

## Nedēļas ēdienkarte

### Grupa

1.-4.klase veģetārā

Neparedzētu apstākļu dēļ ēdienkarte var tikt mainīta

| pirmdiena, 1.decembris | Svars, g | Kcal       | Olbaltumvielas | Tauki       | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|------------------------|----------|------------|----------------|-------------|--------------|--------------|--------------|--------------|----------|
| <b>Brokastis</b>       |          |            |                |             |              |              |              |              |          |
| Rīsu pārslu putra      | 200      | 181        | 6,656          | 2,992       | 32,162       | 0,2          | 1,           | 0,448        | 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>289</b> | <b>8,73</b>    | <b>7,59</b> | <b>47,29</b> | <b>0,200</b> | <b>1,000</b> | <b>1,318</b> |          |

|                                     |     |            |              |              |              |              |              |               |       |
|-------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|-------|
| <b>Pusdienas</b>                    |     |            |              |              |              |              |              |               |       |
| Pupiņu zupa                         | 150 | 103        | 4,069        | 4,868        | 10,661       | 0,84         |              | 4,172         | 9,    |
| Krējums skābs                       | 10  | 20         | 0,26         | 2,           | 0,27         |              |              |               | 7,    |
| Sautēti dārzeņi                     | 100 | 36         | 2,313        | 1,253        | 3,766        | 0,1          |              | 3,288         |       |
| Skābā krējuma mērce                 | 100 | 113        | 1,634        | 9,695        | 4,705        | 0,1          |              | 0,449         | 1;7;9 |
| Vārīti griķi                        | 150 | 166        | 3,712        | 0,792        | 35,937       | 0,15         |              | 1,584         |       |
| Kāpostu salāti ar burkāniem un eļļu | 80  | 44         | 1,066        | 2,557        | 4,139        | 0,08         | 0,8          | 2,4           |       |
| Rudzu maize                         | 20  | 52         | 1,72         | 0,28         | 10,04        |              |              | 1,1           | 1,    |
| Ūdens ar apelsīniem                 | 200 | 4          | 0,1          | 0,02         | 0,83         |              |              | 0,24          |       |
| <b>kopā:</b>                        |     | <b>537</b> | <b>14,87</b> | <b>21,47</b> | <b>70,35</b> | <b>1,270</b> | <b>0,800</b> | <b>13,233</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>1042</b> | <b>31,42</b> | <b>37,28</b> | <b>145,15</b> | <b>1,670</b> | <b>3,800</b> | <b>15,921</b> |      |

| otrdiena, 2.decembris | 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      |
| 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>305</b> | <b>10,85</b>   | <b>9,78</b> | <b>44,26</b> | <b>0,200</b> | <b>0</b> | <b>2,720</b> |          |

|                         |     |            |              |              |              |              |          |               |        |
|-------------------------|-----|------------|--------------|--------------|--------------|--------------|----------|---------------|--------|
| <b>Pusdienas</b>        |     |            |              |              |              |              |          |               |        |
| Skābeņu zupa            | 150 | 78         | 2,542        | 4,246        | 7,213        | 0,6          |          | 1,496         | 1;3    |
| Krējums skābs           | 10  | 20         | 0,26         | 2,           | 0,27         |              |          |               | 7,     |
| Spinātu un rīsu kotlete | 100 | 134        | 4,554        | 4,834        | 17,935       | 0,845        |          | 2,109         | 1;11;3 |
| Kartupeļu biežputra     | 150 | 127        | 4,06         | 1,429        | 23,718       | 0,15         |          | 3,15          | 7,     |
| Biešu - burkānu salāti  | 80  | 36         | 1,08         | 0,904        | 5,856        | 0,16         |          | 2,264         |        |
| Ūdens ar apelsīniem     | 200 | 4          | 0,1          | 0,02         | 0,83         |              |          | 0,24          |        |
| Piens                   | 200 | 96         | 6,4          | 4,           | 9,           |              |          |               | 7,     |
| Rudzu maize             | 30  | 78         | 2,58         | 0,42         | 15,06        |              |          | 1,65          | 1,     |
| <b>kopā:</b>            |     | <b>573</b> | <b>21,58</b> | <b>17,85</b> | <b>79,88</b> | <b>1,755</b> | <b>0</b> | <b>10,909</b> |        |

