

## Nedēļas ēdienkarte

### Grupa

1.-4.klase

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

|                           | <b>pirmdiena, 2.decembris</b> | <b>Svars, g</b> | <b>Kcal</b>  | <b>Olbaltumvielas</b> | <b>Tauki</b> | <b>Ogļhidrāti</b> | <b>Sāls</b>  | <b>Cukurs</b> | <b>Šķiedrvielas</b> | <b>Alerģēni</b> |
|---------------------------|-------------------------------|-----------------|--------------|-----------------------|--------------|-------------------|--------------|---------------|---------------------|-----------------|
| <b>Pusdienas</b>          |                               |                 |              |                       |              |                   |              |               |                     |                 |
| Pupuņu zupa               | 150                           | 106             | 4.407        | 5.817                 | 9.093        | 0.342             |              |               | 3.612               | 9               |
| Maltas cūkgajas mērce     | 80                            | 128             | 9.192        | 8.071                 | 4.654        | 0.32              |              |               | 0.436               | 1;7             |
| Vāriti griķi              | 150                           | 166             | 3.712        | 0.792                 | 35.937       | 0.15              |              |               | 1.584               |                 |
| Burkānu salāti ar krējumu | 70                            | 43              | 0.955        | 2.914                 | 3.228        | 0.14              |              |               | 2.016               | 7               |
| Rudzu maize               | 40                            | 104             | 3.44         | 0.56                  | 20.08        |                   |              |               | 2.2                 | 1               |
| Augļu un ogu dzēriens     | 200                           | 31              | 0.312        | 0.272                 | 6.43         |                   | 1.           |               | 1.624               |                 |
| <b>kopā:</b>              |                               | <b>578</b>      | <b>22.02</b> | <b>18.43</b>          | <b>79.42</b> | <b>0.952</b>      | <b>1.000</b> | <b>11.472</b> |                     |                 |

|                                    | <b>Launags</b> | <b>Svars, g</b> | <b>Kcal</b>  | <b>Olbaltumvielas</b> | <b>Tauki</b>  | <b>Ogļhidrāti</b> | <b>Sāls</b>  | <b>Cukurs</b> | <b>Šķiedrvielas</b> | <b>Alerģēni</b> |
|------------------------------------|----------------|-----------------|--------------|-----------------------|---------------|-------------------|--------------|---------------|---------------------|-----------------|
| Svaigu kāpostu zupa                | 200            | 144             | 3.02         | 11.568                | 7.216         | 0.2               |              |               | 3.173               |                 |
| Krējums skābs                      | 10             | 20              | 0.26         | 2.                    | 0.27          |                   |              |               |                     | 7               |
| Vāriti cisiņi (MK172)              | 40             | 86              | 4.52         | 6.68                  | 2.08          |                   |              |               |                     | 7               |
| Vārīta pasta - makaroni            | 120            | 238             | 0.672        | 3.72                  | 43.2          | 0.48              |              |               | 2.04                | 1               |
| Siera mērce ar ķiploku             | 40             | 89              | 5.115        | 7.467                 | 0.47          | 0.02              |              |               | 0.014               | 1;7             |
| Kāpostu salāti ar zaļumiem un eļļu | 60             | 38              | 0.852        | 2.518                 | 3.05          | 0.06              | 0.6          |               | 1.733               |                 |
| Rudzu maize                        | 20             | 52              | 1.72         | 0.28                  | 10.04         |                   |              |               | 1.1                 | 1               |
| Jāņogu dzēriens                    | 200            | 29              | 0.447        | 0.086                 | 5.944         |                   | 4.           |               | 1.4                 |                 |
| <b>kopā:</b>                       |                | <b>698</b>      | <b>16.61</b> | <b>34.32</b>          | <b>72.27</b>  | <b>0.760</b>      | <b>4.600</b> | <b>9.460</b>  |                     |                 |
| <b>Diena kopā:</b>                 |                | <b>1276</b>     | <b>38.62</b> | <b>52.75</b>          | <b>151.69</b> | <b>1.712</b>      | <b>5.600</b> | <b>20.932</b> |                     |                 |

