

## Nedēļas ēdienkarte

Grupa

10.-12.klase

|                                        | Svars (g) | Enerģētiskā<br>vērtība<br>(kkal) | Olbaltum<br>vielas | Tauki         | Ogļhidrāti     | Sāls         | Cukurs       | Šķiedrvi-<br>las | Alerģēni |
|----------------------------------------|-----------|----------------------------------|--------------------|---------------|----------------|--------------|--------------|------------------|----------|
| <b>pirmdienā, 9.maijs</b>              |           |                                  |                    |               |                |              |              |                  |          |
| <b>Pusdienas</b>                       |           |                                  |                    |               |                |              |              |                  |          |
| Skābeņu zupa ar cūkgaļu                | 250       | 101                              | 5.8788             | 3.558         | 10.8688        | 0.0002       | 0            | 2.6475           | 1,3      |
| Krējums skābs                          | 5         | 10                               | 0.13               | 1.            | 0.135          | 0            | 0            | 0                | 7        |
| Vārītas pērļu grūbas                   | 230       | 212                              | 6.1352             | 0.8855        | 44.9075        | 0.0002       | 0            | 2.9095           |          |
| Cūkgaļas gulašs                        | 100       | 205                              | 11.7605            | 15.5467       | 4.509          | 0.0001       | 0            | 0.247            | 1,7      |
| Kāpostu salāti ar zaļumiem un eļļu     | 120       | 77                               | 1.704              | 5.0352        | 6.1008         | 0.0001       | 0.0012       | 3.4668           |          |
| Rudzu maize                            | 40        | 104                              | 3.44               | 0.56          | 20.08          | 0            | 0            | 2.2              | 1        |
| Augļu un ogu dzēriens                  | 200       | 31                               | 0.312              | 0.272         | 6.43           | 0            | 0.001        | 1.624            |          |
| Piens                                  | 150       | 72                               | 4.8                | 3.            | 6.75           | 0            | 0            | 0                | 7        |
| <b>Kopā:</b>                           |           | <b>811.698</b>                   | <b>34.161</b>      | <b>29.857</b> | <b>99.781</b>  | <b>0.001</b> | <b>0.002</b> | <b>13.095</b>    |          |
| <b>Diena kopā :</b>                    |           | <b>811.698</b>                   | <b>34.161</b>      | <b>29.857</b> | <b>99.781</b>  | <b>0.001</b> | <b>0.002</b> | <b>13.095</b>    |          |
| <b>otrdienā, 10.maijs</b>              |           |                                  |                    |               |                |              |              |                  |          |
| <b>Pusdienas</b>                       |           |                                  |                    |               |                |              |              |                  |          |
| Sarkano lēcu zupa ar dārzeņiem         | 250       | 223                              | 7.187              | 13.0778       | 19.0841        | 0.0002       | 0            | 5.5209           | 9        |
| Plovs ar vistas gaļu                   | 230       | 400                              | 15.508             | 12.8184       | 54.8198        | 0.0009       | 0            | 2.7276           |          |
| Biešu salāti ar krējumu                | 120       | 86                               | 2.0652             | 4.6068        | 9.276          | 0.0006       | 0            | 2.5332           | 7        |
| Saldskābmaize                          | 40        | 92                               | 2.52               | 0.4           | 19.2           | 0            | 0            | 1.8              | 1        |
| Ābolu dzēriens                         | 200       | 39                               | 0.1782             | 0.3516        | 8.6272         | 0            | 0.002        | 1.16             |          |
| <b>Kopā:</b>                           |           | <b>840.332</b>                   | <b>27.458</b>      | <b>31.255</b> | <b>111.007</b> | <b>0.002</b> | <b>0.002</b> | <b>13.742</b>    |          |
| <b>Diena kopā :</b>                    |           | <b>840.332</b>                   | <b>27.458</b>      | <b>31.255</b> | <b>111.007</b> | <b>0.002</b> | <b>0.002</b> | <b>13.742</b>    |          |
| <b>trešdienā, 11.maijs</b>             |           |                                  |                    |               |                |              |              |                  |          |
| <b>Pusdienas</b>                       |           |                                  |                    |               |                |              |              |                  |          |
| Cūkgaļas bumbiņa ar dārzeņiem          | 80        | 167                              | 11.1081            | 11.5095       | 4.7125         | 0.0003       | 0            | 0.7685           | 1,3,7    |
