



## Nedēļas ēdienkarte

### Grupa

5.-9.klase

Mārupes novada pašvaldības  
Salas sākumskolas māsa bērnu aprūpē

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

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

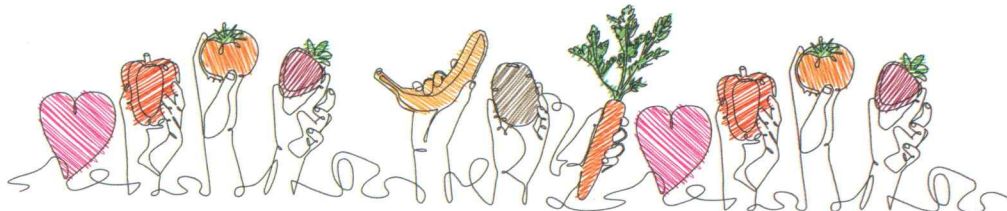
Agnese Voicehovska

| pirmdiena, 28.aprīlis             | Svars, g | Kcal        | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrviel<br>as | Alerģēni |
|-----------------------------------|----------|-------------|--------------------|--------------|---------------|--------------|--------------|------------------|----------|
| <b>Brokastis</b>                  |          |             |                    |              |               |              |              |                  |          |
| Četrus graudu pārslu putra        | 250      | 232         | 11.2               | 5.32         | 33.899        | 0.25         | 0.5          | 4.48             | 1;7      |
| Sviests                           | 10       | 75          | 0.06               | 8.25         | 0.44          |              |              |                  | 7.       |
| Saldskābmaize                     | 20       | 46          | 1.26               | 0.2          | 9.6           |              |              | 0.9              | 1.       |
| Sviests                           | 5        | 37          | 0.03               | 4.125        | 0.22          |              |              |                  | 7.       |
| Zāļu tēja                         | 200      | 2           | 0.026              | 0.051        | 0.008         |              |              |                  |          |
| <b>kopā:</b>                      |          | <b>392</b>  | <b>12.58</b>       | <b>17.95</b> | <b>44.17</b>  | <b>0.250</b> | <b>0.500</b> | <b>5.380</b>     |          |
| <b>Pusdienas</b>                  |          |             |                    |              |               |              |              |                  |          |
| Pupu zupa                         | 200      | 142         | 5.876              | 7.757        | 12.124        | 0.456        |              | 4.816            | 9.       |
| Krējums skābs                     | 10       | 20          | 0.26               | 2.           | 0.27          |              |              |                  | 7.       |
| Cukgalašs gulašs                  | 100      | 204         | 11.76              | 15.547       | 4.509         | 0.104        |              | 0.247            | 1;7      |
| Vārīti griķi                      | 200      | 221         | 4.95               | 1.056        | 47.916        | 0.2          |              | 2.112            |          |
| Kāpostu salāti ar papriku un eļļu | 80       | 58          | 1.026              | 4.163        | 4.166         | 0.24         | 1.2          | 2.308            |          |
| Rudzu maize                       | 40       | 104         | 3.44               | 0.56         | 20.08         |              |              | 2.2              | 1.       |
| Udens ar ogām                     | 200      | 4           | 0.08               | 0.04         | 0.55          |              |              |                  |          |
| <b>kopā:</b>                      |          | <b>752</b>  | <b>27.39</b>       | <b>31.12</b> | <b>89.62</b>  | <b>1.000</b> | <b>1.200</b> | <b>11.683</b>    |          |
| <b>Launags</b>                    |          |             |                    |              |               |              |              |                  |          |
| Biezpiena masa                    | 100      | 128         | 15.597             | 3.406        | 8.627         |              | 5.           |                  | 7.       |
| Ievārījums                        | 20       | 28          | 0.2                | 0.02         | 7.8           |              |              |                  |          |
| 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                         | 200      | 2           | 0.026              | 0.051        | 0.008         |              |              |                  |          |
| <b>kopā:</b>                      |          | <b>236</b>  | <b>17.67</b>       | <b>8.01</b>  | <b>23.75</b>  | <b>0</b>     | <b>5.000</b> | <b>0.870</b>     |          |
| <b>Diena kopā:</b>                |          | <b>1380</b> | <b>57.64</b>       | <b>57.08</b> | <b>157.53</b> | <b>1.250</b> | <b>6.700</b> | <b>17.933</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 | 250      | 218         | 9.6                | 4.58         | 32.774        | 0.25         | 0.5          | 4.8              | 1;7      |
| Ievārījums               | 20       | 28          | 0.2                | 0.02         | 7.8           |              |              |                  |          |
| Sviests                  | 5        | 37          | 0.03               | 4.125        | 0.22          |              |              |                  | 7.       |
| Saldskābmaize            | 20       | 46          | 1.26               | 0.2          | 9.6           |              |              | 0.9              | 1.       |
| Zāļu tēja                | 200      | 2           | 0.026              | 0.051        | 0.008         |              |              |                  |          |
| <b>kopā:</b>             |          | <b>331</b>  | <b>11.12</b>       | <b>8.98</b>  | <b>50.40</b>  | <b>0.250</b> | <b>0.500</b> | <b>5.700</b>     |          |
| <b>Pusdienas</b>         |          |             |                    |              |               |              |              |                  |          |
| Ķiedkāpostu zupa         | 200      | 78          | 2.539              | 4.345        | 7.128         | 0.2          |              | 4.135            | 9.       |
| Krējums skābs            | 10       | 20          | 0.26               | 2.           | 0.27          |              |              |                  | 7.       |
| Pasta ar sieru           | 200      | 403         | 17.273             | 19.061       | 40.422        | 0.2          |              | 2.144            | 1;3;7;9  |
| Baltie redīsi            | 15       | 2           | 0.165              | 0.015        | 0.315         |              |              | 0.24             |          |
| Burkāni                  | 30       | 8           | 0.3                | 0.06         | 1.44          |              |              | 1.08             |          |
| Jaunie kāposti           | 25       | 6           | 0.35               | 0.05         | 1.05          |              |              | 0.75             |          |
| Zāļu un eļļas mērce      | 10       | 62          | 0.073              | 6.714        | 0.666         | 0.15         | 0.55         | 0.065            |          |
| Rudzu maize              | 60       | 155         | 5.16               | 0.84         | 30.12         |              |              | 3.3              | 1.       |
| Udens ar apelsīniem      | 200      | 4           | 0.1                | 0.02         | 0.83          |              |              | 0.24             |          |
| <b>kopā:</b>             |          | <b>739</b>  | <b>26.22</b>       | <b>33.11</b> | <b>82.24</b>  | <b>0.550</b> | <b>0.550</b> | <b>11.954</b>    |          |
| <b>Launags</b>           |          |             |                    |              |               |              |              |                  |          |
| Šokolādes pudiņš         | 70       | 101         | 3.566              | 4.637        | 11.263        |              | 7.           | 0.851            | 7.       |
| Piens                    | 200      | 96          | 6.4                | 4.           | 9.            |              |              |                  | 7.       |
| Banāni                   | 100      | 88          | 1.2                | 0.2          | 20.           |              |              | 1.8              |          |
| <b>kopā:</b>             |          | <b>285</b>  | <b>11.17</b>       | <b>8.84</b>  | <b>40.26</b>  | <b>0</b>     | <b>7.000</b> | <b>2.651</b>     |          |
| <b>Diena kopā:</b>       |          | <b>1354</b> | <b>48.50</b>       | <b>50.92</b> | <b>172.91</b> | <b>0.800</b> | <b>8.050</b> | <b>20.305</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                             | 250      | 149        | 7.106              | 3.525       | 22.351       | 0.25         | 2.5          | 0.638            | 1;7      |
| Saldskābmaize                                        | 20       | 46         | 1.26               | 0.2         | 9.6          |              |              | 0.9              | 1.       |
| Sviests                                              | 5        | 37         | 0.03               | 4.125       | 0.22         |              |              |                  | 7.       |
| <b>kopā:</b>                                         |          | <b>232</b> | <b>8.40</b>        | <b>7.85</b> | <b>32.17</b> | <b>0.250</b> | <b>2.500</b> | <b>1.538</b>     |          |
| <b>Pusdienas</b>                                     |          |            |                    |             |              |              |              |                  |          |
| Vistas gaļas karbonāde mājas gaumē                   | 70       | 185        | 10.823             | 14.119      | 3.026        | 0.07         |              | 0.023            | 1;3      |
| Vārīti kartupeļi                                     | 200      | 149        | 4.24               | 0.212       | 31.376       | 0.2          |              | 4.452            |          |
| Saldā krējuma mērce ar ķiploku                       | 75       | 80         | 0.581              | 7.9         | 1.764        | 0.075        |              | 0.051            | 1;7      |
| Jauno kāpostu, gurķu un tomātu salāti ar eļļas mērci | 80       | 42         | 0.957              | 2.846       | 3.051        | 0.06         | 0.22         | 1.826            |          |
| Putots saldaiss biezpiens                            | 50       | 54         | 7.995              | 0.333       | 4.666        |              | 2.5          |                  | 7.       |

