



Nedēļas ēdienkarte

Grupa

5.-9.klase

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

| pirmdiena, 24.februāris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģeni |
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| Brokastis | | | | | | | | | |
| Risu pārslu putra | 250 | 227 | 8.32 | 3.74 | 40.202 | 0.25 | 1.25 | 0.56 | 7 |
| Ievārijums | 20 | 28 | 0.2 | 0.02 | 7.8 | | | | |
| 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 | 4 | 0.062 | 0.122 | 0.019 | | | | |
| kopā: | | 341 | 9.87 | 8.21 | 57.84 | 0.250 | 1.250 | 1.460 | |

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| Pusdienas | | | | | | | | | |
| Pupu zupa | 200 | 142 | 5.876 | 7.757 | 12.124 | 0.456 | | 4.816 | 9 |
| Maltas cūkgalas mērce | 100 | 160 | 11.491 | 10.089 | 5.818 | 0.4 | | 0.545 | 1;7 |
| Vāriti griķi | 200 | 221 | 4.95 | 1.056 | 47.916 | 0.2 | | 2.112 | |
| Burkānu salāti ar krējumu | 100 | 62 | 1.365 | 4.164 | 4.611 | 0.2 | | 2.88 | 7 |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| Ūdens ar brūklenēm | 200 | 3 | 0.03 | 0.05 | 0.62 | | | 0.29 | |
| Piens | 200 | 96 | 6.4 | 4. | 9. | | | | 7 |
| kopā: | | 788 | 33.55 | 27.68 | 100.17 | 1.256 | 0 | 12.843 | |

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| Launags | | | | | | | | | |
| Biezpiena masa | 90 | 115 | 14.037 | 3.065 | 7.764 | | 4.5 | | 7 |
| Zāļu tēja | 200 | 4 | 0.062 | 0.122 | 0.019 | | | | |
| Baltmaize | 30 | 79 | 2.34 | 0.63 | 15.42 | | | 1.14 | 1 |
| Sviests | 8 | 60 | 0.048 | 6.6 | 0.352 | | | | 7 |
| kopā: | | 258 | 16.49 | 10.42 | 23.56 | 0 | 4.500 | 1.140 | |
| Diena kopā: | | 1387 | 59.91 | 46.30 | 181.57 | 1.506 | 5.750 | 15.443 | |

| otrdiena, 25.februāris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģeni |
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| Brokastis | | | | | | | | | |
| 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 |
| Siers | 20 | 68 | 4.96 | 5.36 | | | | | 7 |
| kopā: | | 300 | 13.36 | 13.21 | 32.17 | 0.250 | 2.500 | 1.538 | |

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| Pusdienas | | | | | | | | | |
| Dārzeni zupa | 200 | 91 | 2.727 | 4.321 | 10.123 | 0.2 | | 3.847 | 9 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | | | | 7 |
| Kāpostu kotlete | 70 | 158 | 4.158 | 7.878 | 17.346 | 0.56 | | 2.563 | 1;11;3;7 |
| Kartupeļu biežputra | 200 | 169 | 5.414 | 1.905 | 31.624 | 0.2 | | 4.2 | 7 |
| Biešu salāti ar eļļu | 80 | 57 | 1.197 | 2.483 | 7.462 | 0.16 | 0.8 | 1.989 | |
| Piens | 200 | 96 | 6.4 | 4. | 9. | | | | 7 |
| Ūdens ar apelsīniem | 200 | 4 | 0.1 | 0.02 | 0.83 | | | 0.24 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| Aboli | 100 | 54 | 0.3 | 0.6 | 11.4 | | | 2. | |
| kopā: | | 753 | 24.00 | 23.77 | 108.14 | 1.120 | 0.800 | 17.039 | |

