



Nedēļas ēdienkarte

Grupa

5.-9.klase

Mārupes novada pašvaldības
Salas sākumskolas masa bērnu aprūpē

Agnese Voicehovska
Agnese Voicehovska

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, 7.aprīlis | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrviel as | Alerģēni |
|--|----------------------|-------------|--------------|--------------------|---------------|--------------|--------------|---------------|------------------|----------|
| Brokastis | | | | | | | | | | |
| Mannā putra | 250 | 189 | 8.819 | 3.844 | 29.656 | 0.25 | 0.25 | 0.031 | 1;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 | | | | | |
| kopā: | | 297 | 10.89 | 8.45 | 44.78 | 0.250 | 0.250 | 0.901 | | |
| Pusdienas | | | | | | | | | | |
| Skābenu zupa | 200 | 102 | 3.097 | 5.26 | 10.547 | 0.8 | | 2.838 | 1;3;9 | |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | | | | 7. | |
| Sautēta cūkgaļa ar dārzeņiem tomātu mērcē | 100 | 186 | 9.889 | 14.839 | 3.274 | 0.302 | | 0.922 | 1. | |
| Vārīti griķi | 200 | 221 | 4.95 | 1.056 | 47.916 | 0.2 | | 2.112 | | |
| Burkānu salāti ar ziedkāpostiem un ellas mērci | 80 | 68 | 1.02 | 5.769 | 3.205 | 0.08 | 0.08 | 2.554 | | |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | | | 1.1 | 1. | |
| Piens | 200 | 96 | 6.4 | 4. | 9. | | | | 7. | |
| Ūdens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 | | | | | |
| kopā: | | 749 | 27.41 | 33.26 | 84.57 | 1.382 | 0.080 | 9.526 | | |
| Launags | | | | | | | | | | |
| Cepti kartupeli | 150 | 250 | 4.491 | 10.729 | 33.044 | 0.15 | | 4.678 | | |
| Krējums skābs | 20 | 40 | 0.52 | 4. | 0.54 | | | | 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 | | | | | |
| kopā: | | 375 | 6.33 | 19.11 | 43.41 | 0.150 | 0 | 5.578 | | |
| Diena kopā: | | 1420 | 44.62 | 60.81 | 172.76 | 1.782 | 0.330 | 16.005 | | |
| | otrdiena, 8.aprīlis | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrviel as | Alerģēni |
| Brokastis | | | | | | | | | | |
| Prošas biežputra | 250 | 224 | 9.398 | 5.011 | 35.782 | 0.25 | 1.25 | 1.472 | 7. | |
| Ievārījums | 20 | 28 | 0.2 | 0.02 | 7.8 | | | | | |
| Baltmaize | 15 | 39 | 1.17 | 0.315 | 7.71 | | | 0.57 | 1. | |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | | | | 7. | |
| Zāļu tēja | 200 | 2 | 0.026 | 0.051 | 0.008 | | | | | |
| kopā: | | 331 | 10.82 | 9.52 | 51.52 | 0.250 | 1.250 | 2.042 | | |
| Pusdienas | | | | | | | | | | |
| Vistas gaļas zupa ar dārzeņiem | 200 | 119 | 7.21 | 7.566 | 5.284 | 0.2 | | 2.745 | | |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | | | | 7. | |
| Makaroni ar maltu cūkgaļu un dārzeņiem | 200 | 440 | 11.917 | 19.947 | 46.141 | 0.68 | | 3.726 | 1;9 | |
| Vārītas bietes | 20 | 8 | 0.3 | 0.02 | 1.68 | | | 0.5 | | |
| Burkāni | 25 | 6 | 0.25 | 0.05 | 1.2 | | | 0.9 | | |
| Jaunie kāposti | 25 | 6 | 0.35 | 0.05 | 1.05 | | | 0.75 | | |
| Ellas citrona mērcē | 7 | 57 | 0.007 | 6.305 | 0.381 | 0.007 | 0.35 | 0.002 | | |
| Ūdens ar apelsīniem | 200 | 4 | 0.1 | 0.02 | 0.83 | | | 0.24 | | |
| Rudzu maize | 60 | 155 | 5.16 | 0.84 | 30.12 | | | 3.3 | 1. | |
| kopā: | | 817 | 25.55 | 36.80 | 86.96 | 0.887 | 0.350 | 12.163 | | |
| Launags | | | | | | | | | | |
| Biezpiena sacepums | 120 | 191 | 23.897 | 3.875 | 14.824 | | 3.6 | 0.05 | 1;11;3;7 | |
| Ievārījums | 20 | 28 | 0.2 | 0.02 | 7.8 | | | | | |
| Zāļu tēja | 200 | 2 | 0.026 | 0.051 | 0.008 | | | | | |
| kopā: | | 221 | 24.12 | 3.95 | 22.63 | 0 | 3.600 | 0.050 | | |
| Diena kopā: | | 1368 | 60.50 | 50.27 | 161.11 | 1.137 | 5.200 | 14.255 | | |
| | trešdiena, 9.aprīlis | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrviel as | Alerģēni |
| Brokastis | | | | | | | | | | |
| Auzu pārslu putra | 250 | 233 | 11.088 | 6.625 | 32.737 | 0.25 | 0.25 | 2.025 | 1;7 | |
| Ievārījums | 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 | 2 | 0.026 | 0.051 | 0.008 | | | | | |
| kopā: | | 346 | 12.60 | 11.02 | 50.37 | 0.250 | 0.250 | 2.925 | | |
| Pusdienas | | | | | | | | | | |
| Biešu zupa ar kartupeliem | 200 | 67 | 1.684 | 2.213 | 9.861 | 0.2 | 0.6 | 2.956 | 9. | |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | | | | 7. | |



