



## Nedēļas ēdienkarte

### Grupa

BD 3-6

Mārupes novada pašvaldības  
Salas sākumizglābības māsa bērnu aprūpē

Agnese Voicehovska

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

| pirmdiena, 10.februāris      | Svars, g | Kcal        | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas  | Alerģeni |
|------------------------------|----------|-------------|----------------|--------------|---------------|--------------|--------------|---------------|----------|
| <b>Brokastis</b>             |          |             |                |              |               |              |              |               |          |
| Prosas biezputra             | 150      | 179         | 6.976          | 3.539        | 30.112        | 0.15         | 0.15         | 1.402         | 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                    | 150      | 3           | 0.047          | 0.092        | 0.014         |              |              |               |          |
| <b>kopā:</b>                 |          | <b>259</b>  | <b>8.96</b>    | <b>6.52</b>  | <b>41.25</b>  | <b>0.150</b> | <b>0.150</b> | <b>2.272</b>  |          |
| <b>Pusdienas</b>             |          |             |                |              |               |              |              |               |          |
| Dārzeņu un sakņu siera zupa  | 150      | 146         | 5.217          | 10.279       | 7.846         | 0.3          |              | 2.917         | 7;9      |
| Cūkgaļas strogonovs          | 70       | 157         | 8.469          | 12.138       | 3.418         | 0.214        |              | 0.166         | 1;7      |
| Vārīta pasta - makaroni      | 100      | 199         | 0.56           | 3.1          | 36.           | 0.4          |              | 1.7           | 1        |
| Skābu kāpostu salāti ar eļļu | 70       | 25          | 1.009          | 1.602        | 0.897         | 0.07         | 0.21         | 1.49          |          |
| Ūdens ar apelsīniem          | 150      | 3           | 0.075          | 0.015        | 0.622         |              |              | 0.18          |          |
| <b>kopā:</b>                 |          | <b>530</b>  | <b>15.33</b>   | <b>27.13</b> | <b>48.78</b>  | <b>0.984</b> | <b>0.210</b> | <b>6.453</b>  |          |
| <b>Launags</b>               |          |             |                |              |               |              |              |               |          |
| Karstmaize ar sieru          | 60       | 225         | 8.82           | 13.88        | 15.9          |              |              | 1.05          | 1;10;3;7 |
| Āboli                        | 100      | 54          | 0.3            | 0.6          | 11.4          |              |              | 2.            |          |
| Zāļu tēja                    | 150      | 3           | 0.047          | 0.092        | 0.014         |              |              |               |          |
| <b>kopā:</b>                 |          | <b>281</b>  | <b>9.17</b>    | <b>14.57</b> | <b>27.31</b>  | <b>0</b>     | <b>0</b>     | <b>3.050</b>  |          |
| <b>Diena kopā:</b>           |          | <b>1070</b> | <b>33.45</b>   | <b>48.23</b> | <b>117.35</b> | <b>1.134</b> | <b>0.360</b> | <b>11.775</b> |          |

