

## Nedēļas ēdienkarte

Grupa 7.-9.klase  
 Papildus 3x nedēļā LAD programma "Piens un Augļi skolai"(Pirmsskola un no 1.-9. klasei)  
 Bez glutēna

|                              | Svars (g)                              | Enerģētiskā<br>vērtība<br>(kcal) | Olbaltum<br>vielas | Tauki         | Ogļhidrāti    | Sāls           | Cukurs       | Šķiedrvielas | Alerģēni      |
|------------------------------|--|----------------------------------|--------------------|---------------|---------------|----------------|--------------|--------------|---------------|
| <b>pirmdiena, 9.marts</b>    |  |                                  |                    |               |               |                |              |              |               |
| <b>Pusdienas</b>             |  |                                  |                    |               |               |                |              |              |               |
| 50128                        | Buljons ar dārzeņiem                   | 250                              | 36                 | 1.9562        | 0.4244        | 6.0584         | 0.0002       | 0            | 3.3429 9      |
| 51750                        | Krējums skābs                          | 10                               | 20                 | 0.26          | 2.            | 0.27           | 0            | 0            | 0 7           |
| 51195                        | Vārīti griķi                           | 200                              | 221                | 4.95          | 1.056         | 47.916         | 0.0002       | 0            | 2.112         |
| 57106                        | Maltās gaļas tomātu mērce              | 100                              | 147                | 8.2645        | 11.4638       | 2.6138         | 0.0004       | 0            | 0.865         |
| 51879                        | Kāpostu salāti ar papriku un eļļu      | 120                              | 88                 | 1.5396        | 6.2448        | 6.2484         | 0.0004       | 0.0018       | 3.462         |
| 51626                        | Keffīrs                                | 250                              | 120                | 7.5           | 5.            | 11.25          | 0            | 0            | 0 7           |
| 55154                        | Graudu maize bezglutēna                | 40                               | 92                 | 2.04          | 2.04          | 16.32          | 0            | 0            | 0             |
|                              | <i>Kopā:</i>                           |                                  | <b>723.907</b>     | <b>26.51</b>  | <b>28.229</b> | <b>90.677</b>  | <b>0.001</b> | <b>0.002</b> | <b>9.782</b>  |
|                              | <b>Diena kopā :</b>                    |                                  | <b>723.907</b>     | <b>26.51</b>  | <b>28.229</b> | <b>90.677</b>  | <b>0.001</b> | <b>0.002</b> | <b>9.782</b>  |
| <b>otrdiena, 10.marts</b>    |  |                                  |                    |               |               |                |              |              |               |
| <b>Pusdienas</b>             |  |                                  |                    |               |               |                |              |              |               |
| 52437                        | Vistas gaļas zupa ar dārzeņiem         | 250                              | 149                | 9.0125        | 9.458         | 6.605          | 0.0002       | 0            | 3.4312        |
| 51750                        | Krējums skābs                          | 15                               | 30                 | 0.39          | 3.            | 0.405          | 0            | 0            | 0 7           |
| 50653                        | Vārīti rīsi                            | 200                              | 227                | 4.488         | 0.396         | 51.282         | 0.0002       | 0            | 0.924         |
| 52922                        | Baltā mērce                            | 60                               | 46                 | 0.0756        | 0.8455        | 9.5637         | 0.0001       | 0            | 0             |
| 50973                        | Rīvēts siers                           | 20                               | 68                 | 4.96          | 5.36          | 0              | 0            | 0            | 0 7           |
| 53946                        | Biešu salāti ar krējumu                | 100                              | 72                 | 1.721         | 3.839         | 7.73           | 0.0005       | 0            | 2.111 7       |
| 53514                        | Augļu un ogu dzēriens                  | 200                              | 31                 | 0.312         | 0.272         | 6.43           | 0            | 0.001        | 1.624         |
| 56184                        | Bezglutēna maize                       | 40                               | 88                 | 0.1162        | 1.2912        | 18.92          | 0.0004       | 0            | 0             |
| 51677                        | Āboli                                  | 100                              | 54                 | 0.3           | 0.6           | 11.4           | 0            | 0            | 2.            |
|                              | <i>Kopā:</i>                           |                                  | <b>764.841</b>     | <b>21.375</b> | <b>25.062</b> | <b>112.336</b> | <b>0.001</b> | <b>0.001</b> | <b>10.09</b>  |
|                              | <b>Diena kopā :</b>                    |                                  | <b>764.841</b>     | <b>21.375</b> | <b>25.062</b> | <b>112.336</b> | <b>0.001</b> | <b>0.001</b> | <b>10.09</b>  |
| <b>trešdiena, 11.marts</b>   |  |                                  |                    |               |               |                |              |              |               |
| <b>Pusdienas</b>             |  |                                  |                    |               |               |                |              |              |               |
| 55405                        | Tvaicēta vistas gaļas kotlete          | 80                               | 166                | 13.0036       | 8.114         | 10.2636        | 0.0001       | 0            | 1.3172 3      |