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|--|-----|------------|--------------|--------------|---------------|--------------|--------------|---------------|-----|
| Baltās pupiņas krējuma mērcē | 120 | 137 | 4.364 | 9.163 | 9.118 | 0.612 | | 3.033 | 1;7 |
| Vārīti risi | 230 | 261 | 5.161 | 0.455 | 58.974 | 0.23 | | 1.063 | |
| Kīnas kāpostu salāti ar dillēm un kukurūzu | 100 | 65 | 1.782 | 4.852 | 4.445 | 0.1 | 0.2 | 1.228 | |
| Piens | 200 | 96 | 6.4 | 4. | 9. | | | | 7. |
| Ūdens ar ogām | 200 | 4 | 0.08 | 0.04 | 0.55 | | | | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1. |
| kopā: | | 752 | 23.17 | 23.28 | 112.30 | 1.142 | 0.800 | 10.480 | |

Launags

| | | | | | | | | | |
|----------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|---------------|----|
| Ievārijuma uzpūtenis | 100 | 86 | 1.274 | 0.145 | 20.914 | | 5. | 0.01 | 1. |
| Piens | 100 | 48 | 3.2 | 2. | 4.5 | | | | 7. |
| Kliju maize | 20 | 55 | 2.42 | 0.54 | 9.46 | | | 1.16 | 1. |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | | | | 7. |
| Zāļu tēja | 200 | 2 | 0.026 | 0.051 | 0.008 | | | | |
| kopā: | | 228 | 6.95 | 6.86 | 35.10 | 0 | 5.000 | 1.170 | |
| Diena kopā: | | 1326 | 42.73 | 41.17 | 197.77 | 1.392 | 6.050 | 14.575 | |

| | ceturtdiena, 10.aprīlis | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|--|-------------------------|----------|------|----------------|-------|------------|------|--------|--------------|----------|
|--|-------------------------|----------|------|----------------|-------|------------|------|--------|--------------|----------|

Brokastis

| | | | | | | | | | |
|---------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|----|
| Risu putra | 250 | 238 | 7.55 | 5.225 | 39.785 | 0.25 | 1.25 | 0.525 | 7. |
| Zemenu mērcē | 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 | 200 | 2 | 0.026 | 0.051 | 0.008 | | | | |
| kopā: | | 333 | 9.00 | 9.67 | 51.81 | 0.250 | 2.250 | 1.691 | |

