



## Nedēļas ēdienkarte

### Grupa

BD 1-2

Neparedzētu apstākļu dēļ ēdienkarte var tikt mainīta

| pirmdienā, 19.janvāris | Svars, g | Kcal       | Olbaltumvielas | Tauki       | Ogļhidrāti   | Sāls         | Cukurs   | Šķiedrvielas | Alerģēni |
|------------------------|----------|------------|----------------|-------------|--------------|--------------|----------|--------------|----------|
| <b>Brokastis</b>       |          |            |                |             |              |              |          |              |          |
| Auzu pārslu putra      | 120      | 112        | 5.322          | 3.18        | 15.714       | 0.12         |          | 0.972        | 1;7      |
| Ievārījums             | 10       | 14         | 0.1            | 0.01        | 3.9          |              |          |              |          |
| Rudzu maize            | 20       | 52         | 1.72           | 0.28        | 10.04        |              |          | 1.1          | 1.       |
| Sviests                | 5        | 37         | 0.03           | 4.125       | 0.22         |              |          |              | 7.       |
| Zāļu tēja              | 120      | 1          | 0.016          | 0.031       | 0.005        |              |          |              |          |
| <b>kopā:</b>           |          | <b>216</b> | <b>7.19</b>    | <b>7.63</b> | <b>29.88</b> | <b>0.120</b> | <b>0</b> | <b>2.072</b> |          |

|                                    |     |            |              |              |              |              |              |              |     |
|------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-----|
| <b>Pusdienas</b>                   |     |            |              |              |              |              |              |              |     |
| Vistas gaļas zupa ar nūdelēm       | 120 | 68         | 5.077        | 2.885        | 5.263        | 0.12         |              | 0.83         | 1;3 |
| Krējums skābs                      | 5   | 10         | 0.13         | 1.           | 0.135        |              |              |              | 7.  |
| Cūkgāļas gulašs                    | 50  | 102        | 5.88         | 7.773        | 2.254        | 0.052        |              | 0.124        | 1;7 |
| Vārīti griķi                       | 100 | 110        | 2.475        | 0.528        | 23.958       | 0.1          |              | 1.056        |     |
| Kāpostu salāti ar zaļumiem un eļļu | 70  | 44         | 0.994        | 2.937        | 3.559        | 0.07         | 0.7          | 2.022        |     |
| Rudzu maize                        | 20  | 52         | 1.72         | 0.28         | 10.04        |              |              | 1.1          | 1.  |
| Ēdēns ar citronu                   | 120 | 2          | 0.042        | 0.036        | 0.192        |              |              |              |     |
| <b>kopā:</b>                       |     | <b>389</b> | <b>16.32</b> | <b>15.44</b> | <b>45.40</b> | <b>0.342</b> | <b>0.700</b> | <b>5.132</b> |     |

|                     |     |            |              |              |              |              |              |              |          |
|---------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Launags</b>      |     |            |              |              |              |              |              |              |          |
| Karstmaize ar sieru | 40  | 150        | 5.88         | 9.253        | 10.6         |              |              | 0.7          | 1;10;3;7 |
| Āboli               | 60  | 32         | 0.18         | 0.36         | 6.84         |              |              | 1.2          |          |
| Zāļu tēja           | 120 | 1          | 0.016        | 0.031        | 0.005        |              |              |              |          |
| <b>kopā:</b>        |     | <b>183</b> | <b>6.08</b>  | <b>9.64</b>  | <b>17.45</b> | <b>0</b>     | <b>0</b>     | <b>1.900</b> |          |
| <b>Diena kopā:</b>  |     | <b>788</b> | <b>29.58</b> | <b>32.71</b> | <b>92.73</b> | <b>0.462</b> | <b>0.700</b> | <b>9.104</b> |          |

| otrdienā, 20.janvāris | Svars, g | Kcal       | Olbaltumvielas | Tauki       | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|-----------------------|----------|------------|----------------|-------------|--------------|--------------|--------------|--------------|----------|
| <b>Brokastis</b>      |          |            |                |             |              |              |              |              |          |
| Mannā biezputra       | 120      | 92         | 4.218          | 1.804       | 14.54        | 0.12         | 0.12         | 0.016        | 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               | 8        | 60         | 0.048          | 6.6         | 0.352        |              |              |              | 7.       |
| Zāļu tēja             | 120      | 1          | 0.016          | 0.031       | 0.005        |              |              |              |          |
| <b>kopā:</b>          |          | <b>207</b> | <b>6.20</b>    | <b>8.85</b> | <b>25.89</b> | <b>0.120</b> | <b>0.120</b> | <b>0.886</b> |          |