| otrdiena, 11.februāris       | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas  | Alerģeni |
|------------------------------|----------|------------|----------------|--------------|---------------|--------------|--------------|---------------|----------|
| <b>Brokastis</b>             |          |            |                |              |               |              |              |               |          |
| Kukurūzas putra              | 150      | 135        | 6.362          | 3.06         | 21.579        | 1.2          | 3.           | 1.833         | 7        |
| Zemeņu mērce                 | 20       | 10         | 0.129          | 0.064        | 2.201         |              | 1.           | 0.266         |          |
| 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      | 3          | 0.047          | 0.092        | 0.014         |              |              |               |          |
| <b>kopā:</b>                 |          | <b>232</b> | <b>7.83</b>    | <b>7.54</b>  | <b>33.61</b>  | <b>1.200</b> | <b>4.000</b> | <b>2.999</b>  |          |
| <b>Pusdienas</b>             |          |            |                |              |               |              |              |               |          |
| Skābu kāpostu zupa           | 150      | 68         | 2.11           | 4.422        | 4.645         | 0.15         | 3.           | 1.516         |          |
| Krējums skābs                | 5        | 10         | 0.13           | 1.           | 0.135         |              |              |               | 7        |
| Sautēta cūkgaļa ar dārzeņiem | 70       | 117        | 7.058          | 8.634        | 2.885         | 0.07         |              | 0.65          |          |
| Vārīti griķi                 | 120      | 133        | 2.97           | 0.634        | 28.75         | 0.12         |              | 1.267         |          |
| Biešu salāti ar eļļu         | 70       | 50         | 1.047          | 2.173        | 6.53          | 0.14         | 0.7          | 1.74          |          |
| Ūdens ar brūklenēm           | 150      | 3          | 0.022          | 0.038        | 0.465         |              |              | 0.218         |          |
| Rudzu maize                  | 20       | 52         | 1.72           | 0.28         | 10.04         |              |              | 1.1           | 1        |
| <b>kopā:</b>                 |          | <b>432</b> | <b>15.06</b>   | <b>17.18</b> | <b>53.45</b>  | <b>0.480</b> | <b>3.700</b> | <b>6.491</b>  |          |
| <b>Launags</b>               |          |            |                |              |               |              |              |               |          |
| Biezpiens ar krējumu         | 70       | 75         | 12.152         | 1.715        | 2.709         |              |              |               | 7        |
| Sēklu maize                  | 20       | 59         | 2.1            | 1.28         | 9.42          |              |              | 0.86          | 1;11     |
| Sviests                      | 6        | 45         | 0.036          | 4.95         | 0.264         |              |              |               | 7        |
| Āboli                        | 100      | 54         | 0.3            | 0.6          | 11.4          |              |              | 2.            |          |
| Zāļu tēja                    | 150      | 3          | 0.047          | 0.092        | 0.014         |              |              |               |          |
| <b>kopā:</b>                 |          | <b>236</b> | <b>14.64</b>   | <b>8.64</b>  | <b>23.81</b>  | <b>0</b>     | <b>0</b>     | <b>2.860</b>  |          |
| <b>Diena kopā:</b>           |          | <b>900</b> | <b>37.52</b>   | <b>33.36</b> | <b>110.87</b> | <b>1.680</b> | <b>7.700</b> | <b>12.350</b> |          |

| trešdiena, 12.februāris | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģeni |
|-------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Brokastis</b>        |          |            |                |              |              |              |              |              |          |
| Auzu pārslu putra       | 150      | 140        | 6.652          | 3.975        | 19.642       | 0.15         | 0.15         | 1.215        | 1;7      |
| Ievārījums              | 10       | 14         | 0.1            | 0.01         | 3.9          |              |              |              |          |
| Saldskābmaize           | 20       | 46         | 1.26           | 0.2          | 9.6          |              |              | 0.9          | 1        |
| Sviests                 | 6        | 45         | 0.036          | 4.95         | 0.264        |              |              |              | 7        |
| Zāļu tēja               | 150      | 3          | 0.047          | 0.092        | 0.014        |              |              |              |          |
| <b>kopā:</b>            |          | <b>247</b> | <b>8.10</b>    | <b>9.23</b>  | <b>33.42</b> | <b>0.150</b> | <b>0.150</b> | <b>2.115</b> |          |
| <b>Pusdienas</b>        |          |            |                |              |              |              |              |              |          |
| Dārzeņu risotto         | 170      | 209        | 3.582          | 9.097        | 28.366       | 1.36         |              | 3.138        | 9        |
| Kāposti                 | 20       | 5          | 0.28           | 0.04         | 0.84         |              |              | 0.6          |          |
| Vārītas bietes          | 20       | 8          | 0.3            | 0.02         | 1.68         |              |              | 0.5          |          |
| Burkāni                 | 20       | 5          | 0.2            | 0.04         | 0.96         |              |              | 0.72         |          |
| Zaļumu un eļļas mērce   | 5        | 31         | 0.036          | 3.357        | 0.333        | 0.075        | 0.275        | 0.032        |          |
| Flameri krēms           | 40       | 82         | 1.664          | 6.606        | 3.828        | 0.02         | 0.82         | 0.003        | 1;7      |
| Jāņogu ķīselis          | 80       | 45         | 0.173          | 0.031        | 10.67        |              | 8.           | 0.504        |          |
| Ūdens ar citronu        | 150      | 3          | 0.052          | 0.045        | 0.24         |              |              |              |          |
| Rudzu maize             | 20       | 52         | 1.72           | 0.28         | 10.04        |              |              | 1.1          | 1        |
| <b>kopā:</b>            |          | <b>439</b> | <b>8.01</b>    | <b>19.52</b> | <b>56.96</b> | <b>1.455</b> | <b>9.095</b> | <b>6.597</b> |          |



