

# Nedēļas ēdienkarte

## Grupa

1.-4.klase

| pirmdiena, 24.februāris                | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|--|----------|------------|----------------|--------------|--------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>                       |          |            |                |              |              |              |              |               |          |
| Dārzenu zupa                           | 250      | 114        | 3.408          | 5.401        | 12.653       | 0.25         |              | 4.809         | 9        |
| Krējums skābs                          | 5        | 10         | 0.13           | 1.           | 0.135        |              |              |               | 7        |
| Sautēta cūkgāļa ar dārzeniem           | 80       | 110        | 8.681          | 7.833        | 1.249        | 0.32         |              | 0.712         |          |
| Vārīti griķi                           | 150      | 166        | 3.712          | 0.792        | 35.937       | 0.15         |              | 1.584         |          |
| Kīnas kāpostu salāti ar dillēm un eļļu | 80       | 33         | 1.22           | 2.564        | 2.192        | 0.08         | 0.4          | 0.828         |          |
| Rudzu maize                            | 40       | 104        | 3.44           | 0.56         | 20.08        |              |              | 2.2           | 1        |
| Kefīrs                                 | 200      | 96         | 6.             | 4.           | 9.           |              |              |               | 7        |
| <b>kopā:</b>                           |          | <b>633</b> | <b>26.59</b>   | <b>22.15</b> | <b>81.25</b> | <b>0.800</b> | <b>0.400</b> | <b>10.133</b> |          |

| Launags        | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls     | Cukurs       | Šķiedrvielas | Alerģēni |
|----------------|----------|------------|----------------|--------------|--------------|----------|--------------|--------------|----------|
| Rauga pankūka  | 100      | 237        | 6.143          | 8.264        | 33.695       |          | 0.5          | 0.047        | 1;3;7    |
| levārijums     | 10       | 14         | 0.1            | 0.01         | 3.9          |          |              |              |          |
| Kakao dzēriens | 200      | 98         | 6.433          | 4.433        | 8.467        |          |              | 1.034        | 7        |
| <b>kopā:</b>   |          | <b>349</b> | <b>12.68</b>   | <b>12.71</b> | <b>46.06</b> | <b>0</b> | <b>0.500</b> | <b>1.081</b> |          |

| otrdiena, 25.februāris     | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|----------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Pusdienas</b>           |          |            |                |              |              |              |              |              |          |
| Borščs                     | 150      | 77         | 2.447          | 4.162        | 7.272        | 0.6          | 0.3          | 2.44         |          |
| Krējums skābs              | 5        | 10         | 0.13           | 1.           | 0.135        |              |              |              | 7        |
| Pasta ar sieru             | 180      | 363        | 15.544         | 17.154       | 36.367       | 0.18         |              | 1.925        | 1;3;7;9  |
| Burkānu salāti ar sēkliņām | 50       | 73         | 1.15           | 6.398        | 2.908        | 0.15         | 0.75         | 1.75         |          |
| Upeņu sīrupa dzēriens      | 150      | 60         | 0.025          |              | 14.965       |              |              | 0.448        |          |
| Rudzu maize                | 40       | 104        | 3.44           | 0.56         | 20.08        |              |              | 2.2          | 1        |
| <b>kopā:</b>               |          | <b>687</b> | <b>22.74</b>   | <b>29.27</b> | <b>81.73</b> | <b>0.930</b> | <b>1.050</b> | <b>8.763</b> |          |

| Launags  | Svars, g | Kcal       | Olbaltumvielas | Tauki       | Ogļhidrāti   | Sāls     | Cukurs   | Šķiedrvielas | Alerģēni |
|--|----------|------------|----------------|-------------|--------------|----------|----------|--------------|----------|
| "Kukurūzas pārslu sausās brokastis ""Milzu"" (glazētas)" | 100      | 334        | 7.1            | 3.1         | 67.2         |          |          | 4.7          |          |
| Piens  | 200      | 96         | 6.4            | 4.          | 9.           |          |          |              | 7        |
| Zāļu tēja  | 200      | 4          | 0.062          | 0.122       | 0.019        |          |          |              |          |
| <b>kopā:</b>   |          | <b>434</b> | <b>13.56</b>   | <b>7.22</b> | <b>76.22</b> | <b>0</b> | <b>0</b> | <b>4.700</b> |          |

| trešdiena, 26.februāris                             | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|---|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Pusdienas</b>                                    |          |            |                |              |              |              |              |              |          |
| Vistas gaļas kotlete                                | 70       | 169        | 10.069         | 9.991        | 8.981        | 0.07         |              | 0.082        | 3        |
| Kartupeļu biežputra                                 | 150      | 127        | 4.06           | 1.429        | 23.718       | 0.15         |              | 3.15         | 7        |
| Piena mērce ar baziliku                             | 50       | 56         | 1.622          | 3.508        | 4.474        | 0.2          |              | 0.013        | 7        |
| Balto redīsu un burkānu salāti ar kāpostiem un eļļu | 70       | 46         | 0.745          | 3.947        | 2.111        | 0.07         | 0.14         | 1.435        |          |
| Citronu biezpienkāms                                | 50       | 85         | 6.299          | 5.587        | 2.256        |              | 0.25         | 0.001        | 7        |
| Ogu ķīselis   | 90       | 89         | 0.288          | 0.092        | 21.28        |              | 4.5          | 0.894        |          |
| Ūdens ar citronu                                    | 150      | 3          | 0.052          | 0.045        | 0.24         |              |              |              |          |
| Rudzu maize   | 20       | 52         | 1.72           | 0.28         | 10.04        |              |              | 1.1          | 1        |
| <b>kopā:</b>  |          | <b>625</b> | <b>24.86</b>   | <b>24.88</b> | <b>73.10</b> | <b>0.490</b> | <b>4.890</b> | <b>6.675</b> |          |

