

## Nedēļas ēdienkarte

### Grupa

1.-4.klase

3x nedēļā LAD programma "Piens un Augļi skolai", pirmsskolai un no 1.-9. klasei (ieskaitot ēdienkartē iekļauto)

|                                 | <b>pirmdiena, 7.aprīlis</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>                |                             |                 |              |                       |              |                   |             |               |                     |                 |
| Vistas gaļas zupa ar makaroniem | 150                         | 112             | 6.773        | 8.749                 | 1.665        | 0.15              |             |               | 0.895               | 1;3             |
| Maltas cūkgāļas mērce           | 70                          | 112             | 8.043        | 7.062                 | 4.072        | 0.28              |             |               | 0.382               | 1;7             |
| Vāriti griķi                    | 150                         | 166             | 3.712        | 0.792                 | 35.937       | 0.15              |             |               | 1.584               |                 |
| Burkānu salāti ar krējumu       | 60                          | 37              | 0.819        | 2.498                 | 2.767        | 0.12              |             |               | 1.728               | 7.              |
| Ūdens ar cidoniju garšu         | 200                         | 47              | 0.02         | 0.02                  | 11.54        |                   |             |               |                     |                 |
| Rudzu maize                     | 20                          | 52              | 1.72         | 0.28                  | 10.04        |                   |             |               | 1.1                 | 1.              |
| <b>kopā:</b>                    |                             | <b>526</b>      | <b>21.09</b> | <b>19.40</b>          | <b>66.02</b> | <b>0.700</b>      | <b>0</b>    | <b>5.689</b>  |                     |                 |

|                                            |     |             |              |              |               |              |              |               |       |     |
|--------------------------------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|---------------|-------|-----|
| <b>Launags</b>                             |     |             |              |              |               |              |              |               |       |     |
| Svaigu kāpostu gaļas zupa                  | 150 | 97          | 3.585        | 7.084        | 4.734         | 0.246        |              |               | 2.247 | 9.  |
| Krējums skābs                              | 10  | 20          | 0.26         | 2.           | 0.27          |              |              |               |       | 7.  |
| Cepta vistas gaļa                          | 50  | 124         | 10.872       | 8.157        | 1.034         | 0.05         |              |               | 0.078 |     |
| Vārīts kuskuss                             | 150 | 178         | 6.562        | 1.771        | 35.238        | 0.21         |              |               | 1.623 | 1;9 |
| Saldā krējuma mērce ar ķiploku             | 50  | 53          | 0.387        | 5.267        | 1.176         | 0.05         |              |               | 0.034 | 1;7 |
| Ķīnas kāpostu salāti ar dillēm un kukurūzu | 60  | 39          | 1.07         | 2.912        | 2.667         | 0.06         | 0.12         |               | 0.736 |     |
| Saldskābmaize                              | 20  | 46          | 1.26         | 0.2          | 9.6           |              |              |               | 0.9   | 1.  |
| Ogu dzēriens                               | 200 | 82          |              |              | 22.576        |              |              |               |       |     |
| <b>kopā:</b>                               |     | <b>639</b>  | <b>24.00</b> | <b>27.39</b> | <b>77.30</b>  | <b>0.616</b> | <b>0.120</b> | <b>5.618</b>  |       |     |
| <b>Diena kopā:</b>                         |     | <b>1165</b> | <b>45.08</b> | <b>46.79</b> | <b>143.32</b> | <b>1.316</b> | <b>0.120</b> | <b>11.307</b> |       |     |