|                    |     |             |              |              |               |              |          |               |    |
|--------------------|-----|-------------|--------------|--------------|---------------|--------------|----------|---------------|----|
| <b>Launags</b>     |     |             |              |              |               |              |          |               |    |
| Kliju maize        | 30  | 82          | 3,63         | 0,81         | 14,19         |              |          | 1,74          | 1, |
| Sviests            | 10  | 75          | 0,06         | 8,25         | 0,44          |              |          |               | 7, |
| Siers              | 30  | 102         | 7,44         | 8,04         |               |              |          |               | 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>314</b>  | <b>11,46</b> | <b>17,75</b> | <b>26,04</b>  | <b>0</b>     | <b>0</b> | <b>3,740</b>  |    |
| <b>Diena kopā:</b> |     | <b>1192</b> | <b>43,88</b> | <b>45,38</b> | <b>150,18</b> | <b>1,955</b> | <b>0</b> | <b>17,369</b> |    |

| trešdiena, 3.decembris    | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|---------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Brokastis</b>          |          |            |                |              |              |              |              |              |          |
| Cetru 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,       |
| Sviests                   | 5        | 37         | 0,03           | 4,125        | 0,22         |              |              |              | 7,       |
| Zāļu tēja                 | 200      | 2          | 0,026          | 0,051        | 0,008        |              |              |              |          |
| <b>kopā:</b>              |          | <b>354</b> | <b>11,50</b>   | <b>17,22</b> | <b>37,25</b> | <b>0,200</b> | <b>0,400</b> | <b>4,744</b> |          |

|                           |     |     |       |       |        |      |      |       |    |
|---------------------------|-----|-----|-------|-------|--------|------|------|-------|----|
| <b>Pusdienas</b>          |     |     |       |       |        |      |      |       |    |
| Biešu zupa ar kartupeļiem | 150 | 50  | 1,263 | 1,66  | 7,396  | 0,15 | 0,45 | 2,217 | 9, |
| Krējums skābs             | 10  | 20  | 0,26  | 2,    | 0,27   |      |      |       | 7, |
| Siers                     | 30  | 102 | 7,44  | 8,04  |        |      |      |       | 7, |
| Vārīta pasta - makaroni   | 150 | 273 | 8,395 | 4,16  | 49,481 | 0,6  |      |       | 1, |
| Burkāni                   | 25  | 6   | 0,25  | 0,05  | 1,2    |      |      | 0,9   |    |
| Ziedkāposti               | 25  | 6   | 0,625 | 0,075 | 0,575  |      |      | 0,725 |    |

  
Agnese Voicehovska

|                  |     |            |              |              |              |              |              |              |    |
|------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| Baltie redīsi    | 25  | 4          | 0,275        | 0,025        | 0,525        |              |              | 0,4          |    |
| Krējums skābs    | 20  | 40         | 0,52         | 4,           | 0,54         |              |              |              | 7, |
| Ūdens ar citronu | 200 | 4          | 0,07         | 0,06         | 0,32         |              |              |              |    |
| Kefīrs           | 200 | 96         | 6,           | 4,           | 9,           |              |              |              | 7, |
| Rudzu maize      | 20  | 52         | 1,72         | 0,28         | 10,04        |              |              | 1,1          | 1, |
| <b>kopā:</b>     |     | <b>652</b> | <b>26,82</b> | <b>24,35</b> | <b>79,35</b> | <b>0,750</b> | <b>0,450</b> | <b>5,342</b> |    |

#### Launags

|                    |     |             |              |              |               |              |               |               |          |
|--------------------|-----|-------------|--------------|--------------|---------------|--------------|---------------|---------------|----------|
| Biezpiena sacepums | 120 | 219         | 21,633       | 3,017        | 25,96         |              | 15,6          | 0,05          | 1;11;3;7 |
| Ievārījums         | 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>302</b>  | <b>22,16</b> | <b>3,69</b>  | <b>45,17</b>  | <b>0</b>     | <b>15,600</b> | <b>2,050</b>  |          |
| <b>Diena kopā:</b> |     | <b>1308</b> | <b>60,47</b> | <b>45,26</b> | <b>161,76</b> | <b>0,950</b> | <b>16,450</b> | <b>12,136</b> |          |

| ceturtdiena, 4.decembris | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|--------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Brokastis</b>         |          |            |                |              |              |              |              |              |          |
| Griķu pārslu putra       | 200      | 188        | 7,52           | 3,712        | 31,43        | 0,2          | 1,           | 1,024        | 7,       |
| Sviests                  | 10       | 75         | 0,06           | 8,25         | 0,44         |              |              |              | 7,       |
| 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>353</b> | <b>9,36</b>    | <b>16,42</b> | <b>42,14</b> | <b>0,200</b> | <b>1,000</b> | <b>2,124</b> |          |