| Launags             | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls     | Cukurs   | Šķiedrvielas | Alerģēni |
|---------------------|----------|------------|----------------|--------------|--------------|----------|----------|--------------|----------|
| Karstmaize ar sieru | 60       | 225        | 8.82           | 13.88        | 15.9         |          |          | 1.05         | 1;10;3;7 |
| Zāļu tēja           | 200      | 4          | 0.062          | 0.122        | 0.019        |          |          |              |          |
| <b>kopā:</b>        |          | <b>228</b> | <b>8.88</b>    | <b>14.00</b> | <b>15.92</b> | <b>0</b> | <b>0</b> | <b>1.050</b> |          |

| ceturtdiena, 27.februāris              | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|--|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Pusdienas</b>                       |          |            |                |              |              |              |              |              |          |
| Vistas gaļas zupa ar dārzeniem         | 150      | 89         | 5.408          | 5.675        | 3.963        | 0.15         |              | 2.059        |          |
| Makaroni ar maltu cūkgāļu un dārzeniem | 180      | 355        | 15.392         | 17.965       | 32.675       | 0.612        |              | 2.877        | 1;3      |
| Kāpostu salāti ar burkāniem un eļļu    | 50       | 27         | 0.666          | 1.598        | 2.587        | 0.05         | 0.5          | 1.5          |          |
| Rudzu maize                            | 20       | 52         | 1.72           | 0.28         | 10.04        |              |              | 1.1          | 1        |
| Kefīrs                                 | 150      | 72         | 4.5            | 3.           | 6.75         |              |              |              | 7        |
| <b>kopā:</b>                           |          | <b>595</b> | <b>27.69</b>   | <b>28.52</b> | <b>56.02</b> | <b>0.812</b> | <b>0.500</b> | <b>7.536</b> |          |

| Launags              | Svars, g | Kcal       | Olbaltumvielas | Tauki       | Ogļhidrāti   | Sāls     | Cukurs   | Šķiedrvielas | Alerģēni |
|----------------------|----------|------------|----------------|-------------|--------------|----------|----------|--------------|----------|
| Biezpiens ar krējumu | 70       | 75         | 12.152         | 1.715       | 2.709        |          |          |              | 7        |
| levārijums           | 5        | 7          | 0.05           | 0.005       | 1.95         |          |          |              |          |
| Saldskābmaize        | 30       | 69         | 1.89           | 0.3         | 14.4         |          |          | 1.35         | 1        |
| Sviests              | 3        | 22         | 0.018          | 2.475       | 0.132        |          |          |              | 7        |
| Zāļu tēja            | 200      | 4          | 0.062          | 0.122       | 0.019        |          |          |              |          |
| <b>kopā:</b>         |          | <b>177</b> | <b>14.17</b>   | <b>4.62</b> | <b>19.21</b> | <b>0</b> | <b>0</b> | <b>1.350</b> |          |

| piektdiena, 28.februāris | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs        | Šķiedrvielas | Alerģēni |
|--------------------------|----------|------------|----------------|--------------|--------------|--------------|---------------|--------------|----------|
| <b>Pusdienas</b>         |          |            |                |              |              |              |               |              |          |
| Cepums Skolas            | 60       | 306        | 3.545          | 16.865       | 34.473       |              | 13.5          | 0.03         | 1;3      |
| Vistas gaļas frikasē     | 50       | 113        | 7.134          | 8.576        | 1.386        | 0.108        |               | 0.107        | 1;7      |
| Vārīti kartupeļi         | 250      | 186        | 5.3            | 0.265        | 39.22        | 0.25         |               | 5.565        |          |
| Biešu salāti             | 50       | 42         | 0.712          | 2.548        | 4.04         | 0.2          | 0.05          | 1.188        |          |
| Augļu dzēriens           | 150      | 49         | 0.236          | 0.176        | 11.369       |              | 4.5           | 0.801        |          |
| <b>kopā:</b>             |          | <b>696</b> | <b>16.93</b>   | <b>28.43</b> | <b>90.49</b> | <b>0.558</b> | <b>18.050</b> | <b>7.691</b> |          |

| Launags               | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs   | Šķiedrvielas | Alerģēni |
|-----------------------|----------|------------|----------------|--------------|--------------|--------------|----------|--------------|----------|
| Vārīti cisiņi (MK172) | 50       | 108        | 5.65           | 8.35         | 2.6          |              |          |              | 7        |
| Vārīti griķi          | 150      | 166        | 3.712          | 0.792        | 35.937       | 0.15         |          | 1.584        |          |
| Sviests               | 5        | 37         | 0.03           | 4.125        | 0.22         |              |          |              | 7        |
| Zāļu tēja             | 200      | 4          | 0.062          | 0.122        | 0.019        |              |          |              |          |
| <b>kopā:</b>          |          | <b>315</b> | <b>9.45</b>    | <b>13.39</b> | <b>38.78</b> | <b>0.150</b> | <b>0</b> | <b>1.584</b> |          |