



## Nedēļas ēdienkarte

### Grupa

1.-4.klase

Neparedzētu apstākļu dēļ ēdienkarte var tikt mainīta

|                   | pirmdiena, 2.marts | Svars, g   | Kcal         | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls     | Cukurs       | Šķiedrvielas | Alerģēni |
|-------------------|--------------------|------------|--------------|----------------|--------------|--------------|----------|--------------|--------------|----------|
| <b>Brokastis</b>  |                    |            |              |                |              |              |          |              |              |          |
| Auzu pārslu putra | 200                | 187        | 8.87         | 5.3            | 26.19        | 0.2          |          |              | 1.62         | 1;7      |
| levārijums        | 20                 | 28         | 0.2          | 0.02           | 7.8          |              |          |              |              |          |
| Saldskābmaize     | 20                 | 46         | 1.26         | 0.2            | 9.6          |              |          |              | 0.9          | 1.       |
| Sviests           | 6                  | 45         | 0.036        | 4.95           | 0.264        |              |          |              |              | 7.       |
| Zāļu tēja         | 200                | 2          | 0.026        | 0.051          | 0.008        |              |          |              |              |          |
| <b>kopā:</b>      |                    | <b>307</b> | <b>10.39</b> | <b>10.52</b>   | <b>43.86</b> | <b>0.200</b> | <b>0</b> | <b>2.520</b> |              |          |

|                                |     |            |              |              |              |              |              |              |       |     |
|--------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-------|-----|
| <b>Pusdienas</b>               |     |            |              |              |              |              |              |              |       |     |
| Kartupeļu un zaļo zirnīšu zupa | 150 | 93         | 1.926        | 4.709        | 10.629       | 0.45         | 1.5          |              | 2.66  | 9.  |
| Krējums skābs                  | 10  | 20         | 0.26         | 2.           | 0.27         |              |              |              |       | 7.  |
| Maltas cūkgāļas mērce          | 80  | 128        | 9.192        | 8.071        | 4.654        | 0.32         |              |              | 0.436 | 1;7 |
| Vārīta pasta - makaroni        | 150 | 273        | 8.395        | 4.16         | 49.481       | 0.6          |              |              |       | 1.  |
| Skābu kāpostu salāti ar eļļu   | 80  | 29         | 1.154        | 1.831        | 1.025        | 0.08         | 0.24         |              | 1.703 |     |
| Ūdens ar apelsīniem            | 200 | 4          | 0.1          | 0.02         | 0.83         |              |              |              | 0.24  |     |
| Rudzu maize                    | 20  | 52         | 1.72         | 0.28         | 10.04        |              |              |              | 1.1   | 1.  |
| <b>kopā:</b>                   |     | <b>599</b> | <b>22.75</b> | <b>21.07</b> | <b>76.93</b> | <b>1.450</b> | <b>1.740</b> | <b>6.139</b> |       |     |

|                    |     |             |              |              |               |              |              |               |    |    |
|--------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|---------------|----|----|
| <b>Launags</b>     |     |             |              |              |               |              |              |               |    |    |
| Biezpiena masa     | 100 | 128         | 15.597       | 3.406        | 8.627         |              | 5.           |               |    | 7. |
| levārijums         | 20  | 28          | 0.2          | 0.02         | 7.8           |              |              |               |    |    |
| Āboli              | 100 | 54          | 0.3          | 0.6          | 11.4          |              |              |               | 2. |    |
| Zāļu tēja          | 200 | 2           | 0.026        | 0.051        | 0.008         |              |              |               |    |    |
| <b>kopā:</b>       |     | <b>211</b>  | <b>16.12</b> | <b>4.08</b>  | <b>27.84</b>  | <b>0</b>     | <b>5.000</b> | <b>2.000</b>  |    |    |
| <b>Diena kopā:</b> |     | <b>1117</b> | <b>49.26</b> | <b>35.67</b> | <b>148.63</b> | <b>1.650</b> | <b>6.740</b> | <b>10.659</b> |    |    |

|                          | otrdiena, 3.marts | Svars, g   | Kcal         | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls     | Cukurs       | Šķiedrvielas | Alerģēni |
|--------------------------|-------------------|------------|--------------|----------------|--------------|--------------|----------|--------------|--------------|----------|
| <b>Brokastis</b>         |                   |            |              |                |              |              |          |              |              |          |
| Omlete                   | 100               | 129        | 9.748        | 8.552          | 2.328        | 0.4          |          |              | 0.026        | 3;7      |
| Zaļie zirnīši konservēti | 40                | 21         | 1.44         | 0.16           | 3.44         |              |          |              |              |          |
| 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        |              |          |              |              |          |
| <b>kopā:</b>             |                   | <b>243</b> | <b>13.66</b> | <b>13.43</b>   | <b>15.46</b> | <b>0.400</b> | <b>0</b> | <b>1.186</b> |              |          |

