

Nedēļas ēdienkarte

Grupa

1.-4.klase

| pirmdiena, 16.decembris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Sķiedrvielas | Alerģēni |
|-----------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| Pusdienas | | | | | | | | | |
| Svaigu kāpostu zupa | 180 | 131 | 2.718 | 10.412 | 6.494 | 0.18 | | 2.856 | |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | | | | 7 |
| Vārīti griķi | 200 | 221 | 4.95 | 1.056 | 47.916 | 0.2 | | 2.112 | |
| Cūkgaļas gulašs | 60 | 123 | 7.056 | 9.328 | 2.705 | 0.063 | | 0.148 | 1;7 |
| Burkānu salāti ar āboliem un eļļu | 80 | 64 | 0.685 | 4.197 | 5.918 | 0.32 | 1.6 | 2.541 | |
| Udens ar ogām | 200 | 4 | 0.08 | 0.04 | 0.55 | | | | |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | | | 1.1 | 1 |
| kopā: | | 615 | 17.47 | 27.31 | 73.89 | 0.763 | 1.600 | 8.757 | |

| Launags | | | | | | | | | |
|----------------------|-----|------------|--------------|-------------|--------------|----------|----------|--------------|---|
| Biezpiens ar krējumu | 100 | 107 | 17.36 | 2.45 | 3.87 | | | | 7 |
| Ievārījums | 10 | 14 | 0.1 | 0.01 | 3.9 | | | | |
| Saldskābmaize | 40 | 92 | 2.52 | 0.4 | 19.2 | | | 1.8 | 1 |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | | | | 7 |
| Gurķi | 30 | 4 | 0.18 | 0.06 | 0.54 | | | 0.15 | |
| Zāļu tēja | 200 | 4 | 0.062 | 0.122 | 0.019 | | | | |
| kopā: | | 258 | 20.25 | 7.17 | 27.75 | 0 | 0 | 1.950 | |

| otrdiena, 17.decembris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Sķiedrvielas | Alerģēni |
|--|----------|------------|----------------|--------------|--------------|--------------|----------|--------------|----------|
| Pusdienas | | | | | | | | | |
| Dārzenu biezenzupa | 200 | 130 | 1.522 | 10.21 | 8.186 | 0.2 | | 3.268 | |
| Baltmaizes grauzdiņi | 5 | 14 | 0.39 | 0.205 | 2.57 | 0.005 | | 0.19 | 1 |
| Makaroni ar maltu cūkgaļu un dārzeņiem | 150 | 296 | 12.826 | 14.971 | 27.23 | 0.51 | | 2.398 | 1;3 |
| Biešu salāti ar ķiplokiem un eļļu | 60 | 42 | 0.96 | 1.865 | 5.333 | 0.24 | | 1.44 | |
| Ķiršu dzēriens | 200 | 88 | 0.33 | 0.09 | 20.9 | | | 0.41 | |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | | | 1.1 | 1 |
| kopā: | | 621 | 17.75 | 27.62 | 74.26 | 0.955 | 0 | 8.806 | |

| Launags | | | | | | | | | |
|--|-----|------------|--------------|-------------|--------------|--------------|---------------|--------------|-------|
| Biezpiena plātsmaize ar dzērvenēm, 60g(bērnudārziem) | 60 | 172 | 8.349 | 4.932 | 23.512 | 0.013 | 10.141 | 0.343 | 1;3;7 |
| Auglis | 100 | 56 | 0.79 | 0.25 | 12.2 | | | 0.7 | |
| Kakao dzēriens | 200 | 45 | 2.254 | 2.386 | 3.498 | | | 0.851 | 7 |
| kopā: | | 273 | 11.39 | 7.57 | 39.21 | 0.013 | 10.141 | 1.894 | |

| trešdiena, 18.decembris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Sķiedrvielas | Alerģēni |
|--|----------|------------|----------------|--------------|--------------|--------------|---------------|--------------|----------|
| Pusdienas | | | | | | | | | |
| Vārīta pasta - makaroni | 150 | 299 | 0.84 | 4.65 | 54. | 0.6 | | 2.55 | 1 |
| Siers | 30 | 102 | 7.44 | 8.04 | | | | | 7 |
| Kāpostu salāti ar ābolu, puravu un krējumu | 80 | 45 | 1.209 | 2.599 | 4.11 | 0.64 | | 1.901 | 7 |
| Zemeņu uzpūtenis | 80 | 89 | 0.952 | 0.152 | 20.763 | | 14.4 | 0.264 | 1 |
| Piens | 100 | 48 | 3.2 | 2. | 4.5 | | | | 7 |
| Udens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 | | | | |
| kopā: | | 586 | 13.71 | 17.50 | 83.69 | 1.240 | 14.400 | 4.715 | |