| 53925                        | Kartupeļu biežputra                    | 220                              | 186                | 5.9554        | 2.0955        | 34.7864        | 0.0002       | 0            | 4.62 7        |
| 51668                        | Burkānu salāti ar eļļu                 | 100                              | 102                | 0.95          | 8.19          | 6.057          | 0.0003       | 0.0015       | 3.42          |
| 54477                        | Ķiršu ķīselis                          | 100                              | 65                 | 0.225         | 0.072         | 15.532         | 0            | 0.01         | 0.299         |
| 55891                        | Jogurta krēms                          | 50                               | 109                | 2.1638        | 7.5025        | 8.264          | 0            | 0.0045       | 0 7           |
| 56184                        | Bezglutēna maize                       | 40                               | 88                 | 0.1162        | 1.2912        | 18.92          | 0.0004       | 0            | 0             |
| 54871                        | Upeņu sīrupa dzēriens                  | 200                              | 80                 | 0.0332        | 0             | 19.9532        | 0            | 0            | 0.5976        |
|                              | <i>Kopā:</i>                           |                                  | <b>796.406</b>     | <b>22.447</b> | <b>27.265</b> | <b>113.776</b> | <b>0.001</b> | <b>0.016</b> | <b>10.254</b> |
|                              | <b>Diena kopā :</b>                    |                                  | <b>796.406</b>     | <b>22.447</b> | <b>27.265</b> | <b>113.776</b> | <b>0.001</b> | <b>0.016</b> | <b>10.254</b> |
| <b>ceturtdiena, 12.marts</b> |  |                                  |                    |               |               |                |              |              |               |
| <b>Pusdienas</b>             |  |                                  |                    |               |               |                |              |              |               |
| 52927                        | Makaronu piena zupa                    | 250                              | 199                | 7.1288        | 5.5912        | 30.225         | 0.0003       | 0.0002       | 0.3938 7      |
| 55980                        | Cūkgāļas gulašs                        | 100                              | 201                | 11.248        | 15.6202       | 3.952          | 0.0001       | 0            | 0.2965        |
| 52920                        | Vārīti bezglutēna makaroni             | 180                              | 262                | 2.709         | 4.419         | 52.29          | 0.0002       | 0            | 0.945         |
| 52153                        | Ķīnas kāpostu salāti ar dillēm un eļļu | 100                              | 42                 | 1.525         | 3.205         | 2.74           | 0.0001       | 0.0005       | 1.035         |
| 55154                        | Graudu maize bezglutēna                | 60                               | 137                | 3.06          | 3.06          | 24.48          | 0            | 0            | 0             |
| 53343                        | Ābolu dzēriens                         | 200                              | 39                 | 0.1782        | 0.3516        | 8.6272         | 0            | 0.002        | 1.16          |
|                              | <i>Kopā:</i>                           |                                  | <b>881.235</b>     | <b>25.849</b> | <b>32.247</b> | <b>122.314</b> | <b>0.001</b> | <b>0.003</b> | <b>3.83</b>   |
|                              | <b>Diena kopā :</b>                    |                                  | <b>881.235</b>     | <b>25.849</b> | <b>32.247</b> | <b>122.314</b> | <b>0.001</b> | <b>0.003</b> | <b>3.83</b>   |
| <b>piektdiena, 13.marts</b>  |  |                                  |                    |               |               |                |              |              |               |
| <b>Pusdienas</b>             |  |                                  |                    |               |               |                |              |              |               |
| 55137                        | Skābeņu zupa ar cūkgāļu                | 250                              | 101                | 5.8788        | 3.558         | 10.8688        | 0.0002       | 0            | 2.6475 1,3    |
| 51750                        | Krējums skābs                          | 10                               | 20                 | 0.26          | 2.            | 0.27           | 0            | 0            | 0 7           |
| 53617                        | Vārīti cīsiņi                          | 70                               | 200                | 7.7           | 16.1          | 2.1            | 0            | 0            | 0 1,7         |
| 51195                        | Vārīti griķi                           | 200                              | 221                | 4.95          | 1.056         | 47.916         | 0.0002       | 0            | 2.112         |
| 50792                        | Sarkanā mērce                          | 40                               | 27                 | 0.477         | 1.242         | 3.4913         | 0            | 0            | 0.3447 9      |
| 55955                        | Biešu salāti                           | 100                              | 85                 | 1.425         | 5.095         | 8.0798         | 0.0001       | 0.0001       | 2.375         |
| 55526                        | Cidoniju un ābolu dzēriens             | 200                              | 84                 | 0.155         | 0.245         | 20.018         | 0            | 0.016        | 1.345         |
| 52919                        | Bezglutēna maize                       | 40                               | 88                 | 0.1162        | 1.2912        | 18.92          | 0.0004       | 0            | 0             |
|                              | <i>Kopā:</i>                           |                                  | <b>824.743</b>     | <b>20.962</b> | <b>30.587</b> | <b>111.664</b> | <b>0.001</b> | <b>0.016</b> | <b>8.824</b>  |
|                              | <b>Diena kopā :</b>                    |                                  | <b>824.743</b>     | <b>20.962</b> | <b>30.587</b> | <b>111.664</b> | <b>0.001</b> | <b>0.016</b> | <b>8.824</b>  |