|                                                     |     |            |              |              |              |              |              |              |       |    |
|-----------------------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-------|----|
| <b>Pusdienas</b>                                    |     |            |              |              |              |              |              |              |       |    |
| Skābu kāpostu zupa ar cūkgāļu                       | 150 | 68         | 2.11         | 4.422        | 4.645        | 0.15         | 3.           |              | 1.516 |    |
| Krējums skābs                                       | 5   | 10         | 0.13         | 1.           | 0.135        |              |              |              |       | 7. |
| Vistas gaļa ar dārzeņiem krējuma mērcē              | 90  | 147        | 9.562        | 10.68        | 2.632        | 0.36         |              |              | 0.513 | 7. |
| Vārīti rīsi                                         | 150 | 170        | 3.366        | 0.297        | 38.462       | 0.15         |              |              | 0.693 |    |
| Balto redīsu un burkānu salāti ar kāpostiem un eļļu | 80  | 53         | 0.852        | 4.511        | 2.413        | 0.08         | 0.16         |              | 1.64  |    |
| Piens                                               | 200 | 96         | 6.4          | 4.           | 9.           |              |              |              |       | 7. |
| 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>599</b> | <b>24.21</b> | <b>25.25</b> | <b>67.65</b> | <b>0.740</b> | <b>3.160</b> | <b>5.462</b> |       |    |

|                     |     |             |              |              |               |              |              |              |      |          |
|---------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|--------------|------|----------|
| <b>Launags</b>      |     |             |              |              |               |              |              |              |      |          |
| Karstmaize ar sieru | 60  | 225         | 8.82         | 13.88        | 15.9          |              |              |              | 1.05 | 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>314</b>  | <b>10.05</b> | <b>14.13</b> | <b>35.91</b>  | <b>0</b>     | <b>0</b>     | <b>2.850</b> |      |          |
| <b>Diena kopā:</b>  |     | <b>1157</b> | <b>47.92</b> | <b>52.81</b> | <b>119.01</b> | <b>1.140</b> | <b>3.160</b> | <b>9.498</b> |      |          |

|                  | trešdiena, 4.marts | Svars, g   | Kcal        | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|------------------|--------------------|------------|-------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Brokastis</b> |                    |            |             |                |              |              |              |              |              |          |
| Kukurūzas putra  | 200                | 139        | 7.12        | 3.416          | 21.086       | 0.2          | 0.2          |              | 2.068        | 7.       |
| levārijums       | 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.  |
| Cūkgāļas kotlete            | 60  | 190 | 10.821 | 14.646 | 3.613  | 0.24 |  |  | 0.503 | 1;3 |
| Vārīti kartupeļi            | 200 | 149 | 4.24   | 0.212  | 31.376 | 0.2  |  |  | 4.452 |     |
| Burkāni                     | 50  | 13  | 0.5    | 0.1    | 2.4    |      |  |  | 1.8   |     |
| Ziedkāposti                 | 25  | 6   | 0.625  | 0.075  | 0.575  |      |  |  | 0.725 |     |

|                    |     |             |              |              |               |              |              |               |    |
|--------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|---------------|----|
| <b>kopā:</b>       |     |             |              |              |               |              |              |               |    |
| <b>Launags</b>     |     |             |              |              |               |              |              |               |    |
| Cepti kartupeļi    | 150 | 197         | 3.9          | 6.945        | 28.86         | 0.15         |              | 4.095         |    |
| Krējums skābs      | 20  | 40          | 0.52         | 4.           | 0.54          |              |              |               | 7. |
| Āboli              | 100 | 54          | 0.3          | 0.6          | 11.4          |              |              | 2.            |    |
| Zāļu tēja          | 200 | 2           | 0.026        | 0.051        | 0.008         |              |              |               |    |
| <b>kopā:</b>       |     | <b>292</b>  | <b>4.75</b>  | <b>11.60</b> | <b>40.81</b>  | <b>0.150</b> | <b>0</b>     | <b>6.095</b>  |    |
| <b>Diena kopā:</b> |     | <b>1097</b> | <b>35.89</b> | <b>38.17</b> | <b>149.92</b> | <b>0.942</b> | <b>7.860</b> | <b>11.948</b> |    |