

Linda Brūvere *Handwritten signature*

Nedēļas ēdienkarte

Grupa

7.-9.klase

Medmāsa Pitone

| | Svars (g) | Enerģētiskā vērtība (kcal) | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|---|-----------|----------------------------|----------------|---------------|----------------|--------------|--------------|---------------|----------|
| pirmdiena, 23.septembris | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| 50134 Dārzenų biezēnzupa | 200 | 139 | 1.678 | 10.192 | 10.022 | 0.0002 | 0 | 3.034 | |
| 55915 Baltmaizes grauzdiņi | 10 | 28 | 0.78 | 0.41 | 5.14 | 0 | 0 | 0.38 | 1 |
| 51195 Vārīti griķi | 150 | 166 | 3.7125 | 0.792 | 35.937 | 0.0001 | 0 | 1.584 | |
| 53863 Cūkgaļas gulašs | 100 | 205 | 11.7605 | 15.5467 | 4.509 | 0.0001 | 0 | 0.247 | 1,7 |
| 52329 Ķīnas kāpostu salāti ar dillēm un kukurūzu | 70 | 46 | 1.2478 | 3.3968 | 3.1116 | 0.0001 | 0.0001 | 0.6072 | |
| 51748 Piens | 200 | 96 | 6.4 | 4. | 9. | 0 | 0 | 0 | 7 |
| 55804 Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| 55933 Ūdens ar cidoniju garšu | 200 | 47 | 0.02 | 0.02 | 11.54 | 0 | 0 | 0 | |
| Kopā: | | 830.615 | 29.039 | 34.918 | 99.34 | 0.001 | 0. | 8.052 | |
| Diena kopā : | | | | | | | | | |
| | | 830.615 | 29.039 | 34.918 | 99.34 | 0.001 | 0. | 8.052 | |
| otrdiena, 24.septembris | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| 56781 Biešu zupa ar kartupeļiem un gaļu | 200 | 185 | 8.3426 | 12.8302 | 8.7273 | 0.0002 | 0.0007 | 1.8567 | |
| 51750 Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | 0 | 0 | 0 | 7 |
| 50667 Vārīta pasta - makaroni | 120 | 235 | 7.38 | 4.08 | 41.94 | 0.0001 | 0 | 2.04 | 1 |
| 55960 Sautēti dārzeni | 100 | 73 | 2.313 | 5.253 | 3.766 | 0.0001 | 0 | 3.288 | |
| 50393 Kausētā siera mērce | 40 | 65 | 2.6428 | 5.1055 | 1.9722 | 0.0002 | 0 | 0.0378 | 7,9 |
| 55804 Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| 51674 Gurķi | 50 | 6 | 0.3 | 0.1 | 0.9 | 0 | 0 | 0.25 | |
| 54870 Dzērveņu sīrupa dzēriens | 200 | 82 | 0.0332 | 0 | 20.1856 | 0 | 0 | 0.5976 | |
| Kopā: | | 768.713 | 24.712 | 29.929 | 97.841 | 0.001 | 0.001 | 10.27 | |
| Diena kopā : | | | | | | | | | |
| | | 768.713 | 24.712 | 29.929 | 97.841 | 0.001 | 0.001 | 10.27 | |
| trešdiena, 25.septembris | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| 55291 Cepta vistas gaļa | 70 | 210 | 16.2295 | 15.4332 | 1.3517 | 0.0001 | 0 | 1.6538 | |
| 52346 Krējuma - tomātu mērce | 50 | 52 | 0.3999 | 4.7392 | 1.9141 | 0 | 0 | 0.0307 | 1,7 |
| 50653 Vārīti rīsi | 150 | 170 | 3.366 | 0.297 | 38.4615 | 0.0001 | 0 | 0.693 | |
| 50630 Balto redīsu un gurķu salāti ar papriku un eļļu | 70 | 32 | 0.6192 | 2.5658 | 1.559 | 0.0001 | 0.0001 | 0.916 | |
| 55490 Ūpeņu uzpūtenis | 70 | 71 | 0.8939 | 0.1036 | 16.1133 | 0 | 0.0105 | 0.9114 | 1 |
| 51748 Piens | 150 | 72 | 4.8 | 3. | 6.75 | 0 | 0 | 0 | 7 |
| 55804 Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| Kopā: | | 710.23 | 29.749 | 26.699 | 86.23 | 0. | 0.011 | 6.405 | |
| Diena kopā : | | | | | | | | | |
| | | 710.23 | 29.749 | 26.699 | 86.23 | 0. | 0.011 | 6.405 | |
| ceturtdiena, 26.septembris | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| 53781 Laša zupa ar dārzeniem | 200 | 161 | 11.205 | 6.6138 | 13.8106 | 0.0002 | 0 | 2.9602 | 4 |
| 51750 Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | 0 | 0 | 0 | 7 |
| 53874 Maltās gaļas mērce | 120 | 192 | 13.7887 | 12.1064 | 6.9814 | 0.0001 | 0 | 0.6542 | 1,7 |
| 50219 Vārīti kartupeļi | 150 | 112 | 3.18 | 0.159 | 23.532 | 0.0001 | 0 | 3.339 | |
| 56551 Burkānu salāti ar ziedkāpostiem un eļļas mērci | 70 | 61 | 0.8925 | 5.0477 | 2.8048 | 0.0001 | 0.0001 | 2.2351 | |
| 56035 Jāņogu dzēriens | 200 | 27 | 0.359 | 0.07 | 5.56 | 0 | 0.004 | 1.12 | |
| 55804 Rudzu maize | 60 | 155 | 5.16 | 0.84 | 30.12 | 0 | 0 | 3.3 | 1 |
| Kopā: | | 728.404 | 34.845 | 26.837 | 83.079 | 0.001 | 0.004 | 13.609 | |
| Diena kopā : | | | | | | | | | |
| | | 728.404 | 34.845 | 26.837 | 83.079 | 0.001 | 0.004 | 13.609 | |
| piektdiena, 27.septembris | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| 50128 Buljons ar dārzeniem | 250 | 36 | 1.9562 | 0.4244 | 6.0584 | 0.0002 | 0 | 3.3429 | 9 |
| 51750 Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | 0 | 0 | 0 | 7 |
| 53866 Mājas kotlete | 70 | 132 | 11.0305 | 6.9261 | 6.1089 | 0.0003 | 0 | 0.5565 | 1,3 |
| 50667 Vārīta pasta - makaroni | 150 | 294 | 9.225 | 5.1 | 52.425 | 0.0001 | 0 | 2.55 | 1 |
| 51087 Skābā krējuma mērce | 50 | 65 | 0.8171 | 5.8477 | 2.3525 | 0 | 0 | 0.2243 | 1,7,9 |
| 50938 Kraukšķīgie dārzenų salāti ar citronu eļļas mērci | 100 | 98 | 1.0977 | 9.1795 | 2.8363 | 0 | 0.0005 | 1.2101 | |
| 55804 Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| 54870 Dzērveņu sīrupa dzēriens | 200 | 82 | 0.0332 | 0 | 20.1856 | 0 | 0 | 0.5976 | |
| Kopā: | | 820.726 | 27.73 | 29.038 | 110.182 | 0.001 | 0.001 | 10.681 | |
| Diena kopā : | | | | | | | | | |
| | | 820.726 | 27.73 | 29.038 | 110.182 | 0.001 | 0.001 | 10.681 | |