

1.-4. klase

Mārupes novada pašvaldības  
Salas sākumskolas māsa bērnu aprūpē

Agnese Voicehovska

## Nedēļas ēdienkarte

### Grupa

1.-4.klase

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

Neparedzētu apstākļu dēļ ēdienkarte var tikt mainīta

| pirmdiena, 13.oktobris                 | Svars, g | Kcal        | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrviel<br>as | Alerģēni |
|----------------------------------------|----------|-------------|--------------------|--------------|---------------|--------------|--------------|------------------|----------|
| <b>Brokastis</b>                       |          |             |                    |              |               |              |              |                  |          |
| Mannā biezputra                        | 200      | 153         | 7.03               | 3.006        | 24.234        | 0.2          | 0.2          | 0.026            | 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         |              |              |                  |          |
| <b>kopā:</b>                           |          | <b>265</b>  | <b>8.55</b>        | <b>7.40</b>  | <b>41.86</b>  | <b>0.200</b> | <b>0.200</b> | <b>0.926</b>     |          |
| <b>Pusdienas</b>                       |          |             |                    |              |               |              |              |                  |          |
| Kartupeļu zupa ar zaļiem zirņiem       | 150      | 102         | 3.404              | 6.339        | 7.859         | 0.45         | 1.5          | 1.994            | 3;9      |
| Krējums skābs                          | 10       | 20          | 0.26               | 2.           | 0.27          |              |              |                  | 7.       |
| Maltas cūkgaļas mērce                  | 80       | 128         | 9.192              | 8.071        | 4.654         | 0.32         |              | 0.436            | 1;7      |
| Vārīti griķi                           | 150      | 166         | 3.712              | 0.792        | 35.937        | 0.15         |              | 1.584            |          |
| Kāpostu svaigu biešu salāti ar eļļu    | 80       | 75          | 1.039              | 6.142        | 3.969         | 0.08         | 0.24         | 2.244            |          |
| Ūdens ar apelsīniem                    | 200      | 4           | 0.1                | 0.02         | 0.83          |              |              | 0.24             |          |
| Kefīrs                                 | 200      | 96          | 6.                 | 4.           | 9.            |              |              |                  | 7.       |
| Rudzu maize                            | 20       | 52          | 1.72               | 0.28         | 10.04         |              |              | 1.1              | 1.       |
| <b>kopā:</b>                           |          | <b>643</b>  | <b>25.43</b>       | <b>27.64</b> | <b>72.56</b>  | <b>1.000</b> | <b>1.740</b> | <b>7.598</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           |              |              |                  |          |
| Ābols vai bumbieris                    | 100      | 55          | 0.5                | 0.3          | 12.4          |              |              | 3.3              |          |
| Zāļu tēja                              | 200      | 2           | 0.026              | 0.051        | 0.008         |              |              |                  |          |
| <b>kopā:</b>                           |          | <b>212</b>  | <b>16.32</b>       | <b>3.78</b>  | <b>28.84</b>  | <b>0</b>     | <b>5.000</b> | <b>3.300</b>     |          |
| <b>Diena kopā:</b>                     |          | <b>1121</b> | <b>50.30</b>       | <b>38.82</b> | <b>143.26</b> | <b>1.200</b> | <b>6.940</b> | <b>11.824</b>    |          |
| <b>otrdiena, 14.oktobris</b>           |          |             |                    |              |               |              |              |                  |          |
| <b>Brokastis</b>                       |          |             |                    |              |               |              |              |                  |          |
| Omlete                                 | 100      | 129         | 9.748              | 8.552        | 2.328         | 0.4          | 0.1          | 0.026            | 3;7      |
| Kliju maize                            | 20       | 55          | 2.42               | 0.54         | 9.46          |              |              | 1.16             | 1.       |
| Sviests                                | 5        | 37          | 0.03               | 4.125        | 0.22          |              |              |                  | 7.       |
| Siers                                  | 20       | 68          | 4.96               | 5.36         |               |              |              |                  | 7.       |
| Zāļu tēja                              | 200      | 2           | 0.026              | 0.051        | 0.008         |              |              |                  |          |