|                                            | <b>otrdiena, 8.aprīlis</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>                           |                            |                 |              |                       |              |                   |              |               |                     |                 |
| Dārzeņu un cūkgāļas sautējums              | 150                        | 131             | 8.433        | 6.531                 | 9.504        | 0.15              |              |               | 3.417               |                 |
| Svaigu kāpostu biešu salāti ar eļļas mērci | 60                         | 34              | 0.827        | 1.904                 | 3.248        | 0.06              | 0.3          |               | 1.686               |                 |
| Ceptas auzu pārslas ar putukrējumu         | 50                         | 192             | 2.971        | 12.488                | 16.961       |                   | 4.3          |               | 1.006               | 1;7             |
| Zemeņu mērce                               | 80                         | 42              | 0.514        | 0.256                 | 8.804        |                   | 4.           |               | 1.062               |                 |
| Ūdens ar dzērveņu garšu                    | 200                        | 49              | 0.02         |                       | 12.16        |                   |              |               | 0.36                |                 |
| Piens                                      | 200                        | 96              | 6.4          | 4.                    | 9.           |                   |              |               |                     | 7.              |
| Rudzu maize                                | 40                         | 104             | 3.44         | 0.56                  | 20.08        |                   |              |               | 2.2                 | 1.              |
| <b>kopā:</b>                               |                            | <b>647</b>      | <b>22.61</b> | <b>25.74</b>          | <b>79.76</b> | <b>0.210</b>      | <b>8.600</b> | <b>9.731</b>  |                     |                 |

|                                   |     |             |              |              |               |              |               |               |       |       |
|-----------------------------------|-----|-------------|--------------|--------------|---------------|--------------|---------------|---------------|-------|-------|
| <b>Launags</b>                    |     |             |              |              |               |              |               |               |       |       |
| Škelto zirņu zupa                 | 150 | 108         | 5.801        | 4.334        | 11.206        | 0.15         |               |               | 4.076 | 9.    |
| Krējums skābs                     | 10  | 20          | 0.26         | 2.           | 0.27          |              |               |               |       | 7.    |
| Saldskābmaize                     | 20  | 46          | 1.26         | 0.2          | 9.6           |              |               |               | 0.9   | 1.    |
| Cūkgāļas bumbiņa piena mērcē      | 100 | 184         | 11.126       | 12.259       | 7.258         | 0.19         |               |               | 1.13  | 1;3;7 |
| Vāriti griķi                      | 150 | 166         | 3.712        | 0.792        | 35.937        | 0.15         |               |               | 1.584 |       |
| Burkānu salāti ar sezama sēkliņām | 60  | 70          | 1.381        | 5.708        | 3.896         | 0.18         | 0.9           |               | 2.366 | 11.   |
| Ābolu dzēriens                    | 200 | 51          | 0.178        | 0.352        | 11.621        |              | 5.            |               | 1.16  |       |
| <b>kopā:</b>                      |     | <b>645</b>  | <b>23.72</b> | <b>25.65</b> | <b>79.79</b>  | <b>0.670</b> | <b>5.900</b>  | <b>11.216</b> |       |       |
| <b>Diena kopā:</b>                |     | <b>1292</b> | <b>46.32</b> | <b>51.38</b> | <b>159.55</b> | <b>0.880</b> | <b>14.500</b> | <b>20.947</b> |       |       |

|                                                   | <b>trešdiena, 9.aprīlis</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 kāpostiem                           | 150                         | 86              | 1.201        | 6.21                  | 6.489        | 0.45              | 1.2          |               | 2.322               | 9.              |
| Krējums skābs                                     | 10                          | 20              | 0.26         | 2.                    | 0.27         |                   |              |               |                     | 7.              |
| Vistas gaļas gulašs                               | 70                          | 106             | 6.773        | 6.948                 | 3.81         | 0.07              |              |               | 0.497               |                 |
| Vāriti risi                                       | 150                         | 170             | 3.366        | 0.297                 | 38.462       | 0.15              |              |               | 0.693               |                 |
| Kraukšķīgie dārzeņu salāti ar citronu eļļas mērci | 60                          | 33              | 0.674        | 2.808                 | 1.565        | 0.003             | 0.15         |               | 0.737               |                 |
| Augļu un ogu dzēriens                             | 200                         | 31              | 0.312        | 0.272                 | 6.43         |                   | 1.           |               | 1.624               |                 |
| Rudzu maize                                       | 20                          | 52              | 1.72         | 0.28                  | 10.04        |                   |              |               | 1.1                 | 1.              |
| <b>kopā:</b>                                      |                             | <b>499</b>      | <b>14.31</b> | <b>18.82</b>          | <b>67.07</b> | <b>0.673</b>      | <b>2.350</b> | <b>6.973</b>  |                     |                 |

