

## Nedēļas ēdienkarte

### Grupa

1.-4.klase

Neparedzētu apstākļu dēļ ēdienkarte var tikt mainīta

| pirmdiena, 12.oktobris        | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|-------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Pusdienas</b>              |          |            |                |              |              |              |              |              |          |
| Vistas gaļas zupa             | 150      | 93         | 6.027          | 4.924        | 5.934        | 0.6          |              | 1.366        |          |
| Krējums skābs                 | 5        | 11         | 0.15           | 1.           | 0.22         |              |              |              | 7.       |
| Cūkgaļas Chili Con Carne      | 70       | 119        | 8.089          | 8.633        | 2.195        | 0.14         |              | 0.743        |          |
| Vārīta pasta - makaroni       | 150      | 255        | 8.395          | 2.66         | 49.481       | 0.6          |              |              | 1.       |
| Ķīnas kāpostu un gurķu salāti | 80       | 33         | 1.01           | 2.559        | 2.081        | 0.24         | 0.4          | 0.712        |          |
| Rudzu maize                   | 20       | 50         | 1.72           | 0.28         | 10.04        |              |              | 1.1          | 1.       |
| Tēja                          | 200      | 3          | 0.52           | 0.102        | 0.016        |              |              |              |          |
| Skolas auglis (ābols)         | 100      | 54         | 0.3            | 0.6          | 11.4         |              |              | 2.           |          |
| <b>kopā:</b>                  |          | <b>618</b> | <b>26.21</b>   | <b>20.76</b> | <b>81.37</b> | <b>1.580</b> | <b>0.400</b> | <b>5.921</b> |          |

|                                                          |     |             |              |              |               |              |              |              |    |
|----------------------------------------------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|--------------|----|
| <b>Launags</b>                                           |     |             |              |              |               |              |              |              |    |
| Cūkgaļas strogonovs                                      | 80  | 162         | 9.233        | 12.229       | 3.86          | 0.24         |              | 0.131        | 7. |
| Vārīti rīsi                                              | 150 | 170         | 3.366        | 0.297        | 38.462        | 0.15         |              | 0.693        |    |
| Gurķu un tomātu salāti ar eļļas mērci un zaļumiem        | 60  | 14          | 0.495        | 0.724        | 1.325         | 0.12         |              | 0.478        |    |
| "Kukurūzas pārslu sausās brokastis ""Milzu"" (glazētas)" | 50  | 167         | 3.55         | 1.55         | 33.6          |              |              | 2.35         |    |
| Piens                                                    | 150 | 72          | 4.8          | 3.           | 6.75          |              |              |              | 7. |
| <b>kopā:</b>                                             |     | <b>586</b>  | <b>21.44</b> | <b>17.80</b> | <b>84.00</b>  | <b>0.510</b> | <b>0</b>     | <b>3.652</b> |    |
| <b>Diena kopā:</b>                                       |     | <b>1203</b> | <b>47.66</b> | <b>38.56</b> | <b>165.36</b> | <b>2.090</b> | <b>0.400</b> | <b>9.573</b> |    |

| otrdiena, 13.oktobris             | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs   | Šķiedrvielas | Alerģēni |
|-----------------------------------|----------|------------|----------------|--------------|--------------|--------------|----------|--------------|----------|
| <b>Pusdienas</b>                  |          |            |                |              |              |              |          |              |          |
| Dārzeņu zupa ar grūbām un cūkgaļu | 150      | 54         | 3.188          | 2.389        | 4.812        | 0.15         |          | 1.033        | 1;9      |
| Krējums skābs                     | 5        | 11         | 0.15           | 1.           | 0.22         |              |          |              | 7.       |
| Cūkgaļas gulašs                   | 70       | 143        | 8.232          | 10.883       | 3.156        | 0.07         |          | 0.173        | 1;7      |
| Vārīti griķi                      | 150      | 166        | 3.712          | 0.792        | 35.937       | 0.15         |          | 1.584        |          |
| Biešu - burkānu salāti            | 80       | 43         | 1.08           | 1.704        | 5.856        | 0.16         |          | 2.264        |          |
| Rudzu maize                       | 20       | 50         | 1.72           | 0.28         | 10.04        |              |          | 1.1          | 1.       |
| Īdens ar apelsīniem               | 200      | 4          | 0.1            | 0.02         | 0.83         |              |          | 0.16         |          |
| Piens (skolas)                    | 200      | 96         | 6.4            | 4.           | 9.           |              |          |              | 7.       |
| <b>kopā:</b>                      |          | <b>567</b> | <b>24.58</b>   | <b>21.07</b> | <b>69.85</b> | <b>0.530</b> | <b>0</b> | <b>6.314</b> |          |

