

Nedēļas ēdienkarte Grupa

1.-4.klase

| pirmdiena, 14.oktobris | 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 |
| Cūkgāļas gulašs | 90 | 185 | 10.584 | 13.992 | 4.058 | 0.094 | | 0.222 | 1;7 |
| Vārīti griķi | 200 | 221 | 4.95 | 1.056 | 47.916 | 0.2 | | 2.112 | |
| Kraukšķīgie dārzeņu salāti ar citronu eļļas mērci | 70 | 68 | 0.768 | 6.426 | 1.985 | 0.007 | 0.35 | 0.847 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| Augļu un ogu dzēriens | 150 | 23 | 0.234 | 0.204 | 4.822 | | 0.75 | 1.218 | |
| Skolas auglis (ābols) | 100 | 54 | 0.3 | 0.6 | 11.4 | | | 2. | |
| kopā: | | 746 | 23.00 | 27.16 | 100.38 | 0.501 | 1.100 | 12.446 | |

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| Launags | | | | | | | | | |
| Karstmaize ar sieru | 60 | 225 | 8.82 | 13.88 | 15.9 | | | 1.05 | 1;10;3;7 |
| Vistas gaļas zupa ar nūdelēm | 200 | 113 | 8.462 | 4.808 | 8.771 | 0.2 | | 1.384 | 1;3 |
| Diena kopā: | | 1084 | 40.29 | 45.85 | 125.06 | 0.701 | 1.100 | 14.880 | |

| otrdiena, 15.oktobris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|--|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| Pusdienas | | | | | | | | | |
| Dārzeņu zupa ar grūbām un cūkgāļu | 150 | 54 | 3.188 | 2.389 | 4.812 | 0.161 | | 1.033 | 1;9 |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | | | | 7 |
| Makaroni ar maltu cūkgāļu un dāržeņiem | 180 | 397 | 10.683 | 17.943 | 41.359 | 0.612 | | 3.244 | 1 |
| Seleriju, burkānu un ābolu salāti ar krējumu | 70 | 40 | 0.877 | 1.665 | 5.226 | 0.35 | 1.05 | 2.136 | 7;9 |
| Piens (skolas) | 200 | 96 | 6.4 | 4. | 9. | | | | 7 |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| kopā: | | 700 | 24.72 | 27.56 | 80.61 | 1.123 | 1.050 | 8.613 | |

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| Launags | | | | | | | | | |
| Biezpiena plācenītis | 100 | 226 | 17.986 | 6.552 | 23.158 | | 9. | 0.021 | 1;3;7 |
| Ievārījums | 10 | 14 | 0.1 | 0.01 | 3.9 | | | | |
| Zāļu tēja | 200 | 4 | 0.062 | 0.122 | 0.019 | | | | |
| Auglis | 100 | 56 | 0.79 | 0.25 | 12.2 | | | 0.7 | |
| Diena kopā: | | 999 | 43.66 | 34.49 | 119.89 | 1.123 | 10.050 | 9.334 | |

| trešdiena, 16.oktobris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|----------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|---------------|----------|
| Pusdienas | | | | | | | | | |
| Vistas gaļas kotlete mājās gaumē | 70 | 186 | 12.291 | 13.038 | 4.941 | 0.07 | | 0.279 | 1;3 |
| Vārīti kartupeļi | 190 | 141 | 4.028 | 0.201 | 29.807 | 0.19 | | 4.229 | |
| Skābā krējuma mērce | 40 | 45 | 0.654 | 3.878 | 1.882 | 0.04 | | 0.179 | 1;7;9 |
| Burkānu salāti ar eļļu | 90 | 67 | 0.837 | 4.667 | 5.365 | 0.27 | 1.35 | 3.013 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| Jogurta zemeņu persiku kokteilis | 200 | 123 | 5.655 | 3.032 | 18.25 | | | 1.03 | 7 |
| Skolas auglis (ābols) | 100 | 54 | 0.3 | 0.6 | 11.4 | | | 2. | |
| kopā: | | 720 | 27.21 | 25.98 | 91.73 | 0.570 | 1.350 | 12.930 | |