|                                   |     |            |              |              |              |              |              |              |    |
|-----------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| <b>Pusdienas</b>                  |     |            |              |              |              |              |              |              |    |
| Harčo ar cūkgāļu                  | 120 | 122        | 5.461        | 6.568        | 10.316       | 0.39         | 0.36         | 0.36         |    |
| Krējums skābs                     | 5   | 10         | 0.13         | 1.           | 0.135        |              |              |              | 7. |
| Vistas gaļas un dārzeņu sautējums | 100 | 75         | 6.292        | 2.979        | 5.232        | 0.1          |              | 2.382        | 9. |
| Burkāni                           | 25  | 6          | 0.25         | 0.05         | 1.2          |              |              | 0.9          |    |
| Ziedkāposti                       | 20  | 4          | 0.5          | 0.06         | 0.46         |              |              | 0.58         |    |
| Vārītas bietes                    | 20  | 8          | 0.3          | 0.02         | 1.68         |              |              | 0.5          |    |
| Krējums skābs                     | 20  | 40         | 0.52         | 4.           | 0.54         |              |              |              | 7. |
| Ēdēns ar apelsīniem               | 120 | 3          | 0.06         | 0.012        | 0.498        |              |              | 0.144        |    |
| Rudzu maize                       | 20  | 52         | 1.72         | 0.28         | 10.04        |              |              | 1.1          | 1. |
| <b>kopā:</b>                      |     | <b>321</b> | <b>15.23</b> | <b>14.97</b> | <b>30.10</b> | <b>0.490</b> | <b>0.360</b> | <b>5.966</b> |    |

|                    |     |            |              |              |              |              |              |              |    |
|--------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| <b>Launags</b>     |     |            |              |              |              |              |              |              |    |
| Biezpiena masa     | 50  | 64         | 7.798        | 1.703        | 4.314        |              | 2.5          |              | 7. |
| Ogu ķīselis        | 100 | 99         | 0.32         | 0.102        | 23.644       |              | 5.           | 0.993        |    |
| Āboli              | 60  | 32         | 0.18         | 0.36         | 6.84         |              |              | 1.2          |    |
| <b>kopā:</b>       |     | <b>195</b> | <b>8.30</b>  | <b>2.17</b>  | <b>34.80</b> | <b>0</b>     | <b>7.500</b> | <b>2.193</b> |    |
| <b>Diena kopā:</b> |     | <b>723</b> | <b>29.73</b> | <b>25.98</b> | <b>90.79</b> | <b>0.610</b> | <b>7.980</b> | <b>9.045</b> |    |

| trešdienā, 21.janvāris   | Svars, g | Kcal       | Olbaltumvielas | Tauki       | Ogļhidrāti   | Sāls         | Cukurs   | Šķiedrvielas | Alerģēni |
|--------------------------|----------|------------|----------------|-------------|--------------|--------------|----------|--------------|----------|
| <b>Brokastis</b>         |          |            |                |             |              |              |          |              |          |
| Omlete                   | 50       | 64         | 4.874          | 4.276       | 1.164        | 0.2          |          | 0.013        | 3;7      |
| Zaļie zirnīši konservēti | 30       | 16         | 1.08           | 0.12        | 2.58         |              |          |              |          |
| Baltmaize                | 15       | 39         | 1.17           | 0.315       | 7.71         |              |          | 0.57         | 1.       |
| Krēmsiers                | 15       | 30         | 1.08           | 2.67        | 0.495        |              |          |              | 7.       |
| Zāļu tēja                | 120      | 1          | 0.016          | 0.031       | 0.005        |              |          |              |          |
| <b>kopā:</b>             |          | <b>151</b> | <b>8.22</b>    | <b>7.41</b> | <b>11.95</b> | <b>0.200</b> | <b>0</b> | <b>0.583</b> |          |

|                           |     |            |             |              |              |              |              |              |    |
|---------------------------|-----|------------|-------------|--------------|--------------|--------------|--------------|--------------|----|
| <b>Pusdienas</b>          |     |            |             |              |              |              |              |              |    |
| Maltas vistas gaļas mērce | 50  | 80         | 5.394       | 5.114        | 2.985        | 0.15         |              | 0.283        | 7. |
| Vārīti rīsi               | 70  | 79         | 1.571       | 0.139        | 17.949       | 0.07         |              | 0.323        |    |
| Biešu salāti              | 60  | 50         | 0.855       | 3.057        | 4.848        | 0.12         | 0.06         | 1.425        |    |
| Putukrējums               | 30  | 104        | 0.675       | 9.45         | 3.941        |              | 2.7          |              | 7. |
| Zemeņu mērce              | 80  | 41         | 0.514       | 0.256        | 8.532        |              | 4.           | 1.024        |    |
| Ēdēns ar citronu          | 120 | 2          | 0.042       | 0.036        | 0.192        |              |              |              |    |
| <b>kopā:</b>              |     | <b>355</b> | <b>9.05</b> | <b>18.05</b> | <b>38.45</b> | <b>0.340</b> | <b>6.760</b> | <b>3.055</b> |    |