|                                |     |             |              |              |               |              |          |               |    |
|--------------------------------|-----|-------------|--------------|--------------|---------------|--------------|----------|---------------|----|
| <b>Launags</b>                 |     |             |              |              |               |              |          |               |    |
| Maltās gaļas zupa              | 150 | 113         | 4.874        | 6.415        | 8.685         | 0.3          |          | 1.941         |    |
| Krējums skābs                  | 5   | 11          | 0.15         | 1.           | 0.22          |              |          |               | 7. |
| Cepta vistas gaļa              | 60  | 134         | 12.869       | 8.567        | 0.52          | 0.24         |          | 0.042         |    |
| Vārīts gaišais bulgurs         | 150 | 189         | 6.562        | 0.919        | 36.225        | 0.3          |          | 4.2           | 1. |
| Dārzeņu mērce                  | 50  | 87          | 0.73         | 8.491        | 2.043         | 0.2          |          | 0.307         | 7. |
| Ķīnas kāpostu un tomātu salāti | 60  | 15          | 0.818        | 0.728        | 1.506         |              |          | 0.64          |    |
| Rudzu maize                    | 20  | 50          | 1.72         | 0.28         | 10.04         |              |          | 1.1           | 1. |
| Īdens ar citronu               | 200 | 4           | 0.07         | 0.06         | 0.32          |              |          |               |    |
| <b>kopā:</b>                   |     | <b>601</b>  | <b>27.79</b> | <b>26.46</b> | <b>59.56</b>  | <b>1.040</b> | <b>0</b> | <b>8.230</b>  |    |
| <b>Diena kopā:</b>             |     | <b>1168</b> | <b>52.38</b> | <b>47.53</b> | <b>129.41</b> | <b>1.570</b> | <b>0</b> | <b>14.544</b> |    |

| trešdiena, 14.oktobris  | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|-------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>        |          |            |                |              |              |              |              |               |          |
| Borščs                  | 200      | 102        | 3.263          | 5.549        | 9.696        | 0.8          | 0.4          | 3.254         |          |
| Krējums skābs           | 5        | 11         | 0.15           | 1.           | 0.22         |              |              |               | 7.       |
| Cūkgaļas teftelis       | 70       | 156        | 9.783          | 9.489        | 7.563        |              |              | 0.404         | 1;3;7    |
| Vārīti kartupeļi        | 150      | 108        | 3.18           | 0.159        | 23.532       | 0.15         |              | 3.339         |          |
| Krējuma un tomātu mērce | 75       | 74         | 0.752          | 6.112        | 3.868        |              |              | 0.047         | 1;7      |
| Burkānu salāti ar eļļu  | 80       | 57         | 0.768          | 4.154        | 4.086        | 0.16         | 0.4          | 2.765         |          |
| Rudzu maize             | 20       | 50         | 1.72           | 0.28         | 10.04        |              |              | 1.1           | 1.       |
| Tēja                    | 200      | 3          | 0.52           | 0.102        | 0.016        |              |              |               |          |
| Skolas auglis (ābols)   | 100      | 54         | 0.3            | 0.6          | 11.4         |              |              | 2.            |          |
| <b>kopā:</b>            |          | <b>613</b> | <b>20.44</b>   | <b>27.45</b> | <b>70.42</b> | <b>1.110</b> | <b>0.800</b> | <b>12.909</b> |          |