| <b>kopā:</b>                           |          | <b>290</b>  | <b>17.18</b>       | <b>18.63</b> | <b>12.02</b>  | <b>0.400</b> | <b>0.100</b> | <b>1.186</b>     |          |
| <b>Pusdienas</b>                       |          |             |                    |              |               |              |              |                  |          |
| Kirbju krēmzupa                        | 200      | 130         | 2.326              | 8.759        | 10.245        | 0.8          |              | 4.033            | 7;9      |
| Baltmaizes grauzdiņi                   | 15       | 42          | 1.17               | 0.615        | 7.71          | 0.015        |              | 0.57             | 1.       |
| Vistas gaļa ar dārzeņiem krējuma mērcē | 100      | 163         | 10.625             | 11.867       | 2.925         | 0.4          |              | 0.57             | 7.       |
| Vārīti rīsi                            | 150      | 170         | 3.366              | 0.297        | 38.462        | 0.15         |              | 0.693            |          |
| Kīnas kāpostu salāti ar dillēm un eļļu | 80       | 33          | 1.22               | 2.564        | 2.192         | 0.08         | 0.4          | 0.828            |          |
| Piens                                  | 200      | 96          | 6.4                | 4.           | 9.            |              |              |                  | 7.       |
| Ūdens ar citronu                       | 200      | 4           | 0.07               | 0.06         | 0.32          |              |              |                  |          |
| <b>kopā:</b>                           |          | <b>638</b>  | <b>25.18</b>       | <b>28.16</b> | <b>70.85</b>  | <b>1.445</b> | <b>0.400</b> | <b>6.694</b>     |          |
| <b>Launags</b>                         |          |             |                    |              |               |              |              |                  |          |
| Smalkmaizīte                           | 70       | 179         | 3.37               | 5.728        | 28.005        | 0.336        | 5.964        | 0.847            | 1;3      |
| Zāļu tēja                              | 200      | 2           | 0.026              | 0.051        | 0.008         |              |              |                  |          |
| Plūmes                                 | 100      | 48          | 0.6                | 0.2          | 10.2          |              |              | 1.6              |          |
| <b>kopā:</b>                           |          | <b>229</b>  | <b>4.00</b>        | <b>5.98</b>  | <b>38.21</b>  | <b>0.336</b> | <b>5.964</b> | <b>2.447</b>     |          |
| <b>Diena kopā:</b>                     |          | <b>1158</b> | <b>46.36</b>       | <b>52.77</b> | <b>121.08</b> | <b>2.181</b> | <b>6.464</b> | <b>10.327</b>    |          |
| <b>trešdiena, 15.oktobris</b>          |          |             |                    |              |               |              |              |                  |          |
| <b>Brokastis</b>                       |          |             |                    |              |               |              |              |                  |          |
| Kukurūzas putra                        | 200      | 139         | 7.12               | 3.416        | 21.086        | 0.2          | 0.2          | 2.068            | 7.       |
| Ievārījums                             | 20       | 28          | 0.2                | 0.02         | 7.8           |              |              |                  |          |
| 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                              | 200      | 2           | 0.026              | 0.051        | 0.008         |              |              |                  |          |
| <b>kopā:</b>                           |          | <b>258</b>  | <b>9.10</b>        | <b>7.89</b>  | <b>39.15</b>  | <b>0.200</b> | <b>0.200</b> | <b>3.168</b>     |          |
| <b>Pusdienas</b>                       |          |             |                    |              |               |              |              |                  |          |
| Vistas gaļas zupa ar rīsiem            | 150      | 131         | 6.816              | 6.522        | 11.164        | 0.15         |              | 0.943            |          |
| Krējums skābs                          | 10       | 20          | 0.26               | 2.           | 0.27          |              |              |                  | 7.       |
| Cūkgaļas kotlete                       | 60       | 188         | 10.774             | 14.633       | 3.304         | 0.24         |              | 0.481            | 1;3      |
| Vārīti kartupeļi                       | 200      | 149         | 4.24               | 0.212        | 31.376        | 0.2          |              | 4.452            |          |
| Burkāni                                | 25       | 6           | 0.25               | 0.05         | 1.2           |              |              | 0.9              |          |