|                                                 |     |             |              |              |               |              |               |               |       |     |
|-------------------------------------------------|-----|-------------|--------------|--------------|---------------|--------------|---------------|---------------|-------|-----|
| <b>Launags</b>                                  |     |             |              |              |               |              |               |               |       |     |
| Cepta cūkgāļas karbonāde                        | 70  | 163         | 15.163       | 10.157       | 2.698         | 0.07         |               |               | 0.059 | 1;3 |
| Vārīta pasta - makaroni                         | 150 | 298         | 0.84         | 4.65         | 54.           | 0.6          |               |               | 2.55  | 1.  |
| Krējuma un tomātu mērce                         | 50  | 52          | 0.409        | 4.74         | 1.959         | 0.045        |               |               | 0.031 | 1;7 |
| Kāpostu un sarkano redisu salāti ar eļļas mērci | 60  | 33          | 0.826        | 2.122        | 2.468         | 0.045        | 0.165         |               | 1.651 |     |
| Kakao krēms                                     | 50  | 147         | 2.53         | 12.166       | 6.856         |              | 5.            |               | 0.608 | 7.  |
| Ogu ķiselis                                     | 100 | 99          | 0.32         | 0.102        | 23.644        |              | 5.            |               | 0.993 |     |
| Rudzu maize                                     | 20  | 52          | 1.72         | 0.28         | 10.04         |              |               |               | 1.1   | 1.  |
| Apelsīnu sulas dzēriens                         | 200 | 39          | 0.226        | 0.052        | 9.435         |              | 8.6           |               | 0.313 |     |
| <b>kopā:</b>                                    |     | <b>882</b>  | <b>22.03</b> | <b>34.27</b> | <b>111.10</b> | <b>0.760</b> | <b>18.765</b> | <b>7.305</b>  |       |     |
| <b>Diena kopā:</b>                              |     | <b>1381</b> | <b>36.34</b> | <b>53.08</b> | <b>178.17</b> | <b>1.433</b> | <b>21.115</b> | <b>14.278</b> |       |     |

|  | <b>ceturtdiena, 10.aprīlis</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> |
|--|--------------------------------|-----------------|-------------|-----------------------|--------------|-------------------|-------------|---------------|---------------------|-----------------|
|--|--------------------------------|-----------------|-------------|-----------------------|--------------|-------------------|-------------|---------------|---------------------|-----------------|

**Pusdienas**

|                                    |     |            |              |              |              |              |              |              |       |
|------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-------|
| Harčo ar cūkgaļu                   | 150 | 153        | 6.826        | 8.21         | 12.896       | 0.488        | 0.45         | 0.45         |       |
| Viltotais zakis                    | 50  | 103        | 7.286        | 6.852        | 3.077        | 0.05         |              | 0.261        | 1;3;7 |
| Kartupeļu biezputra                | 170 | 144        | 4.602        | 1.619        | 26.88        | 0.17         |              | 3.57         | 7.    |
| Kāpostu salāti ar zaļumiem un eļļu | 60  | 38         | 0.852        | 2.518        | 3.05         | 0.06         | 0.6          | 1.733        |       |
| Ūdens ar upeņu garšu               | 200 | 48         | 0.02         |              | 12.02        |              |              | 0.36         |       |
| Piens                              | 200 | 96         | 6.4          | 4.           | 9.           |              |              |              | 7.    |
| Rudzu maize                        | 20  | 52         | 1.72         | 0.28         | 10.04        |              |              | 1.1          | 1.    |
| <b>kopā:</b>                       |     | <b>634</b> | <b>27.71</b> | <b>23.48</b> | <b>76.96</b> | <b>0.768</b> | <b>1.050</b> | <b>7.474</b> |       |