## Launags

|                          |     |            |              |              |               |              |              |              |   |
|--------------------------|-----|------------|--------------|--------------|---------------|--------------|--------------|--------------|---|
| Mango un jogurta smūtijs | 150 | 106        | 4.95         | 2.73         | 15.9          |              |              |              | 7 |
| Baltmaize                | 15  | 39         | 1.17         | 0.315        | 7.71          |              |              | 0.57         | 1 |
| Sviests                  | 5   | 37         | 0.03         | 4.125        | 0.22          |              |              |              | 7 |
| <b>kopā:</b>             |     | <b>183</b> | <b>6.15</b>  | <b>7.17</b>  | <b>23.83</b>  | <b>0</b>     | <b>0</b>     | <b>0.570</b> |   |
| <b>Diena kopā:</b>       |     | <b>869</b> | <b>22.25</b> | <b>35.91</b> | <b>114.21</b> | <b>1.605</b> | <b>9.245</b> | <b>9.282</b> |   |

| ceturtdiena, 13.februāris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģeni |
|---------------------------|----------|------|----------------|-------|------------|------|--------|--------------|----------|
|---------------------------|----------|------|----------------|-------|------------|------|--------|--------------|----------|

## Brokastis

|                          |     |            |             |             |              |              |              |              |     |
|--------------------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|-----|
| Piena zupa ar makaroniem | 150 | 89         | 4.264       | 2.115       | 13.411       | 0.15         | 1.5          | 0.382        | 1;7 |
| Saldskābmaize            | 20  | 46         | 1.26        | 0.2         | 9.6          |              |              | 0.9          | 1   |
| Sviests                  | 7   | 52         | 0.042       | 5.775       | 0.308        |              |              |              | 7   |
| <b>kopā:</b>             |     | <b>187</b> | <b>5.57</b> | <b>8.09</b> | <b>23.32</b> | <b>0.150</b> | <b>1.500</b> | <b>1.282</b> |     |

## Pusdienas

|                        |     |            |              |              |              |              |              |              |       |
|------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-------|
| Skābenu zupa           | 150 | 77         | 2.322        | 3.945        | 7.91         | 0.6          |              | 2.129        | 1;3;9 |
| Krējums skābs          | 10  | 20         | 0.26         | 2.           | 0.27         |              |              |              | 7     |
| Cepta vistas gala      | 50  | 124        | 10.872       | 8.157        | 1.034        | 0.05         |              | 0.078        |       |
| Kartupeļu biezputra    | 120 | 101        | 3.248        | 1.143        | 18.974       | 0.12         |              | 2.52         | 7     |
| Burkānu salāti ar eļļu | 60  | 44         | 0.558        | 3.112        | 3.577        | 0.18         | 0.9          | 2.009        |       |
| Ūdens ar apelsīniem    | 150 | 3          | 0.075        | 0.015        | 0.622        |              |              | 0.18         |       |
| Rudzu maize            | 20  | 52         | 1.72         | 0.28         | 10.04        |              |              | 1.1          | 1     |
| <b>kopā:</b>           |     | <b>421</b> | <b>19.06</b> | <b>18.65</b> | <b>42.43</b> | <b>0.950</b> | <b>0.900</b> | <b>8.016</b> |       |

## Launags

|                      |     |            |              |              |               |              |              |               |       |
|----------------------|-----|------------|--------------|--------------|---------------|--------------|--------------|---------------|-------|
| Biezpiena plācenītis | 80  | 180        | 14.389       | 5.241        | 18.526        |              | 7.2          | 0.017         | 1;3;7 |
| Ievārījums           | 20  | 28         | 0.2          | 0.02         | 7.8           |              |              |               |       |
| Āboli                | 100 | 54         | 0.3          | 0.6          | 11.4          |              |              | 2.            |       |
| Zaļu tēja            | 150 | 3          | 0.047        | 0.092        | 0.014         |              |              |               |       |
| <b>kopā:</b>         |     | <b>264</b> | <b>14.94</b> | <b>5.95</b>  | <b>37.74</b>  | <b>0</b>     | <b>7.200</b> | <b>2.017</b>  |       |
| <b>Diena kopā:</b>   |     | <b>873</b> | <b>39.56</b> | <b>32.70</b> | <b>103.49</b> | <b>1.100</b> | <b>9.600</b> | <b>11.315</b> |       |

| piektdiena, 14.februāris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģeni |
|--------------------------|----------|------|----------------|-------|------------|------|--------|--------------|----------|
|--------------------------|----------|------|----------------|-------|------------|------|--------|--------------|----------|

