 | |
| Kīnas kāposti | 15 | 2 | 0.225 | 0.03 | 0.33 | | | 0.15 | |
| Tomāti | 10 | 2 | 0.1 | 0.02 | 0.26 | | | 0.1 | |
| Burkāni | 20 | 5 | 0.2 | 0.04 | 0.96 | | | 0.72 | |
| Zaļumu un eļļas mērce | 4 | 25 | 0.029 | 2.686 | 0.267 | 0.06 | 0.22 | 0.026 | |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | | | 1.1 | 1. |
| Ūdens ar citronu | 120 | 2 | 0.042 | 0.036 | 0.192 | | | | |
| kopā: | | 388 | 15.56 | 15.26 | 46.49 | 0.678 | 0.220 | 5.161 | |

| piektdiena, 14.marts | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| Launags | | | | | | | | | |
| Piena zupa ar griekiem | 150 | 101 | 4.485 | 2.34 | 15.615 | 0.15 | 0.15 | 0.48 | 7. |
| Sēklu maize | 20 | 59 | 2.1 | 1.28 | 9.42 | | | 0.86 | 1;11 |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | | | | 7. |
| Bumbieri | 60 | 33 | 0.3 | 0.18 | 7.44 | | | 1.98 | |
| kopā: | | 230 | 6.92 | 7.93 | 32.70 | 0.150 | 0.150 | 3.320 | |
| Diena kopā: | | 779 | 29.04 | 32.75 | 90.63 | 0.878 | 0.370 | 9.494 | |