# Frīstar



|                    |     |             |               |               |                |              |               |               |       |
|--------------------|-----|-------------|---------------|---------------|----------------|--------------|---------------|---------------|-------|
| Zemenu mērce       | 100 | 52          | 0.64          | 0.32          | 11.196         |              | 5.            | 1.28          |       |
| Udens ar citroniem | 200 | 5           | 0.075         | 0.015         | 0.622          |              |               | 0.18          |       |
| Rudzu maize        | 40  | 104         | 3.44          | 0.56          | 20.08          |              |               | 2.2           | 1.    |
| <b>kopā:</b>       |     | <b>747</b>  | <b>28.68</b>  | <b>26.29</b>  | <b>97.74</b>   | <b>0.405</b> | <b>7.720</b>  | <b>9.832</b>  |       |
| <b>Launags</b>     |     |             |               |               |                |              |               |               |       |
| Smalkmaizīte       | 60  | 241         | 1.764         | 13.38         | 28.8           |              |               |               | 1;3;7 |
| Bumbieri           | 100 | 55          | 0.5           | 0.3           | 12.4           |              |               | 3.3           |       |
| Zāļu tēja          | 200 | 2           | 0.026         | 0.051         | 0.008          |              |               |               |       |
| <b>kopā:</b>       |     | <b>298</b>  | <b>2.29</b>   | <b>13.73</b>  | <b>41.21</b>   | <b>0</b>     | <b>0</b>      | <b>3.300</b>  |       |
| <b>Diena kopā:</b> |     | <b>1277</b> | <b>39.362</b> | <b>47.871</b> | <b>171.114</b> | <b>0.655</b> | <b>10.220</b> | <b>14.670</b> |       |

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