## Brokastis

|                          |     |            |             |             |              |              |              |              |      |
|--------------------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|------|
| Trīs graudu pārslu putra | 150 | 131        | 5.76        | 2.748       | 19.664       | 0.15         | 0.3          | 2.88         | 1;7  |
| Ievārījums               | 10  | 14         | 0.1         | 0.01        | 3.9          |              |              |              |      |
| Sēklu maize              | 20  | 59         | 2.1         | 1.28        | 9.42         |              |              | 0.86         | 1;11 |
| Sviests                  | 3   | 22         | 0.018       | 2.475       | 0.132        |              |              |              | 7    |
| Zaļu tēja                | 150 | 3          | 0.047       | 0.092       | 0.014        |              |              |              |      |
| <b>kopā:</b>             |     | <b>229</b> | <b>8.03</b> | <b>6.61</b> | <b>33.13</b> | <b>0.150</b> | <b>0.300</b> | <b>3.740</b> |      |

## Pusdienas

|  |     |            |              |              |              |              |          |              |           |
|--|-----|------------|--------------|--------------|--------------|--------------|----------|--------------|-----------|
| Zivju zupa ar zivju frikadelēm         | 150 | 61         | 4.896        | 1.529        | 6.78         | 0.172        |          | 2.053        | 1;3;4;7;9 |
| Krējums skābs                          | 5   | 10         | 0.13         | 1.           | 0.135        |              |          |              | 7         |
| Makaroni ar maltu cūkgaļu un dārzeņiem | 150 | 330        | 8.938        | 14.96        | 34.606       | 0.51         |          | 2.794        | 1,9       |
| Ķīnas kāposti                          | 20  | 3          | 0.3          | 0.04         | 0.44         |              |          | 0.2          |           |
| Baltie redisi                          | 15  | 2          | 0.165        | 0.015        | 0.315        |              |          | 0.24         |           |
| Burkāni                                | 20  | 5          | 0.2          | 0.04         | 0.96         |              |          | 0.72         |           |
| Krējums skābs                          | 5   | 10         | 0.13         | 1.           | 0.135        |              |          |              | 7         |
| Rudzu maize                            | 20  | 52         | 1.72         | 0.28         | 10.04        |              |          | 1.1          | 1         |
| Ūdens ar citronu                       | 150 | 3          | 0.052        | 0.045        | 0.24         |              |          |              |           |
| <b>kopā:</b>                           |     | <b>476</b> | <b>16.53</b> | <b>18.91</b> | <b>53.65</b> | <b>0.682</b> | <b>0</b> | <b>7.107</b> |           |

## Launags

|                    |     |            |              |              |               |              |              |               |   |
|--------------------|-----|------------|--------------|--------------|---------------|--------------|--------------|---------------|---|
| Kliju maize        | 15  | 41         | 1.815        | 0.405        | 7.095         |              |              | 0.87          | 1 |
| Sviests            | 3   | 22         | 0.018        | 2.475        | 0.132         |              |              |               | 7 |
| Šokolādes pudiņš   | 30  | 43         | 1.528        | 1.987        | 4.827         |              | 3.           | 0.365         | 7 |
| Piens              | 150 | 72         | 4.8          | 3.           | 6.75          |              |              |               | 7 |
| Āboli              | 100 | 54         | 0.3          | 0.6          | 11.4          |              |              | 2.            |   |
| <b>kopā:</b>       |     | <b>232</b> | <b>8.46</b>  | <b>8.47</b>  | <b>30.20</b>  | <b>0</b>     | <b>3.000</b> | <b>3.235</b>  |   |
| <b>Diena kopā:</b> |     | <b>937</b> | <b>33.02</b> | <b>33.98</b> | <b>116.99</b> | <b>0.832</b> | <b>3.300</b> | <b>14.082</b> |   |