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| Launags | | | | | | | | | |
| Mannā putra | 200 | 151 | 7.055 | 3.075 | 23.725 | 0.2 | 0.2 | 0.025 | 1;7 |
| Ievārījums | 10 | 14 | 0.1 | 0.01 | 3.9 | | | | |
| Siera smalkmaizīte | 70 | 225 | 7.751 | 11.074 | 22.921 | 0.355 | | 0.028 | 1;3;7 |
| Zāļu tēja | 200 | 4 | 0.062 | 0.122 | 0.019 | | | | |
| Diena kopā: | | 1114 | 42.17 | 40.26 | 142.29 | 1.125 | 1.550 | 12.983 | |

| ceturtdiena, 17.oktobris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|--------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| Pusdienas | | | | | | | | | |
| Maltās gaļas zupa | 150 | 107 | 4.332 | 5.697 | 9.36 | 0.15 | | 2.481 | 9 |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | | | | 7 |
| Vārīta pasta - makaroni | 140 | 279 | 0.784 | 4.34 | 50.4 | 0.56 | | 2.38 | 1 |
| Piena mērce ar baziliku | 20 | 22 | 0.649 | 1.403 | 1.79 | 0.08 | | 0.005 | 7 |
| Siers | 20 | 68 | 4.96 | 5.36 | | | | | 7 |
| Biešu salāti | 70 | 59 | 0.998 | 3.566 | 5.656 | 0.28 | 0.07 | 1.662 | |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | | | 1.1 | 1 |
| Piens (skolas) | 200 | 96 | 6.4 | 4. | 9. | | | | 7 |
| Skolas auglis (ābols) | 100 | 54 | 0.3 | 0.6 | 11.4 | | | 2. | |
| kopā: | | 746 | 20.27 | 26.25 | 97.78 | 1.070 | 0.070 | 9.628 | |

Launags

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|--------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|---------------|---|
| Cepti kartupeļi | 150 | 192 | 3.9 | 6.371 | 28.86 | 0.15 | | 4.095 | |
| Krējums skābs | 20 | 40 | 0.52 | 4. | 0.54 | | | | 7 |
| Gurķi | 40 | 5 | 0.24 | 0.08 | 0.72 | | | 0.2 | |
| Tēja | 200 | 43 | 0.56 | 0.102 | 11.916 | | | 0.36 | |
| Cukurs baltais | 3 | 12 | | | 2.994 | | 3. | | |
| Diena kopā: | | 1039 | 25.49 | 36.80 | 142.81 | 1.220 | 3.070 | 14.283 | |

| piektdiena, 18.oktobris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|--|----------|-------------|----------------|--------------|---------------|--------------|--------------|---------------|----------|
| Pusdienas | | | | | | | | | |
| Biešu zupa ar kartupeļiem un gaļu | 150 | 73 | 2.167 | 4.139 | 6.809 | 0.15 | 0.495 | 2.282 | |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | | | | 7 |
| Cūkgaļas bumbiņa ar ziedkāpostiem | 60 | 121 | 8.375 | 8.048 | 3.542 | 0.057 | | 0.721 | 1;3;7 |
| Vāriti risi | 160 | 182 | 3.59 | 0.317 | 41.026 | 0.16 | | 0.739 | |
| Kausētā siera mērce | 40 | 65 | 2.64 | 5.095 | 1.952 | 0.16 | | 0.037 | 7;9 |
| Svaigu kāpostu salāti ar āboliem un eļļu | 70 | 42 | 0.924 | 2.31 | 4.242 | 0.07 | | 2.17 | |
| Piens (skolas) | 200 | 96 | 6.4 | 4. | 9. | | | | 7 |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| kopā: | | 692 | 27.67 | 25.47 | 86.79 | 0.597 | 0.495 | 8.149 | |
| Launags | | | | | | | | | |
| Omlēte ar šķiņķi un tomātiem | 120 | 208 | 11.637 | 16.079 | 3.455 | 1.05 | 0.525 | 0.272 | 3;7 |
| Sēklu maize | 40 | 119 | 4.2 | 2.56 | 18.84 | | | 1.72 | 1;11 |
| Sviests | 7 | 52 | 0.042 | 5.775 | 0.308 | | | | 7 |
| Zāļu tēja | 200 | 4 | 0.062 | 0.122 | 0.019 | | | | |
| Diena kopā: | | 1074 | 43.61 | 50.01 | 109.41 | 1.647 | 1.020 | 10.141 | |