

## Nedēļas Ēdienkarte

Grupa

5.-9.klase

Papildus 3x nedēļā LAD programma "Piens un Augļi skolai"(Pirmsskola un no 1.-9. klasei)

|   | Svars (g) | Energētiskā<br>vērtība<br>(kcal) | Olbaltum<br>vielas | Tauki         | Ogļhidrāti     | Sāls         | Cukurs       | Šķiedrvi-<br>las | Alerģēni |
|---|-----------|----------------------------------|--------------------|---------------|----------------|--------------|--------------|------------------|----------|
| <b>pirmdienas, 22.aprīlis</b>                     |           |                                  |                    |               |                |              |              |                  |          |
| <b>Pusdienas</b>                                  |           |                                  |                    |               |                |              |              |                  |          |
| Dārzeņu biezeņzupa                                | 200       | 139                              | 1.678              | 10.192        | 10.022         | 0.0002       | 0            | 3.034            |          |
| Baltmaizes grauzdiņi                              | 10        | 28                               | 0.78               | 0.41          | 5.14           | 0            | 0            | 0.38             | 1        |
| Vārīti griķi                                      | 150       | 166                              | 3.7125             | 0.792         | 35.937         | 0.0001       | 0            | 1.584            |          |
| Cūkgaļas stroganovs                               | 100       | 224                              | 12.0987            | 17.3402       | 4.8833         | 0.0004       | 0            | 0.2374           | 1,7      |
| Ķīnas kāpostu salāti ar dillēm un kukurūzu        | 70        | 46                               | 1.2478             | 3.3968        | 3.1116         | 0.0001       | 0.0001       | 0.6072           |          |
| Rudzu maize                                       | 40        | 104                              | 3.44               | 0.56          | 20.08          | 0            | 0            | 2.2              | 1        |
| Ūdens ar cidoniju garšu                           | 200       | 47                               | 0.02               | 0.02          | 11.54          | 0            | 0            | 0                |          |
| <i>Kopā:</i>                                      |           | <b>753.849</b>                   | <b>22.977</b>      | <b>32.711</b> | <b>90.714</b>  | <b>0.001</b> | <b>0.</b>    | <b>8.043</b>     |          |
| <i>Diena kopā :</i>                               |           | <b>753.849</b>                   | <b>22.977</b>      | <b>32.711</b> | <b>90.714</b>  | <b>0.001</b> | <b>0.</b>    | <b>8.043</b>     |          |
| <b>otrdiena, 23.aprīlis</b>                       |           |                                  |                    |               |                |              |              |                  |          |
| <b>Pusdienas</b>                                  |           |                                  |                    |               |                |              |              |                  |          |
| Biešu zupa ar kartupeļiem un gaļu                 | 200       | 185                              | 8.3426             | 12.8302       | 8.7273         | 0.0002       | 0.0007       | 1.8567           |          |
| Krējums skābs                                     | 5         | 10                               | 0.13               | 1.            | 0.135          | 0            | 0            | 0                | 7        |
| Vārīta pasta - makaroni                           | 120       | 235                              | 7.38               | 4.08          | 41.94          | 0.0001       | 0            | 2.04             | 1        |
| Sautēti dārzeņi                                   | 100       | 73                               | 2.313              | 5.253         | 3.766          | 0.0001       | 0            | 3.288            |          |
| Kausētā siera mērce                               | 40        | 65                               | 2.6428             | 5.1055        | 1.9722         | 0.0002       | 0            | 0.0378           | 7,9      |
| Rudzu maize                                       | 40        | 104                              | 3.44               | 0.56          | 20.08          | 0            | 0            | 2.2              | 1        |
| Gurķi   | 30        | 4                                | 0.18               | 0.06          | 0.54           | 0            | 0            | 0.15             |          |
| Cidoniju- ābolu dzēriens                          | 200       | 84                               | 0.155              | 0.245         | 20.018         | 0            | 0.016        | 1.345            |          |
| <i>Kopā:</i>                                      |           | <b>758.558</b>                   | <b>24.583</b>      | <b>29.134</b> | <b>97.179</b>  | <b>0.001</b> | <b>0.017</b> | <b>10.918</b>    |          |
| <i>Diena kopā :</i>                               |           | <b>758.558</b>                   | <b>24.583</b>      | <b>29.134</b> | <b>97.179</b>  | <b>0.001</b> | <b>0.017</b> | <b>10.918</b>    |          |
| <b>trešdiena, 24.aprīlis</b>                      |           |                                  |                    |               |                |              |              |                  |          |
| <b>Pusdienas</b>                                  |           |                                  |                    |               |                |              |              |                  |          |
| Cepta vistas gaļa                                 | 70        | 210                              | 16.2295            | 15.4332       | 1.3517         | 0.0001       | 0            | 1.6538           |          |
| Krējuma - tomātu mērce                            | 50        | 52                               | 0.3999             | 4.7392        | 1.9141         | 0            | 0            | 0.0307           | 1,7      |
| Vārīti rīsi                                       | 150       | 170                              | 3.366              | 0.297         | 38.4615        | 0.0001       | 0            | 0.693            |          |