| Launags | | | | | | | | | |
|-----------------|-----|------------|--------------|-------------|--------------|--------------|--------------|--------------|------|
| Mannā biežputra | 250 | 191 | 8.788 | 3.758 | 30.292 | 0.25 | 0.25 | 0.032 | 1;7 |
| Ievārījums | 30 | 42 | 0.3 | 0.03 | 11.7 | | | | |
| Sēklu maize | 20 | 59 | 2.1 | 1.28 | 9.42 | | | 0.86 | 1;11 |
| Auglis | 100 | 56 | 0.79 | 0.25 | 12.2 | | | 0.7 | |
| kopā: | | 348 | 11.98 | 5.32 | 63.61 | 0.250 | 0.250 | 1.592 | |

| ceturtdiena, 19.decembris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Sķiedrvielas | Alerģēni |
|--|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| Pusdienas | | | | | | | | | |
| Laša zupa ar dārzeņiem | 130 | 86 | 7.165 | 4.31 | 4.354 | 0.13 | | 2.062 | 4 |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | | | | 7 |
| Cūkgaļas kotlete | 70 | 212 | 12.324 | 16.966 | 2.261 | 0.28 | | 0.278 | 1;3 |
| Vārīti rīsi | 180 | 204 | 4.039 | 0.356 | 46.154 | 0.18 | | 0.832 | |
| Svaigu kāpostu biešu salāti ar eļļas mērci | 60 | 34 | 0.827 | 1.904 | 3.248 | 0.06 | 0.3 | 1.686 | |
| Udens ar ogām | 200 | 4 | 0.08 | 0.04 | 0.55 | | | | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| kopā: | | 652 | 28.01 | 25.14 | 76.78 | 0.650 | 0.300 | 7.058 | |

| Launags | | | | | | | | | |
|-----------------------------|-----|-----|------|-------|-------|--|--|------|----------|
| Karstmaize ar desu un sieru | 60 | 225 | 7.9 | 14.05 | 16.53 | | | 1.05 | 1;10;3;7 |
| Auglis | 100 | 56 | 0.79 | 0.25 | 12.2 | | | 0.7 | |

| | | | | | | | | | |
|----------------|-----|------------|--------------|--------------|--------------|----------|--------------|--------------|---|
| Kakao dzēriens | 200 | 98 | 6.433 | 4.433 | 8.467 | | | 1.034 | 7 |
| Cukurs baltais | 2 | 8 | | | 1.996 | | 2. | | |
| kopā: | | 387 | 15.12 | 18.73 | 39.19 | 0 | 2.000 | 2.784 | |

| piektdiena, 20.decembris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Sķiedrvielas | Alerģēni |
|----------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| Pusdienas | | | | | | | | | |
| Kokosa smalkmaizīte | 70 | 228 | 3.861 | 9.224 | 31.937 | 0.372 | 7.128 | 0.028 | 1;3;7 |
| Vistas gaļas kotlete mājas gaumē | 70 | 186 | 12.291 | 13.038 | 4.941 | 0.07 | | 0.279 | 1;3 |
| Kartupeļu biežputra | 180 | 152 | 4.873 | 1.714 | 28.462 | 0.18 | | 3.78 | 7 |
| Marinēti gurķi | 100 | 27 | 0.8 | 0.2 | 6. | | | | |
| Kefīrs | 200 | 96 | 6. | 4. | 9. | | | | 7 |
| Augļu un ogu dzēriens | 200 | 31 | 0.312 | 0.272 | 6.43 | | 1. | 1.624 | |
| kopā: | | 720 | 28.14 | 28.45 | 86.77 | 0.622 | 8.128 | 5.711 | |

| Launags | | | | | | | | | |
|----------------|-----|------------|-------------|--------------|--------------|----------|--------------|--------------|-------|
| Rauga pankūka | 100 | 237 | 6.143 | 8.264 | 33.695 | | 0.5 | 0.047 | 1;3;7 |
| Krējums skābs | 20 | 40 | 0.52 | 4. | 0.54 | | | | 7 |
| Auglis | 100 | 56 | 0.79 | 0.25 | 12.2 | | | 0.7 | |
| Zāļu tēja | 200 | 4 | 0.062 | 0.122 | 0.019 | | | | |
| kopā: | | 337 | 7.52 | 12.64 | 46.45 | 0 | 0.500 | 0.747 | |