

Grupa 5.-9.klase  
Papildus 3x nedēļā LAD programma "Piens un Augļi skolai"(Pirmsskola un no 1.-9. klasei)

|                                                      | Svars (g) | Enerģētiskā vērtība (kkal) | Olbaltumvielas | Tauki   | Ogļhidrāti | Sāls   | Cukurs | Šķiedrvielas | Alerģēni |
|------------------------------------------------------|-----------|----------------------------|----------------|---------|------------|--------|--------|--------------|----------|
| <b>pirmdiena, 25.maijs</b>                           |           |                            |                |         |            |        |        |              |          |
| <b>Pusdienas</b>                                     |           |                            |                |         |            |        |        |              |          |
| Soļanka                                              | 200       | 91                         | 2.7266         | 4.3208  | 10.1227    | 0.2    | 0      | 3.8472       | 9.       |
| Krējums skābs                                        | 10        | 20                         | 0.26           | 2.      | 0.27       | 0      | 0      | 0            | 7.       |
| Makaroni ar maltu cūkgaļu un dārzeņiem               | 230       | 442                        | 20.6009        | 17.877  | 48.6898    | 1.472  | 0      | 1.7998       | 1.       |
| Kāpostu un redīsu salāti ar kefīra mērci un zaļumiem | 120       | 46                         | 1.9956         | 2.1385  | 4.5081     | 0.6    | 0      | 2.5682       | 7.       |
| Ūdens ar ogām                                        | 200       | 96                         | 6.             | 4.      | 9.         | 0      | 0      | 0            | 7.       |
| Rudzu maize                                          | 40        | 104                        | 3.44           | 0.56    | 20.08      | 0      | 0      | 2.2          | 1.       |
| <i>Kopā:</i>                                         |           | 833.959                    | 35.381         | 26.279  | 111.361    | 1.96   | 0      | 9.417        |          |
| <i>Diena kopā :</i>                                  |           | 1558.945                   | 64.928         | 52.563  | 202.711    | 2.56   | 0.2    | 20.081       |          |
| <b>otrdiena, 26.maijs</b>                            |           |                            |                |         |            |        |        |              |          |
| <b>Pusdienas</b>                                     |           |                            |                |         |            |        |        |              |          |
| Biešu zupa ar kartupeļiem                            | 200       | 182                        | 8.3578         | 12.8434 | 8.3949     | 0.2    | 0.66   | 2.1199       |          |
| Krējums skābs                                        | 5         | 10                         | 0.13           | 1.      | 0.135      | 0      | 0      | 0            | 7.       |
| Dārzeņu un cūkgaļas sautējums ar papriku             | 250       | 250                        | 13.9675        | 10.981  | 21.45      | 0.25   | 0      | 4.4037       |          |
| Marinēti gurķi                                       | 120       | 66                         | 1.3474         | 5.6157  | 3.1298     | 0.006  | 0.3    | 1.4746       |          |
| Augļu dzēriens                                       | 200       | 65                         | 0.315          | 0.234   | 15.159     | 0      | 6.     | 1.068        |          |
| Rudzu maize                                          | 60        | 155                        | 5.16           | 0.84    | 30.12      | 0      | 0      | 3.3          | 1.       |
| <i>Kopā:</i>                                         |           | 765.947                    | 29.283         | 35.518  | 78.712     | 0.506  | 7.26   | 12.368       |          |
| <i>Diena kopā :</i>                                  |           | 1647.377                   | 60.11          | 68.905  | 191.549    | 1.751  | 14.19  | 21.692       |          |
| <b>trešdiena, 27.maijs</b>                           |           |                            |                |         |            |        |        |              |          |
| <b>Pusdienas</b>                                     |           |                            |                |         |            |        |        |              |          |
| Cepta vistas gaļa                                    | 90        | 242                        | 17.4465        | 16.2409 | 6.0387     | 0.1246 | 0      | 0.6054       | 1;3;7    |
| Kartupeļu biežputra                                  | 200       | 169                        | 5.414          | 1.905   | 31.624     | 0.4    | 0      | 4.2          | 7.       |
| Balto redīsu un burkānu salāti                       | 90        | 75                         | 1.2825         | 4.5855  | 7.2718     | 0.18   | 0.09   | 2.1375       |          |
| Uzpūtenis                                            | 50        | 102                        | 2.0798         | 8.2575  | 4.7584     | 0.025  | 1.025  | 0.0032       | 1;7      |
| Piens                                                | 200       | 96                         | 6.4            | 4.      | 9.         | 0      | 0      | 0            | 7.       |
| Rudzu maize                                          | 20        | 52                         | 1.72           | 0.28    | 10.04      | 0      | 0      | 1.1          | 1.       |
| <i>Kopā:</i>                                         |           | 834.442                    | 34.663         | 35.371  | 92.377     | 0.73   | 6.115  | 9.039        |          |
| <i>Diena kopā :</i>                                  |           | 1612.059                   | 61.938         | 64.232  | 192.131    | 1.306  | 12.59  | 20.889       |          |
| <b>ceturtdiena, 28.maijs</b>                         |           |                            |                |         |            |        |        |              |          |
| <b>Pusdienas</b>                                     |           |                            |                |         |            |        |        |              |          |
| Frikadeļu zupa                                       | 250       | 148                        | 9.0125         | 9.458   | 6.605      | 0.25   | 0      | 3.4312       |          |
| Krējums skābs                                        | 5         | 10                         | 0.13           | 1.      | 0.135      | 0      | 0      | 0            | 7.       |
| Plovš ar cūkgaļu                                     | 200       | 407                        | 15.424         | 16.5798 | 49.2192    | 0.8    | 0      | 2.3914       |          |
| Gurķu salāti                                         | 100       | 49                         | 1.2645         | 3.1985  | 3.7765     | 0.1    | 0      | 2.5825       |          |
| 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>                                         |           | 725.768                    | 29.988         | 29.253  | 84.24      | 0.75   | 0      | 10.769       |          |
| <i>Diena kopā :</i>                                  |           | 1556.513                   | 66.457         | 58.433  | 186.619    | 2.3    | 1.     | 20.324       |          |
| <b>piektdiena, 29.maijs</b>                          |           |                            |                |         |            |        |        |              |          |