



Mārupes novada pašvaldības  
Salas sākotnējās māsa bērnu aprūpē

Agnese Voichevskā

## Nedēļas ēdienkarte

### Grupa

BD 3-6

3x nedēļā LAD programma "Piens un Augļi skolai", pirmsskolai un no 1.-9. klasei

Ēdienkartē iekļautais piens vai auglis tiek nodrošināts LAD programmas ietvaros tās darbības laikā

| pirmdiena, 28.aprīlis      | Svars, g | Kcal       | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrviel<br>as | Alerģēni |
|----------------------------|----------|------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Brokastis</b>           |          |            |                    |              |              |              |              |                  |          |
| Četrus graudu pārslu putra | 150      | 139        | 6.72               | 3.192        | 20.339       | 0.15         | 0.3          | 2.688            | 1;7      |
| Sviests                    | 5        | 37         | 0.03               | 4.125        | 0.22         |              |              |                  | 7.       |
| Saldskābmaize              | 20       | 46         | 1.26               | 0.2          | 9.6          |              |              | 0.9              | 1.       |
| Sviests                    | 3        | 22         | 0.018              | 2.475        | 0.132        |              |              |                  | 7.       |
| Zāļu tēja                  | 150      | 1          | 0.02               | 0.038        | 0.006        |              |              |                  |          |
| <b>kopā:</b>               |          | <b>246</b> | <b>8.05</b>        | <b>10.03</b> | <b>30.30</b> | <b>0.150</b> | <b>0.300</b> | <b>3.588</b>     |          |

|                                   |     |            |              |              |              |              |              |              |     |
|-----------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-----|
| <b>Pusdienas</b>                  |     |            |              |              |              |              |              |              |     |
| Pupu zupa                         | 150 | 106        | 4.407        | 5.817        | 9.093        | 0.342        |              | 3.612        | 9.  |
| Krējums skābs                     | 5   | 10         | 0.13         | 1.           | 0.135        |              |              |              | 7.  |
| Cūkgālas gulašs                   | 60  | 123        | 7.056        | 9.328        | 2.705        | 0.063        |              | 0.148        | 1;7 |
| Vāriti griķi                      | 100 | 110        | 2.475        | 0.528        | 23.958       | 0.1          |              | 1.056        |     |
| Kāpostu salāti ar papriku un eļļu | 60  | 44         | 0.77         | 3.122        | 3.124        | 0.18         | 0.9          | 1.731        |     |
| Rudzu maize                       | 20  | 52         | 1.72         | 0.28         | 10.04        |              |              | 1.1          | 1.  |
| Ūdens ar ogām                     | 150 | 3          | 0.06         | 0.03         | 0.412        |              |              |              |     |
| <b>kopā:</b>                      |     | <b>447</b> | <b>16.62</b> | <b>20.11</b> | <b>49.47</b> | <b>0.685</b> | <b>0.900</b> | <b>7.647</b> |     |

|                    |     |            |              |              |              |              |              |               |    |
|--------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|----|
| <b>Launags</b>     |     |            |              |              |              |              |              |               |    |
| Biezpiena masa     | 70  | 90         | 10.918       | 2.384        | 6.039        |              | 3.5          |               | 7. |
| Ievārījums         | 10  | 14         | 0.1          | 0.01         | 3.9          |              |              |               |    |
| Kliju maize        | 15  | 41         | 1.815        | 0.405        | 7.095        |              |              | 0.87          | 1. |
| Sviests            | 5   | 37         | 0.03         | 4.125        | 0.22         |              |              |               | 7. |
| Zāļu tēja          | 150 | 1          | 0.02         | 0.038        | 0.006        |              |              |               |    |
| <b>kopā:</b>       |     | <b>183</b> | <b>12.88</b> | <b>6.96</b>  | <b>17.26</b> | <b>0</b>     | <b>3.500</b> | <b>0.870</b>  |    |
| <b>Diena kopā:</b> |     | <b>877</b> | <b>37.55</b> | <b>37.10</b> | <b>97.02</b> | <b>0.835</b> | <b>4.700</b> | <b>12.105</b> |    |

| otrdiena, 29.aprīlis     | Svars, g | Kcal       | Olbaltumvi<br>elas | Tauki       | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrviel<br>as | Alerģēni |
|--------------------------|----------|------------|--------------------|-------------|--------------|--------------|--------------|------------------|----------|
| <b>Brokastis</b>         |          |            |                    |             |              |              |              |                  |          |
| 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          |              |              |                  |          |
| Sviests                  | 3        | 22         | 0.018              | 2.475       | 0.132        |              |              |                  | 7.       |
| Saldskābmaize            | 20       | 46         | 1.26               | 0.2         | 9.6          |              |              | 0.9              | 1.       |
| Zāļu tēja                | 150      | 1          | 0.02               | 0.038       | 0.006        |              |              |                  |          |
| <b>kopā:</b>             |          | <b>214</b> | <b>7.16</b>        | <b>5.47</b> | <b>33.30</b> | <b>0.150</b> | <b>0.300</b> | <b>3.780</b>     |          |