|                          | <b>otrdiena, 3.decembris</b> | <b>Svars, g</b> | <b>Kcal</b>  | <b>Olbaltumvielas</b> | <b>Tauki</b>  | <b>Ogļhidrāti</b> | <b>Sāls</b>  | <b>Cukurs</b> | <b>Šķiedrvielas</b> | <b>Alerģēni</b> |
|--------------------------|------------------------------|-----------------|--------------|-----------------------|---------------|-------------------|--------------|---------------|---------------------|-----------------|
| <b>Pusdienas</b>         |                              |                 |              |                       |               |                   |              |               |                     |                 |
| Dārzenu zupa ar cūkgāļu  | 150                          | 75              | 2.968        | 4.206                 | 6.392         | 0.15              |              |               | 2.457               |                 |
| Krējums skābs            | 5                            | 10              | 0.13         | 1.                    | 0.135         |                   |              |               |                     | 7               |
| Cūkgāļas teftelis        | 70                           | 156             | 9.87         | 9.464                 | 7.811         | 0.084             |              |               | 0.325               | 1;3;7           |
| Kartupeļu biežputra      | 130                          | 110             | 3.519        | 1.238                 | 20.556        | 0.13              |              |               | 2.73                | 7               |
| Biešu salāti ar eļļu     | 60                           | 43              | 0.898        | 1.862                 | 5.597         | 0.12              | 0.6          |               | 1.492               |                 |
| Piens                    | 200                          | 96              | 6.4          | 4.                    | 9.            |                   |              |               |                     | 7               |
| Dzērveņu sirupa dzēriens | 200                          | 82              | 0.033        |                       | 20.186        |                   |              |               | 0.598               |                 |
| Rudzu maize              | 40                           | 104             | 3.44         | 0.56                  | 20.08         |                   |              |               | 2.2                 | 1               |
| Āboli                    | 100                          | 54              | 0.3          | 0.6                   | 11.4          |                   |              |               | 2.                  |                 |
| <b>kopā:</b>             |                              | <b>730</b>      | <b>27.56</b> | <b>22.93</b>          | <b>101.16</b> | <b>0.484</b>      | <b>0.600</b> | <b>11.802</b> |                     |                 |

|                                | <b>Launags</b> | <b>Svars, g</b> | <b>Kcal</b>  | <b>Olbaltumvielas</b> | <b>Tauki</b>  | <b>Ogļhidrāti</b> | <b>Sāls</b>   | <b>Cukurs</b> | <b>Šķiedrvielas</b> | <b>Alerģēni</b> |
|--------------------------------|----------------|-----------------|--------------|-----------------------|---------------|-------------------|---------------|---------------|---------------------|-----------------|
| Vistas gaļa ar dārzeņiem mērcē | 70             | 93              | 7.366        | 5.875                 | 2.179         | 0.28              |               |               | 0.684               |                 |
| Vārīts gaišais bulgurs         | 150            | 189             | 6.562        | 0.919                 | 36.225        | 3.                |               |               | 4.2                 | 1               |
| Burkānu salāti ar eļļu         | 60             | 44              | 0.558        | 3.112                 | 3.577         | 0.18              | 0.9           |               | 2.009               |                 |
| Biezpiena sacepums             | 100            | 187             | 18.348       | 2.714                 | 22.083        |                   | 13.           |               | 0.041               | 1;11;3;7        |
| Ievārijums                     | 20             | 28              | 0.2          | 0.02                  | 7.8           |                   |               |               |                     |                 |
| Ābolu dzēriens                 | 200            | 51              | 0.178        | 0.352                 | 11.621        |                   | 5.            |               | 1.16                |                 |
| <b>kopā:</b>                   |                | <b>593</b>      | <b>33.21</b> | <b>12.99</b>          | <b>83.49</b>  | <b>3.460</b>      | <b>18.900</b> | <b>8.094</b>  |                     |                 |
| <b>Diena kopā:</b>             |                | <b>1322</b>     | <b>60.77</b> | <b>35.92</b>          | <b>184.64</b> | <b>3.944</b>      | <b>19.500</b> | <b>19.896</b> |                     |                 |

