



Linda Brūvere

Med māte Būtore

Nedēļas ēdienkarte

Grupa 10.-12.klase
 Bez piena un laktozes

| | Svars (g) | Enerģētiskā vērtība (kkal) | Olbaltum vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvi- las | Alerģēni |
|-------------------------------------|-----------|-------------------------------|--------------------|---------------|----------------|--------------|--------------|------------------|----------|
| pirmdienā, 5.decembris | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Buljons ar dārzeņiem | 250 | 36 | 1.9562 | 0.4244 | 6.0584 | 0.0002 | 0 | 3.3429 | 9 |
| Cūkgaļas gulašs | 100 | 201 | 11.248 | 15.6202 | 3.952 | 0.0001 | 0 | 0.2965 | |
| Vārīti griķi | 230 | 254 | 5.6925 | 1.2144 | 55.1034 | 0.0002 | 0 | 2.4288 | |
| Margarīns sviestmaizēm | 5 | 36 | 0 | 4. | 0 | 0 | 0 | 0 | |
| Biešu un ābolu salāti | 120 | 85 | 1.4976 | 3.8112 | 10.8516 | 0.0004 | 0.0006 | 2.784 | |
| Aroniju sīrupa dzēriens | 200 | 76 | 0.0332 | 0.0332 | 18.8908 | 0 | 0 | 0 | |
| Bezglutēna maize | 80 | 175 | 0.2324 | 2.5824 | 37.84 | 0.0008 | 0 | 0 | |
| <i>Kopā:</i> | | 863.902 | 20.66 | 27.686 | 132.696 | 0.002 | 0.001 | 8.852 | |
| <i>Diena kopā :</i> | | 863.902 | 20.66 | 27.686 | 132.696 | 0.002 | 0.001 | 8.852 | |
| otrdiena, 6.decembris | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Laša zupa ar dārzeņiem | 250 | 165 | 13.7788 | 8.2892 | 8.3738 | 0.0002 | 0 | 3.965 | 4 |
| Vārīti kartupeļi | 230 | 171 | 4.876 | 0.2438 | 36.0824 | 0.0002 | 0 | 5.1198 | |
| Sautēta cūkgaļa ar dārzeņiem | 120 | 202 | 12.0994 | 14.802 | 4.9452 | 0.0001 | 0 | 1.1143 | |
| Kāpostu salāti ar zaļumiem un eļļu | 100 | 64 | 1.42 | 4.196 | 5.084 | 0.0001 | 0.001 | 2.889 | |
| Bezglutēna maize | 80 | 175 | 0.2324 | 2.5824 | 37.84 | 0.0008 | 0 | 0 | |
| Augļu dzēriens | 150 | 49 | 0.2362 | 0.1755 | 11.3692 | 0 | 0.0045 | 0.801 | |
| <i>Kopā:</i> | | 825.565 | 32.643 | 30.289 | 103.695 | 0.001 | 0.006 | 13.889 | |
| <i>Diena kopā :</i> | | 825.565 | 32.643 | 30.289 | 103.695 | 0.001 | 0.006 | 13.889 | |
| trešdiena, 7.decembris | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Cūkgaļas kotlete | 90 | 257 | 14.539 | 18.169 | 8.9456 | 0.0001 | 0 | 0.3202 | |
| Vārīti kartupeļi | 230 | 171 | 4.876 | 0.2438 | 36.0824 | 0.0002 | 0 | 5.1198 | |
| Margarīns sviestmaizēm | 10 | 72 | 0 | 8. | 0 | 0 | 0 | 0 | |
| Baltā mērce | 50 | 38 | 0.063 | 0.7046 | 7.9698 | 0 | 0 | 0 | |
| Burkānu salāti ar eļļu | 100 | 75 | 0.93 | 5.186 | 5.961 | 0.0003 | 0.0015 | 3.348 | |
| Ogu ķīselis | 100 | 99 | 0.32 | 0.102 | 23.644 | 0 | 0.005 | 0.993 | |
| Rīsu pudiņš | 50 | 91 | 1.3411 | 1.5672 | 17.7512 | 0.0001 | 0.003 | 0.3096 | 3 |
| Ūdens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 | 0 | 0 | 0 | |
| <i>Kopā:</i> | | 806.763 | 22.139 | 34.033 | 100.674 | 0.001 | 0.01 | 10.091 | |
| <i>Diena kopā :</i> | | 806.763 | 22.139 | 34.033 | 100.674 | 0.001 | 0.01 | 10.091 | |
| ceturtdiena, 8.decembris | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Dārzeņu biezeņzupa | 300 | 197 | 2.283 | 15.315 | 12.279 | 0.0003 | 0 | 4.902 | |
| Tvaicēta cūkgaļas šķēle | 40 | 146 | 12.6936 | 10.5569 | 0.1736 | 0.0004 | 0.0005 | 0.0754 | |
| Baltā mērce | 50 | 38 | 0.063 | 0.7046 | 7.9698 | 0 | 0 | 0 | |
| Vārīti kartupeļi | 240 | 179 | 5.088 | 0.2544 | 37.6512 | 0.0002 | 0 | 5.3424 | |
| Skābu kāpostu salāti ar eļļu | 120 | 43 | 1.7304 | 2.7461 | 1.5382 | 0.0001 | 0.0004 | 2.5546 | |
| Bezglutēna maize | 80 | 175 | 0.2324 | 2.5824 | 37.84 | 0.0008 | 0 | 0 | |
| Augļu un ogu dzēriens | 200 | 31 | 0.312 | 0.272 | 6.43 | 0 | 0.001 | 1.624 | |
| <i>Kopā:</i> | | 810.116 | 22.402 | 32.431 | 103.882 | 0.002 | 0.002 | 14.498 | |
| <i>Diena kopā :</i> | | 810.116 | 22.402 | 32.431 | 103.882 | 0.002 | 0.002 | 14.498 | |
| piektdiena, 9.decembris | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Frikadeļu zupa | 250 | 251 | 7.3462 | 17.5473 | 15.4601 | 0.0003 | 0 | 4.2224 | 9 |
| Vārīti rīsi | 200 | 227 | 4.488 | 0.396 | 51.282 | 0.0002 | 0 | 0.924 | |
| Vistas gaļas gulašs | 120 | 176 | 11.8408 | 11.9898 | 4.3974 | 0.0001 | 0 | 1.1346 | |
| Ķirbju un ābolu salāti ar burkāniem | 100 | 38 | 0.7805 | 0.3175 | 7.557 | 0 | 0.0005 | 2.37 | |
| Bezglutēna maize | 40 | 88 | 0.1162 | 1.2912 | 18.92 | 0.0004 | 0 | 0 | |
| Ābolu dzēriens | 200 | 39 | 0.1782 | 0.3516 | 8.6272 | 0 | 0.002 | 1.16 | |
| <i>Kopā:</i> | | 817.877 | 24.75 | 31.893 | 106.244 | 0.001 | 0.003 | 9.811 | |
| <i>Diena kopā :</i> | | 817.877 | 24.75 | 31.893 | 106.244 | 0.001 | 0.003 | 9.811 | |