**Launags**

|                    |     |            |              |              |              |              |              |              |       |
|--------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-------|
| Auzu cepums        | 40  | 159        | 3.55         | 5.446        | 23.811       |              | 0.007        | 0.821        | 1;3;7 |
| Piens              | 150 | 72         | 4.8          | 3.           | 6.75         |              |              | 0.9          | 7.    |
| Banāni             | 50  | 44         | 0.6          | 0.1          | 10.          |              | 0            | 0.007        | 1.721 |
| <b>kopā:</b>       |     | <b>275</b> | <b>8.95</b>  | <b>8.55</b>  | <b>40.56</b> | <b>0</b>     | <b>0.007</b> | <b>1.721</b> |       |
| <b>Diena kopā:</b> |     | <b>781</b> | <b>26.22</b> | <b>34.01</b> | <b>90.96</b> | <b>0.540</b> | <b>6.767</b> | <b>5.359</b> |       |

| ceturtdiena, 22.janvāris | Svars, g | Kcal       | Olbaltumvielas | Tauki       | Ogļhidrāti   | Sāļs         | Cukurs       | Šķiedrvielas | Alerģēni |
|--------------------------|----------|------------|----------------|-------------|--------------|--------------|--------------|--------------|----------|
| <b>Brokastis</b>         |          |            |                |             |              |              |              |              |          |
| Kukurūzas putra          | 120      | 84         | 4.272          | 2.05        | 12.651       | 0.12         | 0.12         | 1.241        | 7.       |
| Zemeņu mērce             | 10       | 5          | 0.064          | 0.032       | 1.066        |              | 0.5          | 0.128        |          |
| Rudzu maize              | 20       | 52         | 1.72           | 0.28        | 10.04        |              |              | 1.1          | 1.       |
| Sviests                  | 6        | 45         | 0.036          | 4.95        | 0.264        |              |              |              | 7.       |
| Zāļu tēja                | 120      | 1          | 0.016          | 0.031       | 0.005        |              |              |              |          |
| <b>kopā:</b>             |          | <b>186</b> | <b>6.11</b>    | <b>7.34</b> | <b>24.03</b> | <b>0.120</b> | <b>0.620</b> | <b>2.469</b> |          |

|                                 |     |            |              |              |              |              |              |              |    |
|---------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| <b>Pusdienas</b>                |     |            |              |              |              |              |              |              |    |
| Veģetārā solanka                | 120 | 62         | 1.272        | 3.45         | 6.382        | 0.48         |              | 1.777        | 9. |
| Krējums skābs                   | 5   | 10         | 0.13         | 1.           | 0.135        |              |              |              | 7. |
| Siers                           | 20  | 68         | 4.96         | 5.36         |              |              |              |              | 7. |
| Vārīta pasta - makaroni         | 90  | 164        | 5.037        | 2.496        | 29.689       | 0.36         |              |              | 1. |
| Kīnas kāpostu salāti ar papriku | 70  | 30         | 1.024        | 2.25         | 1.987        | 0.21         | 0.35         | 1.009        |    |
| Rudzu maize                     | 20  | 52         | 1.72         | 0.28         | 10.04        |              |              | 1.1          | 1. |
| Ūdens ar apelsīniem             | 120 | 3          | 0.06         | 0.012        | 0.498        |              |              | 0.144        |    |
| <b>kopā:</b>                    |     | <b>388</b> | <b>14.20</b> | <b>14.85</b> | <b>48.73</b> | <b>1.050</b> | <b>0.350</b> | <b>4.030</b> |    |

|                      |     |            |              |              |              |              |              |              |       |
|----------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-------|
| <b>Launags</b>       |     |            |              |              |              |              |              |              |       |
| Biezpiena plātsmaize | 50  | 115        | 7.264        | 3.648        | 13.183       | 0.05         | 5.15         | 0.01         | 1;3;7 |
| Āboli                | 60  | 32         | 0.18         | 0.36         | 6.84         |              |              | 1.2          |       |
| Zāļu tēja            | 120 | 1          | 0.016        | 0.031        | 0.005        |              |              |              |       |
| <b>kopā:</b>         |     | <b>149</b> | <b>7.46</b>  | <b>4.04</b>  | <b>20.03</b> | <b>0.050</b> | <b>5.150</b> | <b>1.210</b> |       |
| <b>Diena kopā:</b>   |     | <b>723</b> | <b>27.77</b> | <b>26.23</b> | <b>92.79</b> | <b>1.220</b> | <b>6.120</b> | <b>7.709</b> |       |