#### Pusdienas

|                                        |     |            |              |              |              |              |               |               |    |
|----------------------------------------|-----|------------|--------------|--------------|--------------|--------------|---------------|---------------|----|
| Sakņu sautējums ar pupiņām             | 200 | 240        | 8,513        | 8,621        | 31,672       | 0,76         |               | 7,914         |    |
| Ķīnas kāpostu salāti ar dillēm un eļļu | 80  | 32         | 1,22         | 2,564        | 1,793        | 0,32         |               | 0,828         |    |
| Kakao krēms                            | 50  | 147        | 2,53         | 12,166       | 6,856        |              | 5,            | 0,608         | 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>573</b> | <b>14,37</b> | <b>23,79</b> | <b>74,33</b> | <b>1,080</b> | <b>10,000</b> | <b>11,443</b> |    |

#### Launags

|                      |     |             |              |              |               |              |               |               |    |
|----------------------|-----|-------------|--------------|--------------|---------------|--------------|---------------|---------------|----|
| Biezpiens ar krējumu | 100 | 107         | 17,36        | 2,45         | 3,87          |              |               |               | 7, |
| Baltmaize            | 15  | 39          | 1,17         | 0,315        | 7,71          |              |               | 0,57          | 1, |
| Sviests              | 5   | 37          | 0,03         | 4,125        | 0,22          |              |               |               | 7, |
| Apelsīni             | 100 | 42          | 1,           | 0,2          | 8,3           |              |               | 1,6           |    |
| Zāļu tēja            | 150 | 1           | 0,02         | 0,038        | 0,006         |              |               |               |    |
| <b>kopā:</b>         |     | <b>228</b>  | <b>19,58</b> | <b>7,13</b>  | <b>20,11</b>  | <b>0</b>     | <b>0</b>      | <b>2,170</b>  |    |
| <b>Diena kopā:</b>   |     | <b>1154</b> | <b>43,31</b> | <b>47,34</b> | <b>136,57</b> | <b>1,280</b> | <b>11,000</b> | <b>15,737</b> |    |

| piektdiena, 5.decembris | 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,       |
| 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>247</b> | <b>9,19</b>    | <b>8,02</b> | <b>36,21</b> | <b>0,200</b> | <b>0,200</b> | <b>2,938</b> |          |

#### Pusdienas

|                  |     |            |              |              |              |              |          |               |    |
|------------------|-----|------------|--------------|--------------|--------------|--------------|----------|---------------|----|
| Pupiņu zupa      | 200 | 137        | 5,425        | 6,491        | 14,215       | 1,12         |          | 5,563         | 9, |
| Krējums skābs    | 10  | 20         | 0,26         | 2,           | 0,27         |              |          |               | 7, |
| Dārzeņu plov     | 150 | 220        | 4,185        | 8,033        | 32,731       | 0,75         |          | 2,627         |    |
| Burkāni          | 25  | 6          | 0,25         | 0,05         | 1,2          |              |          | 0,9           |    |
| Vārītas bietes   | 25  | 10         | 0,375        | 0,025        | 2,1          |              |          | 0,625         |    |
| Baltie redīsi    | 25  | 4          | 0,275        | 0,025        | 0,525        |              |          | 0,4           |    |
| Krējums skābs    | 30  | 60         | 0,78         | 6,           | 0,81         |              |          |               | 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>512</b> | <b>13,34</b> | <b>22,96</b> | <b>62,21</b> | <b>1,870</b> | <b>0</b> | <b>11,215</b> |    |

#### Launags

|                    |     |             |              |              |               |              |              |               |       |
|--------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|---------------|-------|
| Cepumi             | 30  | 135         | 2,31         | 4,41         | 21,12         |              |              |               | 1;3;7 |
| Jogurts            | 200 | 180         | 6,6          | 4,           | 29,4          |              |              |               | 7,    |
| Āboli              | 100 | 54          | 0,3          | 0,6          | 11,4          |              |              | 2,            |       |
| <b>kopā:</b>       |     | <b>369</b>  | <b>9,21</b>  | <b>9,01</b>  | <b>61,92</b>  | <b>0</b>     | <b>0</b>     | <b>2,000</b>  |       |
| <b>Diena kopā:</b> |     | <b>1128</b> | <b>31,74</b> | <b>39,99</b> | <b>160,34</b> | <b>2,070</b> | <b>0,200</b> | <b>16,153</b> |       |