

# Nedēļas Ēdienkarte

Grupa

1.-4.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>pirmdienā, 5.janvāris</b>             |           |                            |                |               |                |              |              |               |          |
| <b>Pusdienas</b>                         |           |                            |                |               |                |              |              |               |          |
| Vistas gaļas zupa ar dārzeņiem           | 150       | 60                         | 2.0696         | 3.2787        | 5.4976         | 0.0001       | 0            | 3.2924        | 9.       |
| Pasta ar sieru                           | 200       | 403                        | 17.2734        | 19.0605       | 40.4215        | 0.0002       | 0            | 2.1441        | 1;3;7;9  |
| Biešu salāti                             | 60        | 33                         | 0.6737         | 2.8078        | 1.5649         | 0            | 0.0001       | 0.7373        |          |
| Rudzu maize                              | 20        | 52                         | 1.72           | 0.28          | 10.04          | 0            | 0            | 1.1           | 1.       |
| Ūdens ar citronu                         | 200       | 96                         | 6.4            | 4.            | 9.             | 0            | 0            | 0             | 7.       |
| Kopā:                                    |           | 650.763                    | 19.392         | 27.174        | 73.67          | 0.001        | 0            | 6.777         |          |
| <b>Launags</b>                           |           |                            |                |               |                |              |              |               |          |
| Biezpiena masa                           | 100       | 128                        | 15.597         | 3.406         | 8.627          | 0            | 0.005        | 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.       |
| Kakao dzēriens                           | 200       | 45                         | 2.2544         | 2.386         | 3.4984         | 0            | 0            | 0.8512        | 7.       |
| Cukurs baltais                           | 3         | 12                         | 0              | 0             | 2.994          | 0            | 0.003        | 0             |          |
| Kopā:                                    |           | 427.831                    | 25.886         | 15.035        | 45.754         | 0            | 0.024        | 3.173         |          |
| <b>Diena kopā :</b>                      |           | <b>1346.083</b>            | <b>54.048</b>  | <b>49.72</b>  | <b>161.296</b> | <b>0.001</b> | <b>0.025</b> | <b>11.075</b> |          |
| <b>otrdiena, 6.janvāris</b>              |           |                            |                |               |                |              |              |               |          |
| <b>Pusdienas</b>                         |           |                            |                |               |                |              |              |               |          |
| Borščs                                   | 200       | 102                        | 3.263          | 5.5492        | 9.6962         | 0.0008       | 0.0004       | 3.2539        |          |
| Dārzeņu un cūkgaļas sautējums ar pupiņām | 200       | 200                        | 12.8343        | 9.3968        | 15.7987        | 0.0005       | 0            | 6.2452        | 9.       |
| Krējums skābs                            | 30        | 60                         | 0.78           | 6.            | 0.81           | 0            | 0            | 0             | 7.       |
| Marinēti gurķi                           | 90        | 16                         | 0.9            | 0.18          | 2.34           | 0            | 0            | 0.9           |          |
| Kiršu 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.       |
| Kopā:                                    |           | 568.949                    | 21.547         | 21.776        | 69.625         | 0.001        | 0            | 13.009        |          |
| <b>Launags</b>                           |           |                            |                |               |                |              |              |               |          |
| Bumbieri                                 | 70        | 39                         | 0.553          | 0.175         | 8.54           | 0            | 0            | 0.49          |          |
| Olā cepta baltmaize                      | 70        | 227                        | 7.7515         | 11.3575       | 22.9214        | 0.0004       | 0.0041       | 0.0276        | 1;3;7    |
| Zaļu tēja                                | 200       | 2                          | 0.026          | 0.051         | 0.008          | 0            | 0            | 0             |          |
| Kopā:                                    |           | 267.385                    | 8.331          | 11.584        | 31.469         | 0            | 0.004        | 0.518         |          |
| <b>Diena kopā :</b>                      |           | <b>1214.061</b>            | <b>43.374</b>  | <b>48.715</b> | <b>146.502</b> | <b>0.002</b> | <b>0.005</b> | <b>18.717</b> |          |
| <b>trešdiena, 7.janvāris</b>             |           |                            |                |               |                |              |              |               |          |
| <b>Pusdienas</b>                         |           |                            |                |               |                |              |              |               |          |
| Vistas gaļas kotlete mājas gaumē         | 60        | 183                        | 9.5614         | 13.3666       | 5.5599         | 0.0002       | 0            | 0.4008        | 1;3      |
| Kartupeļu biežputra                      | 200       | 169                        | 5.414          | 1.905         | 31.624         | 0.0002       | 0            | 4.2           | 7.       |
| Balto redīsu un gurķu salāti ar krējumu  | 80        | 67                         | 1.14           | 4.076         | 6.4638         | 0.0003       | 0.0001       | 1.9           |          |
| Jogurts ar ogām                          | 200       | 190                        | 6.364          | 3.46          | 33.138         | 0            | 0            | 1.184         | 7.       |
| Kopā:                                    |           | 646.288                    | 22.494         | 22.808        | 85.906         | 0.001        | 0            | 7.955         |          |
| <b>Launags</b>                           |           |                            |                |               |                |              |              |               |          |
