

# Nedēļas Ēdienkarte

Grupa

1.-4.klase

|   | Svars (g) | Enerģētiskā vērtība (kkal) | Olbaltumvielas | Tauki         | Ogļhidrāti     | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|---|-----------|----------------------------|----------------|---------------|----------------|--------------|--------------|---------------|----------|
| <b>pirmdiena, 23.septembris</b>             |           |                            |                |               |                |              |              |               |          |
| <b>Pusdienas</b>                            |           |                            |                |               |                |              |              |               |          |
| Ziedkāpostu zupa                            | 150       | 59                         | 1,9046         | 3,2589        | 5,3459         | 0,0001       | 0            | 3,1009        | 9        |
| Makaroni ar maltu cūkgaļu un dārzeņiem      | 250       | 493                        | 21,3775        | 24,9513       | 45,3825        | 0,0008       | 0            | 3,9962        | 1,3      |
| Kraukšķīgie dārzeņu salāti ar citronu eļļas | 60        | 59                         | 0,6586         | 5,5077        | 1,7018         | 0            | 0,0003       | 0,7261        |          |
| Rudzu maize                                 | 0         | 0                          | 0              | 0             | 0              | 0            | 0            | 0             | 1        |
| Piens                                       | 200       | 96                         | 6,4            | 4,            | 9,             | 0            | 0            | 0             | 7        |
| <b>Kopā:</b>                                |           | <b>706,621</b>             | <b>30,341</b>  | <b>37,718</b> | <b>61,43</b>   | <b>0,001</b> | <b>0,</b>    | <b>7,823</b>  |          |
| <b>Launags</b>                              |           |                            |                |               |                |              |              |               |          |
| Biezpiena masa                              | 100       | 128                        | 15,597         | 3,406         | 8,627          | 0            | 0,003        | 0             | 7        |
| Mīcītas ogas bez cukura                     | 20        | 8                          | 0,196          | 0,068         | 1,526          | 0            | 0            | 0,488         |          |
| Kliju maize                                 | 15        | 41                         | 1,815          | 0,405         | 7,095          | 0            | 0            | 0,87          | 1        |
| Tēja  | 200       | 43                         | 0,56           | 0,102         | 11,916         | 0            | 0            | 0,36          |          |
| Cukurs baltais                              | 2         | 8                          | 0              | 0             | 1,996          | 0            | 0            | 0             |          |
| Banāni                                      | 100       | 88                         | 1,2            | 0,2           | 20,            | 0            | 0            | 1,8           |          |
| <b>Kopā:</b>                                |           | <b>316,061</b>             | <b>19,368</b>  | <b>4,181</b>  | <b>51,16</b>   | <b>0</b>     | <b>0,003</b> | <b>3,518</b>  |          |
| <b>Diena kopā :</b>                         |           | <b>1022,682</b>            | <b>49,709</b>  | <b>41,899</b> | <b>112,59</b>  | <b>0,001</b> | <b>0,003</b> | <b>11,341</b> |          |
| <b>otrdiena, 24.septembris</b>              |           |                            |                |               |                |              |              |               |          |
| <b>Pusdienas</b>                            |           |                            |                |               |                |              |              |               |          |
| Borščs                                      | 200       | 103                        | 3,263          | 5,5492        | 9,6962         | 0,0008       | 0,0004       | 3,2539        |          |
| Dārzeņu un cūkgaļas sautējums ar pupiņā     | 200       | 200                        | 12,8343        | 9,3968        | 15,7987        | 0,0005       | 0            | 6,2452        | 9        |
| Krējums skābs                               | 10        | 20                         | 0,26           | 2,            | 0,27           | 0            | 0            | 0             | 7        |
| Tomāti                                      | 90        | 16                         | 0,9            | 0,18          | 2,34           | 0            | 0            | 0,9           |          |
| Ķiršu dzēriens                              | 200       | 88                         | 0,33           | 0,09          | 20,9           | 0            | 0            | 0,41          |          |