|                                    | <b>trešdiena, 4.decembris</b> | <b>Svars, g</b> | <b>Kcal</b>  | <b>Olbaltumvielas</b> | <b>Tauki</b> | <b>Ogļhidrāti</b> | <b>Sāls</b>  | <b>Cukurs</b> | <b>Šķiedrvielas</b> | <b>Alerģēni</b> |
|------------------------------------|-------------------------------|-----------------|--------------|-----------------------|--------------|-------------------|--------------|---------------|---------------------|-----------------|
| <b>Pusdienas</b>                   |                               |                 |              |                       |              |                   |              |               |                     |                 |
| Biešu zupa ar kartupeļiem un gaļu  | 200                           | 98              | 2.889        | 5.519                 | 9.078        | 0.2               | 0.66         |               | 3.043               |                 |
| Krējums skābs                      | 10                            | 20              | 0.26         | 2.                    | 0.27         |                   |              |               |                     | 7               |
| Vistas gaļa karija mērcē           | 80                            | 105             | 8.136        | 6.892                 | 2.059        | 0.322             |              |               | 0.261               | 1;7             |
| Vāriti rīsi                        | 150                           | 170             | 3.366        | 0.297                 | 38.462       | 0.15              |              |               | 0.693               |                 |
| Kāpostu salāti ar zaļumiem un eļļu | 70                            | 44              | 0.994        | 2.937                 | 3.559        | 0.07              | 0.7          |               | 2.022               |                 |
| Rudzu maize                        | 40                            | 104             | 3.44         | 0.56                  | 20.08        |                   |              |               | 2.2                 | 1               |
| Ābolu dzēriens                     | 200                           | 51              | 0.178        | 0.352                 | 11.621       |                   | 5.           |               | 1.16                |                 |
| <b>kopā:</b>                       |                               | <b>592</b>      | <b>19.26</b> | <b>18.56</b>          | <b>85.13</b> | <b>0.742</b>      | <b>6.360</b> | <b>9.379</b>  |                     |                 |

|   | <b>Launags</b> | <b>Svars, g</b> | <b>Kcal</b>  | <b>Olbaltumvielas</b> | <b>Tauki</b>  | <b>Ogļhidrāti</b> | <b>Sāls</b>  | <b>Cukurs</b> | <b>Šķiedrvielas</b> | <b>Alerģēni</b> |
|---|----------------|-----------------|--------------|-----------------------|---------------|-------------------|--------------|---------------|---------------------|-----------------|
| Frikadeļu zupa                                      | 200            | 208             | 6.61         | 14.78                 | 12.148        | 0.23              |              |               | 3.297               | 9               |
| Krējums skābs                                       | 10             | 20              | 0.26         | 2.                    | 0.27          |                   |              |               |                     | 7               |
| Cūkgāļas strogonovs                                 | 70             | 157             | 8.469        | 12.138                | 3.418         | 0.214             |              |               | 0.166               | 1;7             |
| Vāriti griķi  | 150            | 166             | 3.712        | 0.792                 | 35.937        | 0.15              |              |               | 1.584               |                 |
| Saldskābmaize                                       | 40             | 92              | 2.52         | 0.4                   | 19.2          |                   |              |               | 1.8                 | 1               |
| Balto redisu un burkānu salāti ar kāpostiem un eļļu | 60             | 40              | 0.639        | 3.383                 | 1.81          | 0.06              | 0.12         |               | 1.23                |                 |
| Ūdens ar citronu                                    | 200            | 4               | 0.07         | 0.06                  | 0.32          |                   |              |               |                     |                 |
| <b>kopā:</b>  |                | <b>685</b>      | <b>22.28</b> | <b>33.55</b>          | <b>73.10</b>  | <b>0.654</b>      | <b>0.120</b> | <b>8.077</b>  |                     |                 |
| <b>Diena kopā:</b>                                  |                | <b>1277</b>     | <b>41.54</b> | <b>52.11</b>          | <b>158.23</b> | <b>1.396</b>      | <b>6.480</b> | <b>17.456</b> |                     |                 |