|                                |     |     |       |       |        |      |     |       |     |
|--------------------------------|-----|-----|-------|-------|--------|------|-----|-------|-----|
| <b>Launags</b>                 |     |     |       |       |        |      |     |       |     |
| Kartupeļu un zaļo zirniņu zupa | 150 | 69  | 1.687 | 3.158 | 8.258  | 0.45 |     | 1.987 |     |
| Krējums skābs                  | 5   | 11  | 0.15  | 1.    | 0.22   |      |     |       | 7.  |
| Vārīti cīsiņi (MK172)          | 50  | 108 | 5.65  | 8.35  | 2.6    |      |     |       | 7.  |
| Vārīta pasta - makaroni        | 150 | 255 | 8.395 | 2.66  | 49.481 | 0.6  |     |       | 1.  |
| Saldā krējuma mērce ar ķiploku | 50  | 50  | 0.49  | 4.528 | 1.865  | 0.05 |     | 0.035 | 1;7 |
| Kāpostu, gurķu salāti ar eļļu  | 60  | 41  | 0.695 | 3.116 | 2.639  | 0.18 | 0.6 | 1.308 |     |
| Rudzu maize                    | 20  | 50  | 1.72  | 0.28  | 10.04  |      |     | 1.1   | 1.  |
| Īdens ar apelsīniem            | 200 | 4   | 0.1   | 0.02  | 0.83   |      |     | 0.16  |     |

|                    |  |             |              |              |               |              |              |               |  |
|--------------------|--|-------------|--------------|--------------|---------------|--------------|--------------|---------------|--|
| <b>kopā:</b>       |  | <b>588</b>  | <b>18.89</b> | <b>23.11</b> | <b>75.93</b>  | <b>1.280</b> | <b>0.600</b> | <b>4.590</b>  |  |
| <b>Diena kopā:</b> |  | <b>1201</b> | <b>39.32</b> | <b>50.56</b> | <b>146.35</b> | <b>2.390</b> | <b>1.400</b> | <b>17.499</b> |  |

| <b>ceturtdiena, 15.oktobris</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>                |                 |             |                       |              |                   |              |               |                     |                 |
| Plovs ar vistas gaļu            | 150             | 279         | 10.491                | 8.393        | 40.064            | 0.6          |               | 1.857               |                 |
| Kāpostu tomātu salāti ar eļļu   | 80              | 41          | 1.091                 | 2.563        | 3.323             | 0.24         | 0.16          | 2.114               |                 |
| Putukrējums                     | 30              | 106         | 0.81                  | 9.45         | 4.319             |              | 2.7           |                     | 7.              |
| Ķīselis no sīrupa               | 80              | 45          | 0.059                 | 0.039        | 11.084            |              |               |                     |                 |
| Rudzu maize                     | 40              | 99          | 3.44                  | 0.56         | 20.08             |              |               | 2.2                 | 1.              |
| Ūdens ar apelsīniem             | 200             | 4           | 0.1                   | 0.02         | 0.83              |              |               | 0.16                |                 |
| Piens (skolas)                  | 200             | 96          | 6.4                   | 4.           | 9.                |              |               |                     | 7.              |
| <b>kopā:</b>                    |                 | <b>670</b>  | <b>22.39</b>          | <b>25.03</b> | <b>88.70</b>      | <b>0.840</b> | <b>2.860</b>  | <b>6.331</b>        |                 |