| Kartupeļu biezputra                    | 230       | 194                              | 6.2261             | 2.1908        | 36.3676        | 0.0002       | 0            | 4.83             | 7        |
| Burkānu salāti ar eļļu                 | 120       | 90                               | 1.116              | 6.2232        | 7.1532         | 0.0004       | 0.0018       | 4.0176           |          |
| Persiku un jogurta kokteilis           | 250       | 195                              | 5.8988             | 6.383         | 36.585         | 0            | 0            | 1.0725           | 7        |
| Rudzu maize                            | 80        | 207                              | 6.88               | 1.12          | 40.16          | 0            | 0            | 4.4              | 1        |
| Ūdens ar citronu                       | 200       | 4                                | 0.07               | 0.06          | 0.32           | 0            | 0            | 0                |          |
| <b>Kopā:</b>                           |           | <b>857.764</b>                   | <b>31.299</b>      | <b>27.487</b> | <b>125.298</b> | <b>0.001</b> | <b>0.002</b> | <b>15.089</b>    |          |
| <b>Diena kopā :</b>                    |           | <b>857.764</b>                   | <b>31.299</b>      | <b>27.487</b> | <b>125.298</b> | <b>0.001</b> | <b>0.002</b> | <b>15.089</b>    |          |
| <b>ceturtdienā, 12.maijs</b>           |           |                                  |                    |               |                |              |              |                  |          |
| <b>Pusdienas</b>                       |           |                                  |                    |               |                |              |              |                  |          |
| Aukstā biešu zupa                      | 250       | 106                              | 5.545              | 3.2315        | 13.4258        | 0.0003       | 0.0012       | 1.754            | 10,3,7   |
| Vārīta pasta - makaroni                | 200       | 392                              | 12.3               | 6.8           | 69.9           | 0.0008       | 0            | 3.4              | 1        |
| Maltas cūkgaļas mērce                  | 130       | 208                              | 14.9378            | 13.1153       | 7.5631         | 0.0005       | 0            | 0.7088           | 1,7      |
| Ķīnas kāpostu salāti ar dillēm un eļļu | 120       | 51                               | 1.83               | 3.846         | 3.288          | 0.0001       | 0.0006       | 1.242            |          |
| Dzērveņu dzēriens                      | 200       | 79                               | 0.1268             | 0.2132        | 18.182         | 0            | 0.017        | 1.5064           |          |
| <b>Kopā:</b>                           |           | <b>836.168</b>                   | <b>34.74</b>       | <b>27.206</b> | <b>112.359</b> | <b>0.002</b> | <b>0.019</b> | <b>8.611</b>     |          |
| <b>Diena kopā :</b>                    |           | <b>836.168</b>                   | <b>34.74</b>       | <b>27.206</b> | <b>112.359</b> | <b>0.002</b> | <b>0.019</b> | <b>8.611</b>     |          |
| <b>piektdienā, 13.maijs</b>            |           |                                  |                    |               |                |              |              |                  |          |
| <b>Pusdienas</b>                       |           |                                  |                    |               |                |              |              |                  |          |
| Buljons ar makaroniem                  | 250       | 127                              | 4.1999             | 2.526         | 21.7851        | 0.0002       | 0            | 1.4024           | 1,3      |
| Vārīti rīsi                            | 180       | 204                              | 4.0392             | 0.3564        | 46.1538        | 0.0002       | 0            | 0.8316           |          |
| Sautēta cūkgaļa ar dārzeņiem           | 100       | 138                              | 10.851             | 9.7915        | 1.561          | 0.0004       | 0            | 0.8905           |          |
| Burkānu salāti ar sēkliņām             | 130       | 193                              | 2.9887             | 16.6348       | 7.5595         | 0.0004       | 0.002        | 4.5513           |          |
| Ābolu sulas dzēriens                   | 200       | 69                               | 0.1                | 0             | 17.088         | 0            | 0.006        | 0                |          |
| Rudzu maize                            | 40        | 104                              | 3.44               | 0.56          | 20.08          | 0            | 0            | 2.2              | 1        |
| Piens                                  | 150       | 72                               | 4.8                | 3.            | 6.75           | 0            | 0            | 0                | 7        |
| <b>Kopā:</b>                           |           | <b>906.597</b>                   | <b>30.419</b>      | <b>32.869</b> | <b>120.977</b> | <b>0.001</b> | <b>0.008</b> | <b>9.876</b>     |          |
| <b>Diena kopā :</b>                    |           | <b>906.597</b>                   | <b>30.419</b>      | <b>32.869</b> | <b>120.977</b> | <b>0.001</b> | <b>0.008</b> | <b>9.876</b>     |          |