| Rauga pankūka                            | 100       | 236                        | 6.1427         | 8.2636        | 33.6947        | 0            | 0.0005       | 0.0468        | 1;3;7    |
| Zemeņu ievārījums                        | 10        | 14                         | 0.1            | 0.01          | 3.9            | 0            | 0            | 0             |          |
| Zaļu tēja                                | 200       | 2                          | 0.026          | 0.051         | 0.008          | 0            | 0            | 0             |          |
| Mandarīni                                | 100       | 55                         | 0.5            | 0.3           | 12.4           | 0            | 0            | 3.3           |          |
| Kopā:                                    |           | 306.515                    | 6.769          | 8.625         | 50.003         | 0            | 0.001        | 3.347         |          |
| <b>Diena kopā :</b>                      |           | <b>1267.287</b>            | <b>46.367</b>  | <b>50.151</b> | <b>153.885</b> | <b>0.001</b> | <b>0.001</b> | <b>12.468</b> |          |
| <b>ceturtdiena, 8.janvāris</b>           |           |                            |                |               |                |              |              |               |          |
| <b>Pusdienas</b>                         |           |                            |                |               |                |              |              |               |          |
| Frikadeļu zupa                           | 200       | 98                         | 4.9178         | 3.1697        | 12.1988        | 0.0002       | 0            | 2.1392        | 9.       |
| Krējums skābs                            | 10        | 20                         | 0.26           | 2.            | 0.27           | 0            | 0            | 0             | 7.       |
| Maltās gaļas tomātu mērce                | 100       | 146                        | 8.2625         | 11.4638       | 2.6418         | 0.0004       | 0            | 0.865         |          |
| Vārīti rīsi                              | 200       | 184                        | 5.335          | 0.77          | 39.05          | 0.0002       | 0            | 2.53          | 1.       |
| Kāpostu svaigu biešu salāti ar eļļu      | 100       | 94                         | 1.299          | 7.677         | 4.9614         | 0.0001       | 0.0003       | 2.805         |          |
| Rudzu maize                              | 60        | 155                        | 5.16           | 0.84          | 30.12          | 0            | 0            | 3.3           | 1.       |
| Augļu un ogu dzēriens                    | 200       | 31                         | 0.312          | 0.272         | 6.43           | 0            | 0.001        | 1.624         |          |
| Kopā:                                    |           | 729.462                    | 25.546         | 26.193        | 95.672         | 0.001        | 0.001        | 13.263        |          |
| <b>Launags</b>                           |           |                            |                |               |                |              |              |               |          |
| Kellogs                                  | 30        | 166                        | 2.6567         | 7.3928        | 21.7735        | 0.0003       | 0.0042       | 0.0266        | 1;3      |
| Piens                                    | 150       | 72                         | 4.2862         | 2.7578        | 7.188          | 0            | 0            | 0.8715        | 7        |
| Banāni                                   | 70        | 39                         | 0.553          | 0.175         | 8.54           | 0            | 0            | 0.49          |          |
| Kopā:                                    |           | 276.811                    | 7.496          | 10.326        | 37.502         | 0            | 0.004        | 1.388         |          |
| <b>Diena kopā :</b>                      |           | <b>1408.261</b>            | <b>54.199</b>  | <b>57.811</b> | <b>164.01</b>  | <b>0.001</b> | <b>0.002</b> | <b>17.665</b> |          |
| <b>piektdiena, 9.janvāris</b>            |           |                            |                |               |                |              |              |               |          |
| <b>Pusdienas</b>                         |           |                            |                |               |                |              |              |               |          |
| Dārzeņu zupa                             | 150       | 63                         | 4.2818         | 3.2456        | 4.1242         | 0.0006       | 0            | 1.623         | 4;9      |
| Cepta vistas gaļa                        | 60        | 138                        | 13.0458        | 8.5881        | 1.2414         | 0.0001       | 0            | 0.0933        |          |
| Vārīti kartupeļi                         | 200       | 227                        | 4.488          | 0.396         | 51.282         | 0.0002       | 0            | 0.924         |          |
| Siera mērce ar ķiploku                   | 40        | 53                         | 1.1278         | 4.9706        | 0.8808         | 0            | 0            | 0.0218        | 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.       |
| Kopā:                                    |           | 649.364                    | 27.828         | 21.964        | 82.769         | 0.001        | 0            | 7.742         |          |
| <b>Launags</b>                           |           |                            |                |               |                |              |              |               |          |
| Karstmaize ar sieru un tomātiem          | 60        | 187                        | 3.306          | 10.824        | 18.9936        | 0            | 0            | 1.17          | 1;10;3;7 |
| Āboli                                    | 100       | 56                         | 0.79           | 0.25          | 12.2           | 0            | 0            | 0.7           |          |
| Kakao dzēriens                           | 200       | 98                         | 6.4332         | 4.433         | 8.4672         | 0            | 0            | 1.0336        | 7.       |
| Cukurs baltais                           | 2         | 8                          | 0              | 0             | 1.996          | 0            | 0.002        | 0             |          |
| Kopā:                                    |           | 348.967                    | 10.529         | 15.507        | 41.657         | 0            | 0.002        | 2.904         |          |
| <b>Diena kopā :</b>                      |           | <b>1288.718</b>            | <b>48.947</b>  | <b>45.584</b> | <b>169.628</b> | <b>0.001</b> | <b>0.002</b> | <b>14.814</b> |          |