| Balto redīsu un gurķu salāti ar papriku un eļļu   | 70        | 32                               | 0.6192             | 2.5658        | 1.559          | 0.0001       | 0.0001       | 0.916            |          |
| Upeņu uzpūtenis                                   | 70        | 71                               | 0.8939             | 0.1036        | 16.1133        | 0            | 0.0105       | 0.9114           | 1        |
| Piens   | 100       | 48                               | 3.2                | 2.            | 4.5            | 0            | 0            | 0                | 7        |
| Rudzu maize                                       | 60        | 155                              | 5.16               | 0.84          | 30.12          | 0            | 0            | 3.3              | 1        |
| <i>Kopā:</i>                                      |           | <b>738.03</b>                    | <b>29.869</b>      | <b>25.979</b> | <b>94.02</b>   | <b>0.</b>    | <b>0.011</b> | <b>7.505</b>     |          |
| <i>Diena kopā :</i>                               |           | <b>738.03</b>                    | <b>29.869</b>      | <b>25.979</b> | <b>94.02</b>   | <b>0.</b>    | <b>0.011</b> | <b>7.505</b>     |          |
| <b>ceturtdiena, 25.aprīlis</b>                    |           |                                  |                    |               |                |              |              |                  |          |
| <b>Brokastis</b>                                  |           |                                  |                    |               |                |              |              |                  |          |
| <b>Pusdienas</b>                                  |           |                                  |                    |               |                |              |              |                  |          |
| Laša zupa ar dārzeņiem                            | 200       | 161                              | 11.205             | 6.6138        | 13.8106        | 0.0002       | 0            | 2.9602           | 4        |
| Krējums skābs                                     | 5         | 10                               | 0.13               | 1.            | 0.135          | 0            | 0            | 0                | 7        |
| Maltās gaļas mērce                                | 120       | 192                              | 13.7887            | 12.1064       | 6.9814         | 0.0001       | 0            | 0.6542           | 1,7      |
| Vārīti kartupeļi                                  | 200       | 149                              | 4.24               | 0.212         | 31.376         | 0.0002       | 0            | 4.452            |          |
| Biešu - burkānu salāti                            | 70        | 57                               | 0.9474             | 3.5931        | 5.2051         | 0.0001       | 0.0001       | 1.981            |          |
| Jāņogu dzēriens                                   | 200       | 27                               | 0.359              | 0.07          | 5.56           | 0            | 0.004        | 1.12             |          |
| Rudzu maize                                       | 40        | 104                              | 3.44               | 0.56          | 20.08          | 0            | 0            | 2.2              | 1        |
| <i>Kopā:</i>                                      |           | <b>700.6</b>                     | <b>34.11</b>       | <b>24.155</b> | <b>83.148</b>  | <b>0.001</b> | <b>0.004</b> | <b>13.367</b>    |          |
| <i>Diena kopā :</i>                               |           | <b>700.6</b>                     | <b>34.11</b>       | <b>24.155</b> | <b>83.148</b>  | <b>0.001</b> | <b>0.004</b> | <b>13.367</b>    |          |
| <b>piektdiena, 26.aprīlis</b>                     |           |                                  |                    |               |                |              |              |                  |          |
| <b>Pusdienas</b>                                  |           |                                  |                    |               |                |              |              |                  |          |
| Buljons ar dārzeņiem                              | 200       | 29                               | 1.565              | 0.3395        | 4.8467         | 0.0002       | 0            | 2.6744           | 9        |
| Krējums skābs                                     | 5         | 10                               | 0.13               | 1.            | 0.135          | 0            | 0            | 0                | 7        |
| Mājas kotlete                                     | 70        | 132                              | 11.0305            | 6.9261        | 6.1089         | 0.0003       | 0            | 0.5565           | 1,3      |
| Vārīta pasta - makaroni                           | 150       | 294                              | 9.225              | 5.1           | 52.425         | 0.0001       | 0            | 2.55             | 1        |
| Saldā krējuma mērce                               | 50        | 53                               | 0.3776             | 5.2658        | 1.1268         | 0            | 0            | 0.0341           | 1,7      |
| Kraukšķīgie dārzeņu salāti ar citronu eļļas mērci | 70        | 68                               | 0.7684             | 6.4256        | 1.9854         | 0            | 0.0004       | 0.8471           |          |
| Rudzu maize                                       | 40        | 104                              | 3.44               | 0.56          | 20.08          | 0            | 0            | 2.2              | 1        |
| Dzērveņu sīrupa dzēriens                          | 200       | 82                               | 0.0332             | 0             | 20.1856        | 0            | 0            | 0.5976           |          |
| <i>Kopā:</i>                                      |           | <b>772.209</b>                   | <b>26.57</b>       | <b>25.617</b> | <b>106.893</b> | <b>0.001</b> | <b>0.</b>    | <b>9.46</b>      |          |
| <i>Diena kopā :</i>                               |           | <b>772.209</b>                   | <b>26.57</b>       | <b>25.617</b> | <b>106.893</b> | <b>0.001</b> | <b>0.</b>    | <b>9.46</b>      |          |