| ceturtdiena, 5.decembris                   | Svars, g | Kcal        | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs        | Šķiedrvielas  | Alerģēni |
|--|----------|-------------|----------------|--------------|---------------|--------------|---------------|---------------|----------|
| <b>Pusdienas</b>                           |          |             |                |              |               |              |               |               |          |
| Dārzeņu un cūkgaļas sautējums              | 180      | 158         | 10.12          | 7.837        | 11.405        | 0.18         |               | 4.1           |          |
| Ķīnas kāpostu salāti ar dillēm un kukurūzu | 70       | 45          | 1.248          | 3.397        | 3.112         | 0.07         | 0.14          | 0.859         |          |
| Rudzu maize                                | 40       | 104         | 3.44           | 0.56         | 20.08         |              |               | 2.2           | 1        |
| Jogurta krēms                              | 50       | 109         | 2.164          | 7.503        | 8.264         |              | 4.5           |               | 7        |
| Zemeņu mērce                               | 70       | 37          | 0.45           | 0.224        | 7.703         |              | 3.5           | 0.929         |          |
| Piens                                      | 200      | 96          | 6.4            | 4.           | 9.            |              |               |               | 7        |
| Upeņu sīrupa dzēriens                      | 200      | 80          | 0.033          |              | 19.953        |              |               | 0.598         |          |
| <b>kopā:</b>                               |          | <b>629</b>  | <b>23.86</b>   | <b>23.52</b> | <b>79.52</b>  | <b>0.250</b> | <b>8.140</b>  | <b>8.686</b>  |          |
| <b>Launags</b>                             |          |             |                |              |               |              |               |               |          |
| Vistas gaļas zupa ar nūdelēm               | 200      | 113         | 8.462          | 4.808        | 8.771         | 0.2          |               | 1.384         | 1;3      |
| Rudzu maize                                | 40       | 104         | 3.44           | 0.56         | 20.08         |              |               | 2.2           | 1        |
| Kefīra pankūka                             | 200      | 724         | 22.482         | 30.888       | 87.328        | 0.6          | 17.6          | 0.09          | 1;3;7    |
| Ievārījums                                 | 30       | 42          | 0.3            | 0.03         | 11.7          |              |               |               |          |
| Ūdens ar citronu                           | 200      | 4           | 0.07           | 0.06         | 0.32          |              |               |               |          |
| <b>kopā:</b>                               |          | <b>986</b>  | <b>34.75</b>   | <b>36.35</b> | <b>128.20</b> | <b>0.800</b> | <b>17.600</b> | <b>3.674</b>  |          |
| <b>Diena kopā:</b>                         |          | <b>1615</b> | <b>58.61</b>   | <b>59.87</b> | <b>207.72</b> | <b>1.050</b> | <b>25.740</b> | <b>12.360</b> |          |
| <b>piektdiena, 6.decembris</b>             |          |             |                |              |               |              |               |               |          |
| <b>Pusdienas</b>                           |          |             |                |              |               |              |               |               |          |
| Rasolņiks                                  | 150      | 107         | 1.543          | 6.213        | 11.115        | 0.612        | 0.75          | 2.032         | 9        |
| Vistas gaļas mērce ar papriku              | 80       | 129         | 7.704          | 9.361        | 3.382         | 0.016        |               | 0.953         | 7        |
| Vārīta pasta - makaroni                    | 150      | 298         | 0.84           | 4.65         | 54.           | 0.6          |               | 2.55          | 1        |
| Kāju burkānu salāti ar krējumu             | 60       | 29          | 0.752          | 1.31         | 3.471         | 0.06         | 0.06          | 1.809         | 7        |
| Jāņogu dzēriens                            | 200      | 29          | 0.447          | 0.086        | 5.944         |              | 4.            | 1.4           |          |
| Rudzu maize                                | 40       | 104         | 3.44           | 0.56         | 20.08         |              |               | 2.2           | 1        |
| <b>kopā:</b>                               |          | <b>696</b>  | <b>14.73</b>   | <b>22.18</b> | <b>97.99</b>  | <b>1.288</b> | <b>4.810</b>  | <b>10.944</b> |          |
| <b>Launags</b>                             |          |             |                |              |               |              |               |               |          |
| Vistas gaļas zupa ar dārzeņiem             | 200      | 123         | 6.905          | 7.502        | 6.875         | 1.6          |               | 1.916         |          |
| Plovs ar cūkgaļu                           | 200      | 403         | 15.329         | 16.571       | 48.131        | 0.8          |               | 2.372         |          |
| Saldskābmaize                              | 40       | 92          | 2.52           | 0.4          | 19.2          |              |               | 1.8           | 1        |
| Biešu salāti ar ķiplokiem un eļļu          | 60       | 42          | 0.96           | 1.865        | 5.333         | 0.24         |               | 1.44          |          |
| Dzērveņu sīrupa dzēriens                   | 200      | 82          | 0.033          |              | 20.186        |              |               | 0.598         |          |
| <b>kopā:</b>                               |          | <b>741</b>  | <b>25.75</b>   | <b>26.34</b> | <b>99.73</b>  | <b>2.640</b> | <b>0</b>      | <b>8.126</b>  |          |
| <b>Diena kopā:</b>                         |          | <b>1437</b> | <b>40.47</b>   | <b>48.52</b> | <b>197.72</b> | <b>3.928</b> | <b>4.810</b>  | <b>19.070</b> |          |