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| Launags | | | | | | | | | |
| Kefira pankūka | 150 | 543 | 16.861 | 23.166 | 65.496 | 0.45 | 13.2 | 0.068 | 1;3;7 |
| Ievārijums | 20 | 28 | 0.2 | 0.02 | 7.8 | | | | |
| Zāļu tēja | 200 | 4 | 0.062 | 0.122 | 0.019 | | | | |
| kopā: | | 575 | 17.12 | 23.31 | 73.32 | 0.450 | 13.200 | 0.068 | |
| Diena kopā: | | 1628 | 54.48 | 60.29 | 213.62 | 1.820 | 16.500 | 18.645 | |

| trešdiena, 26.februāris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģeni |
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| Brokastis | | | | | | | | | |
| Omlete | 120 | 154 | 11.698 | 10.263 | 2.794 | 0.48 | 0.12 | 0.032 | 3;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 |
| Zaļie zirņi konservēti | 50 | 26 | 1.8 | 0.2 | 4.3 | | | | |
| Zāļu tēja | 200 | 4 | 0.062 | 0.122 | 0.019 | | | | |
| kopā: | | 281 | 15.69 | 15.99 | 16.75 | 0.480 | 0.120 | 0.892 | |

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| Pusdienas | | | | | | | | | |
| Biešu zupa ar kartupeļiem un gaļu | 250 | 122 | 3.611 | 6.899 | 11.348 | 0.25 | 0.825 | 3.804 | |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | | | | 7 |
| Vistas gaļa karija mērcē | 120 | 157 | 12.205 | 10.337 | 3.088 | 0.483 | | 0.392 | 1;7 |
| Vāriti rīsi | 200 | 227 | 4.488 | 0.396 | 51.282 | 0.2 | | 0.75 | |
| Kāposti | 25 | 6 | 0.35 | 0.05 | 1.05 | | | 0.9 | |
| Burkāni | 25 | 6 | 0.25 | 0.05 | 1.2 | | | 0.9 | |
| Baltie redīsi | 20 | 3 | 0.22 | 0.02 | 0.42 | | | 0.32 | |



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| Zalumu un eļļas mērce | 10 | 62 | 0.073 | 6.714 | 0.666 | 0.15 | 0.55 | 0.065 | |
| Rudzu maize | 80 | 207 | 6.88 | 1.12 | 40.16 | | | 4.4 | 1 |
| Ūdens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 | | | | |
| kopā: | | 815 | 28.41 | 27.65 | 109.80 | 1.083 | 1.375 | 11.555 | |

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| Launags | 100 | 76 | 3.528 | 1.538 | 11.862 | 0.1 | 0.1 | 0.012 | 1;7 |
| Mannā putra | 100 | 99 | 0.32 | 0.102 | 23.644 | | 5. | 0.993 | |
| Ogu kiselis | 20 | 55 | 2.42 | 0.54 | 9.46 | | | 1.16 | 1 |
| Kliju maize | 5 | 37 | 0.03 | 4.125 | 0.22 | | | | 7 |
| Sviests | 200 | 4 | 0.062 | 0.122 | 0.019 | | | | |
| Zāļu tēja | | 270 | 6.36 | 6.43 | 45.21 | 0.100 | 5.100 | 2.165 | |
| kopā: | | 1366 | 50.46 | 50.06 | 171.76 | 1.663 | 6.595 | 14.612 | |
| Diena kopā: | | | | | | | | | |

| ceturttdiena, 27.februāris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
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| Brokastis | | | | | | | | 1.22 | 1;3;7 |
| Banānu pankūka | 150 | 381 | 8.459 | 21.713 | 37.716 | 0.3 | | | |
| Ievārījums | 20 | 28 | 0.2 | 0.02 | 7.8 | | | | |
| Zāļu tēja | 200 | 4 | 0.062 | 0.122 | 0.019 | | | | |
| kopā: | | 413 | 8.72 | 21.86 | 45.54 | 0.300 | 0 | 1.220 | |

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| Pusdienas | 250 | 219 | 14.055 | 10.885 | 15.84 | 0.25 | | 5.695 | |
| Dārzeņu un cūkgāļas sautējums | 100 | 65 | 1.782 | 4.852 | 4.445 | 0.1 | 0.2 | 1.228 | |
| Kīnas kāpostu salāti ar dillēm un kukurūzu | 80 | 207 | 6.88 | 1.12 | 40.16 | | | 4.4 | 1 |
| Rudzu maize | 50 | 192 | 2.971 | 12.488 | 16.961 | | 4.3 | 1.006 | 1;7 |
| Ceptas auzu pārslas ar putukrējumu | 100 | 52 | 0.643 | 0.32 | 11.005 | | 5. | 1.328 | |
| Zemenu mērce | 200 | 3 | 0.03 | 0.05 | 0.62 | | | 0.29 | |
| Ūdens ar brūklenēm | | 738 | 26.36 | 29.72 | 89.03 | 0.350 | 9.500 | 13.947 | |