Pusdienas

| | | | | | | | | | |
|----------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|-----|
| Vistas gaļas kotlete mājas gaumē | 70 | 186 | 12.291 | 13.038 | 4.941 | 0.07 | | 0.279 | 1;3 |
| Kartupeļu biežputra | 200 | 169 | 5.414 | 1.905 | 31.624 | 0.2 | | 4.2 | 7. |
| Burkānu salāti ar sēklinām | 80 | 117 | 1.839 | 10.237 | 4.652 | 0.24 | 1.2 | 2.801 | |
| Biezpiena masa | 50 | 64 | 7.798 | 1.703 | 4.314 | | 2.5 | | 7. |
| Ogu kiselis | 100 | 99 | 0.32 | 0.102 | 23.644 | | 5. | 0.993 | |
| Ūdens ar brūklenēm | 200 | 3 | 0.03 | 0.05 | 0.62 | | | 0.29 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1. |
| kopā: | | 742 | 31.13 | 27.60 | 89.88 | 0.510 | 8.700 | 10.763 | |

Launags

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|--------------------|-----|-------------|--------------|--------------|---------------|--------------|---------------|---------------|-------|
| Banānu pankūka | 150 | 381 | 8.459 | 21.713 | 37.716 | 0.3 | | 1.22 | 1;3;7 |
| Krējums skābs | 20 | 40 | 0.52 | 4. | 0.54 | | | | 7. |
| Zāļu tēja | 200 | 2 | 0.026 | 0.051 | 0.008 | | | | |
| kopā: | | 423 | 9.01 | 25.76 | 38.26 | 0.300 | 0 | 1.220 | |
| Diena kopā: | | 1498 | 49.13 | 63.02 | 179.95 | 1.060 | 10.950 | 13.674 | |

| | piektdiena, 11.aprīlis | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|--|------------------------|----------|------|----------------|-------|------------|------|--------|--------------|----------|
|--|------------------------|----------|------|----------------|-------|------------|------|--------|--------------|----------|

Brokastis

| | | | | | | | | | |
|---------------|-----|------------|--------------|--------------|--------------|--------------|----------|--------------|-----|
| Olu kultenis | 120 | 178 | 12.341 | 12.421 | 3.034 | 0.12 | | 0.032 | 3;7 |
| Saldskābmaize | 20 | 46 | 1.26 | 0.2 | 9.6 | | | 0.9 | 1. |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | | | | 7. |
| Gurķi | 20 | 2 | 0.12 | 0.04 | 0.36 | | | 0.1 | |
| Zāļu tēja | 200 | 2 | 0.026 | 0.051 | 0.008 | | | | |
| kopā: | | 265 | 13.78 | 16.84 | 13.22 | 0.120 | 0 | 1.032 | |

Pusdienas

| | | | | | | | | | |
|-----------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|---------|
| Frikadeļu zupa | 200 | 135 | 6.071 | 7.138 | 11.373 | 0.23 | | 3.275 | 1;3;7;9 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | | | | 7. |
| Plovs ar cūkgalu | 230 | 463 | 17.628 | 19.057 | 55.351 | 0.92 | | 2.728 | |
| Kīnas kāposti | 30 | 4 | 0.45 | 0.06 | 0.66 | | | 0.3 | |
| Tomāti | 15 | 3 | 0.15 | 0.03 | 0.39 | | | 0.15 | |
| Burkāni | 30 | 8 | 0.3 | 0.06 | 1.44 | | | 1.08 | |
| Zalumu un eļļas mērcē | 8 | 50 | 0.058 | 5.371 | 0.533 | 0.12 | 0.44 | 0.052 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1. |
| Ūdens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 | | | | |
| kopā: | | 789 | 28.43 | 34.34 | 90.42 | 1.270 | 0.440 | 9.785 | |

Launags

| | | | | | | | | | |
|------------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|---------------|------|
| Piena zupa ar griekiem | 250 | 168 | 7.475 | 3.9 | 26.025 | 0.25 | 0.25 | 0.8 | 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. |
| Siers | 15 | 51 | 3.72 | 4.02 | | | | | 7. |
| kopā: | | 315 | 13.33 | 13.33 | 35.67 | 0.250 | 0.250 | 1.660 | |
| Diena kopā: | | 1370 | 55.53 | 64.50 | 139.30 | 1.640 | 0.690 | 12.477 | |