|                              |     |             |              |              |               |              |              |               |       |
|------------------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|---------------|-------|
| <b>Launags</b>               |     |             |              |              |               |              |              |               |       |
| Pupiņu zupa ar cukgaļu       | 200 | 142         | 5.876        | 7.757        | 12.124        | 0.2          |              | 4.816         | 9.    |
| Krējums skābs                | 5   | 11          | 0.15         | 1.           | 0.22          |              |              |               | 7.    |
| Cūkgaļas bumbiņa piena mērcē | 100 | 183         | 11.035       | 12.285       | 7.            |              |              | 1.212         | 1;3;7 |
| Vāriti griķi                 | 150 | 166         | 3.712        | 0.792        | 35.937        | 0.15         |              | 1.584         |       |
| Mazsālīti gurķi              | 60  | 18          | 0.421        | 0.127        | 3.737         | 0.06         | 2.4          | 0.321         |       |
| Rudzu maize                  | 20  | 50          | 1.72         | 0.28         | 10.04         |              |              | 1.1           | 1.    |
| Ūdens ar citronu             | 200 | 4           | 0.07         | 0.06         | 0.32          |              |              |               |       |
| <b>kopā:</b>                 |     | <b>572</b>  | <b>22.98</b> | <b>22.30</b> | <b>69.38</b>  | <b>0.410</b> | <b>2.400</b> | <b>9.033</b>  |       |
| <b>Diena kopā:</b>           |     | <b>1242</b> | <b>45.38</b> | <b>47.33</b> | <b>158.08</b> | <b>1.250</b> | <b>5.260</b> | <b>15.364</b> |       |

| <b>piektdiena, 16.oktobris</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>                         |                 |             |                       |              |                   |              |               |                     |                 |
| Rudens dārzeņu krēmzupa                  | 200             | 133         | 2.276                 | 9.927        | 8.574             | 0.8          |               | 1.985               | 7.              |
| Baltmaizes grauzdiņi                     | 10              | 28          | 0.78                  | 0.41         | 5.14              | 0.01         |               | 0.38                | 1.              |
| Sautēta cūkgaļa ar dārzeņiem             | 70              | 117         | 7.266                 | 8.656        | 2.528             | 0.072        |               | 0.652               | 1.              |
| Vārīta pasta - makaroni                  | 150             | 255         | 8.395                 | 2.66         | 49.481            | 0.6          |               |                     | 1.              |
| Balto redisu - burkānu salāti ar krējumu | 80              | 35          | 1.144                 | 2.252        | 2.487             | 0.08         |               | 1.502               | 7.              |
| Ogu augļu dzēriens                       | 200             | 64          | 0.033                 |              | 15.936            |              |               |                     |                 |
| Piens (skolas)                           | 200             | 96          | 6.4                   | 4.           | 9.                |              |               |                     | 7.              |
| <b>kopā:</b>                             |                 | <b>729</b>  | <b>26.29</b>          | <b>27.91</b> | <b>93.15</b>      | <b>1.562</b> | <b>0</b>      | <b>4.519</b>        |                 |

|                                      |     |             |              |              |               |              |              |               |    |
|--------------------------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|---------------|----|
| <b>Launags</b>                       |     |             |              |              |               |              |              |               |    |
| Harčo ar vistas gaļu                 | 150 | 137         | 7.138        | 6.562        | 12.442        | 0.6          | 0.45         | 1.532         |    |
| Dārzeņu un cūkgaļas sautējums        | 200 | 264         | 11.244       | 18.708       | 12.672        | 0.2          |              | 4.556         |    |
| Svaigu dārzeņu salāti ar eļļas mērci | 60  | 30          | 0.646        | 2.507        | 1.439         |              |              | 0.562         |    |
| Rudzu maize                          | 20  | 50          | 1.72         | 0.28         | 10.04         |              |              | 1.1           | 1. |
| Ūdens ar apelsīniem                  | 200 | 4           | 0.1          | 0.02         | 0.83          |              |              | 0.16          |    |
| <b>kopā:</b>                         |     | <b>485</b>  | <b>20.85</b> | <b>28.08</b> | <b>37.42</b>  | <b>0.800</b> | <b>0.450</b> | <b>7.910</b>  |    |
| <b>Diena kopā:</b>                   |     | <b>1214</b> | <b>47.14</b> | <b>55.98</b> | <b>130.57</b> | <b>2.362</b> | <b>0.450</b> | <b>12.429</b> |    |