**Launags**

|                                                |     |             |              |              |               |              |              |               |    |
|------------------------------------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|---------------|----|
| Pupiņu zupa                                    | 150 | 125         | 3.766        | 7.846        | 10.09         | 0.366        |              | 3.93          | 9. |
| Krējums skābs                                  | 10  | 20          | 0.26         | 2.           | 0.27          |              |              |               | 7. |
| Risotto ar vistas gaļu                         | 150 | 208         | 10.107       | 8.697        | 22.067        | 0.225        |              | 3.082         | 9. |
| Burkānu salāti ar ziedkāpostiem un eļļas mērci | 60  | 51          | 0.765        | 4.327        | 2.404         | 0.06         | 0.06         | 1.916         |    |
| Rudzu maize                                    | 20  | 52          | 1.72         | 0.28         | 10.04         |              |              | 1.1           | 1. |
| Augļu un ogu dzēriens                          | 200 | 31          | 0.312        | 0.272        | 6.43          |              | 1.           | 1.624         |    |
| <b>kopā:</b>                                   |     | <b>488</b>  | <b>16.93</b> | <b>23.42</b> | <b>51.30</b>  | <b>0.651</b> | <b>1.060</b> | <b>11.652</b> |    |
| <b>Diena kopā:</b>                             |     | <b>1123</b> | <b>44.64</b> | <b>46.90</b> | <b>128.26</b> | <b>1.419</b> | <b>2.110</b> | <b>19.126</b> |    |

| piektdiena, 11.aprīlis | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|------------------------|----------|------|----------------|-------|------------|------|--------|--------------|----------|
|------------------------|----------|------|----------------|-------|------------|------|--------|--------------|----------|

**Pusdienas**

|                                          |     |            |              |              |              |              |              |              |     |
|------------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-----|
| Dārzeņu zupa                             | 200 | 91         | 2.727        | 4.321        | 10.123       | 0.2          |              | 3.847        | 9.  |
| Pasta ar vistas gaļu saldā krējuma mērcē | 150 | 268        | 13.042       | 17.56        | 14.689       | 0.15         |              | 0.901        | 1;7 |
| Ķīnas kāpostu salāti ar burkāniem        | 60  | 26         | 0.852        | 1.918        | 1.749        | 0.06         | 0.3          | 0.744        |     |
| Ūdens ar dzērveņu garšu                  | 200 | 49         | 0.02         |              | 12.16        |              |              | 0.36         |     |
| Rudzu maize                              | 40  | 104        | 3.44         | 0.56         | 20.08        |              |              | 2.2          | 1.  |
| <b>kopā:</b>                             |     | <b>537</b> | <b>20.08</b> | <b>24.36</b> | <b>58.80</b> | <b>0.410</b> | <b>0.300</b> | <b>8.052</b> |     |

**Launags**

|                           |     |             |              |              |               |              |               |               |       |
|---------------------------|-----|-------------|--------------|--------------|---------------|--------------|---------------|---------------|-------|
| Gulašzupa                 | 200 | 212         | 11.179       | 15.545       | 6.953         | 0.2          |               | 1.116         |       |
| Krējums skābs             | 10  | 20          | 0.26         | 2.           | 0.27          |              |               |               | 7.    |
| Saldskābmaize             | 20  | 46          | 1.26         | 0.2          | 9.6           |              |               | 0.9           | 1.    |
| Plātsmaize ar rabarberiem | 100 | 298         | 5.392        | 12.059       | 41.24         | 0.18         | 14.14         | 1.158         | 1;3;7 |
| Ūdens ar cidoniju garšu   | 200 | 40          | 0.04         |              | 11.9          |              |               | 0.36          |       |
| <b>kopā:</b>              |     | <b>616</b>  | <b>18.13</b> | <b>29.80</b> | <b>69.96</b>  | <b>0.380</b> | <b>14.140</b> | <b>3.534</b>  |       |
| <b>Diena kopā:</b>        |     | <b>1153</b> | <b>38.21</b> | <b>54.16</b> | <b>128.76</b> | <b>0.790</b> | <b>14.440</b> | <b>11.586</b> |       |