| piektdiena, 23.janvāris   | Svars, g | Kcal       | Olbaltumvielas | Tauki       | Ogļhidrāti   | Sāļs         | Cukurs       | Šķiedrvielas | Alerģēni |
|---------------------------|----------|------------|----------------|-------------|--------------|--------------|--------------|--------------|----------|
| <b>Brokastis</b>          |          |            |                |             |              |              |              |              |          |
| Cetur graudu pārslu putra | 100      | 93         | 4.48           | 2.128       | 13.56        | 0.1          | 0.2          | 1.792        | 1;7      |
| Sviests                   | 5        | 37         | 0.03           | 4.125       | 0.22         |              |              |              | 7.       |
| Rudzu maize               | 15       | 39         | 1.29           | 0.21        | 7.53         |              |              | 0.825        | 1.       |
| Sviests                   | 3        | 22         | 0.018          | 2.475       | 0.132        |              |              |              | 7.       |
| Zāļu tēja                 | 120      | 1          | 0.016          | 0.031       | 0.005        |              |              |              |          |
| <b>kopā:</b>              |          | <b>193</b> | <b>5.83</b>    | <b>8.97</b> | <b>21.45</b> | <b>0.100</b> | <b>0.200</b> | <b>2.617</b> |          |

|                         |     |            |              |              |              |              |          |              |          |
|-------------------------|-----|------------|--------------|--------------|--------------|--------------|----------|--------------|----------|
| <b>Pusdienas</b>        |     |            |              |              |              |              |          |              |          |
| Zivju zupa ar rīsiem    | 100 | 53         | 2.936        | 2.185        | 5.446        | 0.4          |          | 1.186        | 4;9      |
| Krējums skābs           | 5   | 10         | 0.13         | 1.           | 0.135        |              |          |              | 7.       |
| Maltas cūkgaļas šnicele | 50  | 148        | 8.312        | 9.786        | 6.582        | 0.055        |          | 0.477        | 1;11;3;7 |
| Vārīti kartupeļi        | 110 | 82         | 2.332        | 0.117        | 17.257       | 0.11         |          | 2.449        |          |
| Baltie redīsi           | 25  | 4          | 0.275        | 0.025        | 0.525        |              |          | 0.4          |          |
| Burkāni                 | 25  | 6          | 0.25         | 0.05         | 1.2          |              |          | 0.9          |          |
| Ziedkāposti             | 20  | 4          | 0.5          | 0.06         | 0.46         |              |          | 0.58         |          |
| Krējums skābs           | 20  | 40         | 0.52         | 4.           | 0.54         |              |          |              | 7.       |
| Ūdens ar citronu        | 120 | 2          | 0.042        | 0.036        | 0.192        |              |          |              |          |
| Rudzu maize             | 10  | 26         | 0.86         | 0.14         | 5.02         |              |          | 0.55         | 1.       |
| <b>kopā:</b>            |     | <b>376</b> | <b>16.16</b> | <b>17.40</b> | <b>37.36</b> | <b>0.565</b> | <b>0</b> | <b>6.542</b> |          |

|                    |     |            |              |              |              |              |              |               |    |
|--------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|----|
| <b>Launags</b>     |     |            |              |              |              |              |              |               |    |
| Zemeņu uzpūtenis   | 50  | 45         | 0.613        | 0.107        | 10.246       |              | 2.5          | 0.213         | 1. |
| Piens              | 150 | 72         | 4.8          | 3.           | 6.75         |              |              | 0.87          | 7. |
| Kliju maize        | 15  | 41         | 1.815        | 0.405        | 7.095        |              |              |               | 1. |
| Sviests            | 5   | 37         | 0.03         | 4.125        | 0.22         |              |              |               | 7. |
| <b>kopā:</b>       |     | <b>196</b> | <b>7.26</b>  | <b>7.64</b>  | <b>24.31</b> | <b>0</b>     | <b>2.500</b> | <b>1.083</b>  |    |
| <b>Diena kopā:</b> |     | <b>764</b> | <b>29.25</b> | <b>34.01</b> | <b>83.12</b> | <b>0.665</b> | <b>2.700</b> | <b>10.242</b> |    |