

# Nedēļas Ēdienkarte

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>pirmdienā, 5.janvāris</b>             |           |                            |                |               |                |              |              |               |          |
| <b>Pusdienas</b>                         |           |                            |                |               |                |              |              |               |          |
| Vistas gaļas zupa ar dārzeņiem           | 200       | 80                         | 2.7594         | 4.3716        | 7.3302         | 0.0002       | 0            | 4.3898        | 9.       |
| Pasta ar sieru                           | 230       | 463                        | 19.8644        | 21.9196       | 46.4847        | 0.0002       | 0            | 2.4657        | 1;3;7;9  |
| Biešu salāti                             | 90        | 50                         | 1.0106         | 4.2118        | 2.3473         | 0            | 0.0002       | 1.1059        |          |
| 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:                                    |           | 858.949                    | 23.594         | 33.055        | 104.776        | 0.001        | 0.           | 10.218        |          |
| <b>Diena kopā :</b>                      |           | <b>1757.97</b>             | <b>50.031</b>  | <b>69.729</b> | <b>208.42</b>  | <b>0.002</b> | <b>0.001</b> | <b>20.478</b> |          |
| <b>otrdienā, 6.janvāris</b>              |           |                            |                |               |                |              |              |               |          |
| <b>Pusdienas</b>                         |           |                            |                |               |                |              |              |               |          |
| Borščs                                   | 250       | 128                        | 4.0788         | 6.9366        | 12.1202        | 0.001        | 0.0005       | 4.0674        |          |
| Dārzeņu un cūkgaļas sautējums ar pupiņām | 300       | 300                        | 19.2514        | 14.0952       | 23.698         | 0.0007       | 0            | 9.3678        | 9.       |
| Krējums skābs                            | 30        | 60                         | 0.78           | 6.            | 0.81           | 0            | 0            | 0             | 7.       |
| Marinēti gurķi                           | 100       | 17                         | 1.             | 0.2           | 2.6            | 0            | 0            | 1.            |          |
| Ķiršu dzēriens                           | 200       | 88                         | 0.33           | 0.09          | 20.9           | 0            | 0            | 0.41          |          |
| Rudzu maize                              | 60        | 155                        | 5.16           | 0.84          | 30.12          | 0            | 0            | 3.3           | 1.       |
| Kopā:                                    |           | 747.898                    | 30.6           | 28.162        | 90.248         | 0.002        | 0.001        | 18.145        |          |
| <b>Diena kopā :</b>                      |           | <b>1524.205</b>            | <b>59.315</b>  | <b>63.949</b> | <b>173.086</b> | <b>0.003</b> | <b>0.002</b> | <b>33.882</b> |          |
| <b>trešdienā, 7.janvāris</b>             |           |                            |                |               |                |              |              |               |          |
| <b>Pusdienas</b>                         |           |                            |                |               |                |              |              |               |          |
| Vistas gaļas kotlete mājas gaumē         | 70        | 214                        | 11.155         | 15.5943       | 6.4866         | 0.0003       | 0            | 0.4676        | 1;3      |
| Kartupeļu biežputra                      | 230       | 194                        | 6.2261         | 2.1908        | 36.3676        | 0.0002       | 0            | 4.83          | 7.       |
| Balto redīsu un gurķu salāti ar krējumu  | 100       | 84                         | 1.425          | 5.095         | 8.0798         | 0.0004       | 0.0001       | 2.375         |          |
| Rudzu maize                              | 40        | 104                        | 3.44           | 0.56          | 20.08          | 0            | 0            | 2.2           | 1.       |
| Jogurts ar ogām                          | 200       | 190                        | 6.364          | 3.46          | 33.138         | 0            | 0            | 1.184         | 7.       |
| Kopā:                                    |           | 834.824                    | 28.63          | 26.9          | 116.312        | 0.001        | 0.           | 11.417        |          |
| <b>Diena kopā :</b>                      |           | <b>1583.488</b>            | <b>53.035</b>  | <b>50.998</b> | <b>224.172</b> | <b>0.001</b> | <b>0.</b>    | <b>17.077</b> |          |
| <b>ceturtdienā, 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>Diena kopā :</b>                      |           | <b>1515.006</b>            | <b>55.785</b>  | <b>59.315</b> | <b>185.053</b> | <b>0.001</b> | <b>0.003</b> | <b>23.881</b> |          |
| <b>piektdienā, 9.janvāris</b>            |           |                            |                |               |                |              |              |               |          |
| <b>Pusdienas</b>                         |           |                            |                |               |                |              |              |               |          |
| Dārzeņu zupa                             | 200       | 84                         | 5.709          | 4.3274        | 5.499          | 0.0008       | 0            | 2.164         | 4;9      |
| Cepta vistas gaļa                        | 70        | 161                        | 15.2201        | 10.0194       | 1.4483         | 0.0001       | 0            | 0.1088        |          |
| Vārīti kartupeļi                         | 200       | 227                        | 4.488          | 0.396         | 51.282         | 0.0002       | 0            | 0.924         |          |
| Siera mērce ar ķiploku                   | 50        | 66                         | 1.4098         | 6.2132        | 1.101          | 0            | 0            | 0.0273        | 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                              | 60        | 155                        | 5.16           | 0.84          | 30.12          | 0            | 0            | 3.3           | 1.       |
| Kopā:                                    |           | 758.265                    | 33.432         | 26.           | 94.611         | 0.001        | 0            | 9.404         |          |
| <b>Diena kopā :</b>                      |           | <b>1600.943</b>            | <b>66.695</b>  | <b>58.534</b> | <b>193.566</b> | <b>0.003</b> | <b>0</b>     | <b>21.729</b> |          |