|                       |     |            |              |              |              |              |              |              |         |
|-----------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|---------|
| <b>Pusdienas</b>      |     |            |              |              |              |              |              |              |         |
| Ziedkāpostu zupa      | 150 | 59         | 1.905        | 3.259        | 5.346        | 0.15         |              | 3.101        | 9.      |
| Krējums skābs         | 5   | 10         | 0.13         | 1.           | 0.135        |              |              |              | 7.      |
| Pasta ar sieru        | 150 | 302        | 12.955       | 14.295       | 30.316       | 0.15         |              | 1.608        | 1;3;7;9 |
| Baltie redīsi         | 20  | 3          | 0.22         | 0.02         | 0.42         |              |              | 0.32         |         |
| Burkāni               | 20  | 5          | 0.2          | 0.04         | 0.96         |              |              | 0.72         |         |
| Jaunie kāposti        | 20  | 5          | 0.28         | 0.04         | 0.84         |              |              | 0.6          |         |
| Zaļumu un eļļas mērce | 5   | 31         | 0.036        | 3.357        | 0.333        | 0.075        | 0.275        | 0.032        |         |
| Rudzu maize           | 20  | 52         | 1.72         | 0.28         | 10.04        |              |              | 1.1          | 1.      |
| Ūdens ar apelsīniem   | 150 | 3          | 0.075        | 0.015        | 0.622        |              |              | 0.18         |         |
| <b>kopā:</b>          |     | <b>470</b> | <b>17.52</b> | <b>22.31</b> | <b>49.01</b> | <b>0.375</b> | <b>0.275</b> | <b>7.661</b> |         |

|                    |     |            |              |              |               |              |              |               |    |
|--------------------|-----|------------|--------------|--------------|---------------|--------------|--------------|---------------|----|
| <b>Launags</b>     |     |            |              |              |               |              |              |               |    |
| Šokolādes pudīns   | 50  | 72         | 2.548        | 3.312        | 8.045         |              | 5.           | 0.608         | 7. |
| Piens              | 200 | 96         | 6.4          | 4.           | 9.            |              |              |               | 7. |
| Banāni             | 100 | 88         | 1.2          | 0.2          | 20.           |              |              | 1.8           |    |
| <b>kopā:</b>       |     | <b>256</b> | <b>10.15</b> | <b>7.51</b>  | <b>37.05</b>  | <b>0</b>     | <b>5.000</b> | <b>2.408</b>  |    |
| <b>Diena kopā:</b> |     | <b>940</b> | <b>34.83</b> | <b>35.29</b> | <b>119.36</b> | <b>0.525</b> | <b>5.575</b> | <b>13.849</b> |    |

| trešdiena, 30.aprīlis    | Svars, g | Kcal       | Olbaltumvi<br>elas | Tauki       | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrviel<br>as | Alerģēni |
|--------------------------|----------|------------|--------------------|-------------|--------------|--------------|--------------|------------------|----------|
| <b>Brokastis</b>         |          |            |                    |             |              |              |              |                  |          |
| 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                  | 3        | 22         | 0.018              | 2.475       | 0.132        |              |              |                  | 7.       |
| <b>kopā:</b>             |          | <b>157</b> | <b>5.54</b>        | <b>4.79</b> | <b>23.14</b> | <b>0.150</b> | <b>1.500</b> | <b>1.282</b>     |          |

|                                                      |     |     |       |        |        |       |       |       |     |
|------------------------------------------------------|-----|-----|-------|--------|--------|-------|-------|-------|-----|
| <b>Pusdienas</b>                                     |     |     |       |        |        |       |       |       |     |
| Vistas gaļas karbonāde mājās gaumē                   | 60  | 158 | 9.277 | 12.102 | 2.593  | 0.06  |       | 0.02  | 1;3 |
| Vāriti kartupeli                                     | 120 | 89  | 2.544 | 0.127  | 18.826 | 0.12  |       | 2.671 |     |
| Saldā krējuma mērce ar ķiploku                       | 40  | 43  | 0.31  | 4.213  | 0.941  | 0.04  |       | 0.027 | 1;7 |
| Jauno kāpostu, gurķu un tomātu salāti ar eļļas mērci | 60  | 32  | 0.718 | 2.134  | 2.288  | 0.045 | 0.165 | 1.369 |     |



|                           |     |            |              |              |               |              |              |               |       |
|---------------------------|-----|------------|--------------|--------------|---------------|--------------|--------------|---------------|-------|
| Putots saldaiss biezpiens | 40  | 43         | 6.396        | 0.266        | 3.732         |              | 2.           |               | 7.    |
| Zemeņu mērce              | 80  | 42         | 0.512        | 0.256        | 8.957         |              | 4.           | 1.024         |       |
| Udens ar citroniem        | 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>520</b> | <b>21.48</b> | <b>19.38</b> | <b>64.31</b>  | <b>0.265</b> | <b>6.165</b> | <b>6.211</b>  |       |
| <b>Launags</b>            | 60  | 241        | 1.764        | 13.38        | 28.8          |              |              |               | 1;3;7 |
| Smalkmaizīte              | 100 | 55         | 0.5          | 0.3          | 12.4          |              |              | 3.3           |       |
| Bumbieri                  | 150 | 1          | 0.02         | 0.038        | 0.006         |              |              |               |       |
| Zāļu tēja                 |     | <b>297</b> | <b>2.28</b>  | <b>13.72</b> | <b>41.21</b>  | <b>0</b>     | <b>0</b>     | <b>3.300</b>  |       |
| <b>kopā:</b>              |     | <b>975</b> | <b>29.30</b> | <b>37.89</b> | <b>128.66</b> | <b>0.415</b> | <b>7.665</b> | <b>10.793</b> |       |
| <b>Diena kopā:</b>        |     |            |              |              |               |              |              |               |       |

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Salas sākumskolas māsa bērnu aprūpē

  
Agnese Voicehovska