| Rudzu maize                                 | 40        | 104                        | 3,44           | 0,56          | 20,08          | 0            | 0            | 2,2           | 1        |
| Āboli                                       | 100       | 54                         | 0,3            | 0,66          | 11,4           | 0            | 0            | 2,            |          |
| <b>Kopā:</b>                                |           | <b>583,323</b>             | <b>21,327</b>  | <b>26,376</b> | <b>80,485</b>  | <b>0,001</b> | <b>0,</b>    | <b>15,009</b> |          |
| <b>Launags</b>                              |           |                            |                |               |                |              |              |               |          |
| Karstmaize ar sieru                         | 60        | 225                        | 8,82           | 13,88         | 15,9           | 0            | 0            | 1,05          | 1,10,3,7 |
| Cepums Skolas                               | 40        | 204                        | 2,3632         | 11,2432       | 22,9822        | 0            | 0,009        | 0,0202        | 1,3      |
| Zāļu tēja                                   | 200       | 4                          | 0,0624         | 0,1224        | 0,0192         | 0            | 0            | 0             |          |
| <b>Kopā:</b>                                |           | <b>432,493</b>             | <b>11,246</b>  | <b>25,246</b> | <b>38,901</b>  | <b>0</b>     | <b>0,009</b> | <b>1,07</b>   |          |
| <b>Diena kopā :</b>                         |           | <b>1015,816</b>            | <b>32,573</b>  | <b>43,622</b> | <b>119,386</b> | <b>0,001</b> | <b>0,009</b> | <b>16,079</b> |          |
| <b>trešdiena, 25.septembris</b>             |           |                            |                |               |                |              |              |               |          |
| <b>Pusdienas</b>                            |           |                            |                |               |                |              |              |               |          |
| Vistas gaļas kotlete mājas gaumē            | 70        | 187                        | 12,291         | 13,0376       | 4,9415         | 0,0001       | 0            | 0,2789        | 1;3      |
| Kartupeļu biežputra                         | 200       | 169                        | 5,414          | 1,905         | 31,624         | 0,0002       | 0            | 4,2           | 7        |
| Gurķi ar dillēm                             | 80        | 10                         | 0,52           | 0,168         | 1,5056         | 0            | 0            | 0,456         |          |
| Rudzu maize                                 | 0         | 0                          | 0              | 0             | 0              | 0            | 0            | 0             | 1        |
| Jogurts ar zemenēm                          | 200       | 190                        | 6,364          | 3,46          | 33,138         | 0            | 0            | 1,184         | 7        |
| Bumbieri                                    | 100       | 55                         | 0,5            | 0,3           | 12,4           | 0            | 0            | 3,3           |          |
| <b>Kopā:</b>                                |           | <b>611,009</b>             | <b>25,089</b>  | <b>18,871</b> | <b>83,609</b>  | <b>0,</b>    | <b>0</b>     | <b>9,419</b>  |          |
| <b>Launags</b>                              |           |                            |                |               |                |              |              |               |          |
| Rauga pankūka                               | 100       | 237                        | 6,1427         | 8,2636        | 33,6947        | 0            | 0,0005       | 0,0468        | 1;3;7    |
| Zemeņu ievārijums                           | 10        | 22                         | 0,06           | 0,03          | 5,4025         | 0            | 0,005        | 0,12          |          |
| Zāļu tēja                                   | 200       | 4                          | 0,0624         | 0,1224        | 0,0192         | 0            | 0            | 0             |          |
| Bumbieri                                    | 100       | 55                         | 0,5            | 0,3           | 12,4           | 0            | 0            | 3,3           |          |
| <b>Kopā:</b>                                |           | <b>318,192</b>             | <b>6,765</b>   | <b>8,716</b>  | <b>51,516</b>  | <b>0</b>     | <b>0,006</b> | <b>3,467</b>  |          |
| <b>Diena kopā :</b>                         |           | <b>929,202</b>             | <b>31,854</b>  | <b>27,587</b> | <b>135,126</b> | <b>0,</b>    | <b>0,006</b> | <b>12,886</b> |          |