|               |     |            |              |              |              |              |          |              |    |
|---------------|-----|------------|--------------|--------------|--------------|--------------|----------|--------------|----|
| Gurķi         | 25  | 3          | 0.15         | 0.05         | 0.45         |              |          | 0.125        |    |
| Baltie redīsi | 25  | 4          | 0.275        | 0.025        | 0.525        |              |          | 0.4          |    |
| Krējums skābs | 20  | 40         | 0.52         | 4.           | 0.54         |              |          |              | 7. |
| Ūdens ar ogām | 200 | 4          | 0.08         | 0.04         | 0.55         |              |          |              |    |
| Rudzu maize   | 20  | 52         | 1.72         | 0.28         | 10.04        |              |          | 1.1          | 1. |
| <b>kopā:</b>  |     | <b>596</b> | <b>25.09</b> | <b>27.81</b> | <b>59.42</b> | <b>0.590</b> | <b>0</b> | <b>8.401</b> |    |

|                                 |     |             |              |              |               |              |              |               |          |
|---------------------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|---------------|----------|
| <b>Launags</b>                  |     |             |              |              |               |              |              |               |          |
| Karstmaize ar sieru un tomātiem | 60  | 187         | 3.306        | 10.824       | 18.994        |              |              | 1.17          | 1;10;3;7 |
| Banāni                          | 100 | 88          | 1.2          | 0.2          | 20.           |              |              | 1.8           |          |
| Zāļu tēja                       | 200 | 2           | 0.026        | 0.051        | 0.008         |              |              |               |          |
| <b>kopā:</b>                    |     | <b>277</b>  | <b>4.53</b>  | <b>11.08</b> | <b>39.00</b>  | <b>0</b>     | <b>0</b>     | <b>2.970</b>  |          |
| <b>Diena kopā:</b>              |     | <b>1131</b> | <b>38.71</b> | <b>46.78</b> | <b>137.58</b> | <b>0.790</b> | <b>0.200</b> | <b>14.539</b> |          |

| ceturtdiena, 16.oktobris | Svars, g | Kcal       | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrviel<br>as | Alerģēni |
|--------------------------|----------|------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Brokastis</b>         |          |            |                    |              |              |              |              |                  |          |
| Auzu pārslu putra        | 200      | 187        | 8.87               | 5.3          | 26.19        | 0.2          | 0.2          | 1.62             | 1;7      |
| Ievārījums               | 20       | 28         | 0.2                | 0.02         | 7.8          |              |              |                  |          |
| Sēklu maize              | 20       | 59         | 2.1                | 1.28         | 9.42         |              |              | 0.86             | 1;11     |
| Sviests                  | 5        | 37         | 0.03               | 4.125        | 0.22         |              |              |                  | 7.       |
| Zāļu tēja                | 200      | 2          | 0.026              | 0.051        | 0.008        |              |              |                  |          |
| <b>kopā:</b>             |          | <b>313</b> | <b>11.23</b>       | <b>10.78</b> | <b>43.64</b> | <b>0.200</b> | <b>0.200</b> | <b>2.480</b>     |          |

|                             |     |            |              |              |              |              |              |              |         |
|-----------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|---------|
| <b>Pusdienas</b>            |     |            |              |              |              |              |              |              |         |
| Pasta ar spinātiem un sieru | 150 | 277        | 10.303       | 12.843       | 29.98        | 0.15         |              | 1.939        | 1;3;7;9 |
| Burkāni                     | 25  | 6          | 0.25         | 0.05         | 1.2          |              |              | 0.9          |         |
| Ziedkāposti                 | 25  | 6          | 0.625        | 0.075        | 0.575        |              |              | 0.725        |         |
| Gurķi                       | 25  | 3          | 0.15         | 0.05         | 0.45         |              |              | 0.125        |         |
| Krējums skābs               | 30  | 60         | 0.78         | 6.           | 0.81         |              |              |              | 7.      |
| Rupjmaizes krēms            | 50  | 128        | 2.003        | 9.078        | 9.4          |              | 4.           | 0.4          | 1;7     |
| Ogu ķīselis                 | 100 | 99         | 0.32         | 0.102        | 23.644       |              | 5.           | 0.993        |         |
| Rudzu maize                 | 20  | 52         | 1.72         | 0.28         | 10.04        |              |              | 1.1          | 1.      |
| Ūdens ar citronu            | 200 | 4          | 0.07         | 0.06         | 0.32         |              |              |              |         |
| <b>kopā:</b>                |     | <b>634</b> | <b>16.22</b> | <b>28.54</b> | <b>76.42</b> | <b>0.150</b> | <b>9.000</b> | <b>6.182</b> |         |