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| Launags | 100 | 160 | 19.914 | 3.229 | 12.354 | | 3. | 0.041 | 1;11;3;7 |
| Biezpiena saņemums | 20 | 28 | 0.2 | 0.02 | 7.8 | | | | |
| Ievārījums | 200 | 4 | 0.062 | 0.122 | 0.019 | | | | |
| Zāļu tēja | | 191 | 20.18 | 3.37 | 20.17 | 0 | 3.000 | 0.041 | |
| kopā: | | 1342 | 55.26 | 54.94 | 154.74 | 0.650 | 12.500 | 15.208 | |
| Diena kopā: | | | | | | | | | |

| piektdiena, 28.februāris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
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| Brokastis | 250 | 190 | 9.5 | 4.41 | 29.672 | 0.25 | 0.25 | 3.055 | 7 |
| Kukurūzas putra | 20 | 10 | 0.129 | 0.064 | 2.201 | | 1. | 0.266 | |
| Zemeņu mērce | 15 | 39 | 1.17 | 0.315 | 7.71 | | | 0.57 | 1 |
| Baltmaize | 5 | 37 | 0.03 | 4.125 | 0.22 | | | | 7 |
| Sviests | 200 | 4 | 0.062 | 0.122 | 0.019 | | | | |
| Zāļu tēja | | 281 | 10.89 | 9.04 | 39.82 | 0.250 | 1.250 | 3.891 | |

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| Pusdienas | 200 | 103 | 6.667 | 3.627 | 10.615 | 0.4 | | 2.843 | 9 |
| Pelēko zirņu zupa | 10 | 20 | 0.26 | 2. | 0.27 | | | | 7 |
| Krējums skābs | 70 | 162 | 13.117 | 11.02 | 2.519 | 0.07 | | 0.199 | 1;3;4;7 |
| Zivju kotlete mājas gaumē | 160 | 318 | 0.896 | 4.96 | 57.6 | 0.64 | | 2.72 | 1 |
| Vārīta pasta - makaroni | 50 | 18 | 0.904 | 0.429 | 2.657 | 0.202 | | 0.016 | 1;7 |
| Piena mērce | 25 | 6 | 0.25 | 0.05 | 1.2 | | | 0.9 | |
| Burkāni | 20 | 4 | 0.5 | 0.06 | 0.46 | | | 0.58 | |
| Ziedkāposti | 25 | 10 | 0.375 | 0.025 | 2.1 | | | 0.625 | |
| Vārītas bietes | 10 | 82 | 0.01 | 9.007 | 0.544 | 0.01 | 0.5 | 0.003 | |
| Ellas citrona mērce | 200 | 4 | 0.1 | 0.02 | 0.83 | | | 0.24 | |
| Ūdens ar apelsīniem | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| Rudzu maize | | 832 | 26.52 | 31.76 | 98.88 | 1.322 | 0.500 | 10.326 | |

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| Launags | 150 | 200 | 6.873 | 5.958 | 29.532 | | 6. | 2.268 | 1;7 |
| Jogurts ar musli | 100 | 55 | 0.5 | 0.3 | 12.4 | | | 3.3 | |
| Bumbieri | 200 | 4 | 0.062 | 0.122 | 0.019 | | | | |
| Zāļu tēja | | 259 | 7.44 | 6.38 | 41.95 | 0 | 6.000 | 5.568 | |
| kopā: | | 1372 | 44.85 | 47.17 | 180.65 | 1.572 | 7.750 | 19.785 | |
| Diena kopā: | | | | | | | | | |

Mārces novērtis pašvaldības
Sāls sākums šīs māsa bērnu aprūpē


Inese Voicehovska