**ceturtdiena, 26.septembris****Pusdienas**

|   |     |                |               |               |               |              |              |              |   |
|---|-----|----------------|---------------|---------------|---------------|--------------|--------------|--------------|---|
| Frikadeļu zupa                            | 150 | 74             | 3,6884        | 2,3773        | 9,1491        | 0,0002       | 0            | 1,6044       | 9 |
| Krējums skābs                             | 10  | 20             | 0,26          | 2,            | 0,27          | 0            | 0            | 0            | 7 |
| Vārīti griķi                              | 150 | 166            | 3,7125        | 0,792         | 35,937        | 0,0001       | 0            | 1,584        |   |
| Maltās gaļas tomātu mērce                 | 90  | 132            | 7,438         | 10,3174       | 2,3524        | 0,0004       | 0            | 0,7785       |   |
| Jauno kāpostu un tomātu salāti ar eļļas m | 80  | 43             | 1,053         | 2,8456        | 3,2425        | 0,0001       | 0,0002       | 1,9459       |   |
| Rudzu maize                               | 20  | 52             | 1,72          | 0,28          | 10,04         | 0            | 0            | 1,1          | 1 |
| Augļu un ogu dzēriens                     | 200 | 31             | 0,312         | 0,272         | 6,43          | 0            | 0,001        | 1,624        |   |
| <i>Kopā:</i>                              |     | <i>518,144</i> | <i>18,184</i> | <i>18,884</i> | <i>67,421</i> | <i>0,001</i> | <i>0,001</i> | <i>8,637</i> |   |

**Launags**

|                    |     |                |               |               |               |           |          |             |     |
|--------------------|-----|----------------|---------------|---------------|---------------|-----------|----------|-------------|-----|
| Zemnieku brokastis | 200 | 244            | 11,2365       | 12,1052       | 21,3481       | 0,0003    | 0        | 3,0302      | 3;7 |
| Krējums skābs      | 20  | 40             | 0,52          | 4,            | 0,54          | 0         | 0        | 0           | 7   |
| Kefīrs             | 200 | 96             | 6,            | 4,            | 9,            | 0         | 0        | 0           | 7   |
| Gurķi              | 100 | 12             | 0,6           | 0,2           | 1,8           | 0         | 0        | 0,5         |     |
| <i>Kopā:</i>       |     | <i>392,389</i> | <i>18,357</i> | <i>20,305</i> | <i>32,688</i> | <i>0,</i> | <i>0</i> | <i>3,53</i> |     |

**Diena kopā :****910,533 36,54 39,19 100,109 0,001 0,001 12,167****piektdiena, 27.septembris****Pusdienas**

|                                |     |                |               |               |               |              |          |              |     |
|--------------------------------|-----|----------------|---------------|---------------|---------------|--------------|----------|--------------|-----|
| Zivju zupa                     | 150 | 43             | 4,5626        | 0,307         | 5,2486        | 0,0001       | 0        | 2,346        | 4;9 |
| Cepta vistas gaļa              | 60  | 149            | 13,0458       | 9,7881        | 1,2414        | 0,0001       | 0        | 0,0933       |     |
| Vārīti rīsi                    | 200 | 227            | 4,488         | 0,396         | 51,282        | 0,0002       | 0        | 0,924        |     |
| Saldā krējuma mērce ar ķiploku | 50  | 54             | 0,3872        | 5,2666        | 1,1762        | 0            | 0        | 0,0341       | 1;7 |
| Burkānu salāti ar krējumu      | 100 | 62             | 1,3648        | 4,1635        | 4,611         | 0,0002       | 0        | 2,88         | 7   |
| Ūdens ar ogām                  | 200 | 4              | 0,08          | 0,04          | 0,55          | 0            | 0        | 0            |     |
| Rudzu maize                    | 40  | 104            | 3,44          | 0,56          | 20,08         | 0            | 0        | 2,2          | 1   |
| <i>Kopā:</i>                   |     | <i>640,975</i> | <i>27,368</i> | <i>20,521</i> | <i>84,189</i> | <i>0,001</i> | <i>0</i> | <i>8,477</i> |     |

**Launags**

|                                   |     |             |              |             |             |          |          |             |   |
|-----------------------------------|-----|-------------|--------------|-------------|-------------|----------|----------|-------------|---|
| Kukurūzas pārslu sausās brokastis | 50  | 167         | 3,55         | 1,55        | 33,6        | 0        | 0        | 2,35        |   |
| Banāni                            | 100 | 88          | 1,2          | 0,2         | 20,         | 0        | 0        | 1,8         |   |
| Piens                             | 200 | 96          | 6,4          | 4,          | 9,          | 0        | 0        | 0           | 7 |
| <i>Kopā:</i>                      |     | <i>351,</i> | <i>11,15</i> | <i>5,75</i> | <i>62,6</i> | <i>0</i> | <i>0</i> | <i>4,15</i> |   |

**Diena kopā :****991,975 38,518 26,271 146,789 0,001 0 12,627**