|                     |     |             |              |              |               |              |               |               |          |
|---------------------|-----|-------------|--------------|--------------|---------------|--------------|---------------|---------------|----------|
| <b>Launags</b>      |     |             |              |              |               |              |               |               |          |
| Biezpiena sacepums  | 120 | 182         | 23.897       | 3.875        | 12.429        |              | 1.2           | 0.05          | 1;11;3;7 |
| Ievārījums          | 20  | 28          | 0.2          | 0.02         | 7.8           |              |               |               |          |
| Ābols vai bumbieris | 100 | 55          | 0.5          | 0.3          | 12.4          |              |               | 3.3           |          |
| Zāļu tēja           | 200 | 2           | 0.026        | 0.051        | 0.008         |              |               |               |          |
| <b>kopā:</b>        |     | <b>266</b>  | <b>24.62</b> | <b>4.25</b>  | <b>32.64</b>  | <b>0</b>     | <b>1.200</b>  | <b>3.350</b>  |          |
| <b>Diena kopā:</b>  |     | <b>1213</b> | <b>52.07</b> | <b>43.56</b> | <b>152.69</b> | <b>0.350</b> | <b>10.400</b> | <b>12.012</b> |          |

| piektdiena, 17.oktobris   | Svars, g | Kcal       | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrviel<br>as | Alerģēni |
|---------------------------|----------|------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Brokastis</b>          |          |            |                    |              |              |              |              |                  |          |
| Četru graudu pārslu putra | 200      | 186        | 8.96               | 4.256        | 27.119       | 0.2          | 0.4          | 3.584            | 1;7      |
| Sviests                   | 10       | 75         | 0.06               | 8.25         | 0.44         |              |              |                  | 7.       |
| Kliju maize               | 20       | 55         | 2.42               | 0.54         | 9.46         |              |              | 1.16             | 1.       |
| Ievārījums                | 5        | 7          | 0.05               | 0.005        | 1.95         |              |              |                  |          |
| Zāļu tēja                 | 200      | 2          | 0.026              | 0.051        | 0.008        |              |              |                  |          |
| <b>kopā:</b>              |          | <b>324</b> | <b>11.52</b>       | <b>13.10</b> | <b>38.98</b> | <b>0.200</b> | <b>0.400</b> | <b>4.744</b>     |          |

|                                            |     |            |              |              |              |              |              |              |    |
|--------------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| <b>Pusdienas</b>                           |     |            |              |              |              |              |              |              |    |
| Vistas gaļas zupa ar ziedkāpostiem         | 200 | 106        | 6.86         | 5.511        | 7.022        | 0.8          |              | 1.957        |    |
| Krējums skābs                              | 10  | 20         | 0.26         | 2.           | 0.27         |              |              |              | 7. |
| Boloņas mērce ar cūkgaļu                   | 80  | 115        | 6.72         | 8.369        | 3.257        | 0.24         |              | 0.692        |    |
| Vārīti rīsi                                | 150 | 170        | 3.366        | 0.297        | 38.462       | 0.15         |              | 0.693        |    |
| Ķīnas kāpostu salāti ar dillēm un kukurūzu | 80  | 52         | 1.426        | 3.882        | 3.556        | 0.08         | 0.16         | 0.982        |    |
| Rudzu maize                                | 20  | 52         | 1.72         | 0.28         | 10.04        |              |              | 1.1          | 1. |
| Ūdens ar citronu                           | 200 | 4          | 0.07         | 0.06         | 0.32         |              |              |              |    |
| <b>kopā:</b>                               |     | <b>518</b> | <b>20.42</b> | <b>20.40</b> | <b>62.93</b> | <b>1.270</b> | <b>0.160</b> | <b>5.424</b> |    |

|                          |     |             |              |              |               |              |              |               |      |
|--------------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|---------------|------|
| <b>Launags</b>           |     |             |              |              |               |              |              |               |      |
| Piena zupa ar makaroniem | 200 | 119         | 5.685        | 2.82         | 17.881        | 0.2          | 2.           | 0.51          | 1;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.   |
| <b>kopā:</b>             |     | <b>216</b>  | <b>7.82</b>  | <b>8.23</b>  | <b>27.52</b>  | <b>0.200</b> | <b>2.000</b> | <b>1.370</b>  |      |
| <b>Diena kopā:</b>       |     | <b>1058</b> | <b>39.75</b> | <b>41.73</b> | <b>129.43</b> | <b>1.670</b> | <b>2.560</b> | <b>11.538</b> |      |