

Nedēļas Ēdienkarte

Grupa

7.-9.klase

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

Veģetārā

| | Svars (g) | Energēti skā vērtība (kcal) | Olbaltum vielas | Tauki | Ogļhidrāt i | Sāls | Cukurs | Šķiedrvie las | Alerģeni |
|--|-----------|--------------------------------------|--------------------|---------------|----------------|--------------|--------------|------------------|-------------|
| pirmdiena, 16.decembris | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Biešu zupa ar kartupeļiem | 200 | 67 | 1.6842 | 2.213 | 9.8609 | 0.0002 | 0.0006 | 2.9562 | 9 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | 0 | 0 | 0 | 7 |
| Dārzeni saldā krējuma mērcē | 100 | 49 | 1.9618 | 2.4043 | 4.6458 | 0.0006 | 0 | 2.64 | 1;7 |
| Rīvēts siers | 40 | 136 | 9.92 | 10.72 | 0 | 0 | 0 | 0 | 7 |
| Vārīta pasta - makaroni | 200 | 397 | 2.12 | 6.2 | 72. | 0.0008 | 0 | 3.4 | 1 |
| Burkānu salāti ar āboliem un eļļu | 90 | 72 | 0.7704 | 4.7214 | 6.6582 | 0.0004 | 0.0018 | 2.8584 | |
| Ūdens ar ogām | 200 | 4 | 0.08 | 0.04 | 0.55 | 0 | 0 | 0 | |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | 0 | 0 | 1.1 | 1 |
| Piens (skolas) | 200 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Auglis (skolas) | gab. | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| <i>Kopā:</i> | | 796.533 | 18.516 | 28.579 | 104.025 | 0.002 | 0.002 | 12.955 | |
| Diena kopā : | | 796.533 | 18.516 | 28.579 | 104.025 | 0.002 | 0.002 | 12.955 | |
| otrdiena, 17.decembris | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Dārzeņu biezeņzupa | 250 | 162 | 1.9025 | 12.7625 | 10.2325 | 0.0002 | 0 | 4.085 | |
| Baltmaizes grauzdiņi | 10 | 28 | 0.78 | 0.41 | 5.14 | 0 | 0 | 0.38 | 1 |
| Kartupeļu - dārzeņu sautējums | 250 | 194 | 5.775 | 9.3011 | 21.3208 | 0.002 | 0 | 7.5971 | 9 |
| Biešu salāti ar ķiplokiem un eļļu | 100 | 70 | 1.6 | 3.1085 | 8.889 | 0.0004 | 0 | 2.4 | |
| Eļļas citrona mērce | 5 | 41 | 0.0048 | 4.5037 | 0.2722 | 0 | 0.0002 | 0.0013 | |
| Kefīrs | 200 | 96 | 6. | 4. | 9. | 0 | 0 | 0 | 7 |
| Rudzu maize | 60 | 155 | 5.16 | 0.84 | 30.12 | 0 | 0 | 3.3 | 1 |
| <i>Kopā:</i> | | 746.572 | 21.222 | 34.926 | 84.975 | 0.003 | 0. | 17.763 | |
| Diena kopā : | | 746.572 | 21.222 | 34.926 | 84.975 | 0.003 | 0. | 17.763 | |
| trešdiena, 18.decembris | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Dārzeņu kotlete | 100 | 245 | 7.3726 | 13.9328 | 22.1166 | 0.001 | 0 | 2.1831 | 1;10;11;3;7 |
| Krējums skābs | 20 | 40 | 0.52 | 4. | 0.54 | 0 | 0 | 0 | 7 |
| Vārīti kartupeļi | 230 | 171 | 4.876 | 0.2438 | 36.0824 | 0.0002 | 0 | 5.1198 | |
| Kāpostu salāti ar ābolu, puravu un krējumu | 100 | 56 | 1.511 | 3.2485 | 5.138 | 0.0008 | 0 | 2.3765 | 7 |
| Jogurta krēms | 50 | 109 | 2.1638 | 7.5025 | 8.264 | 0 | 0.0045 | 0 | 7 |
| Ogu ķīselis | 100 | 37 | 0.446 | 0.116 | 7.956 | 0 | 0.005 | 1.32 | |
| Ūdens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 | 0 | 0 | 0 | |
| Rudzu maize | 80 | 207 | 6.88 | 1.12 | 40.16 | 0 | 0 | 4.4 | 1 |
| Piens (skolas) | 200 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Auglis (skolas) | gab. | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| <i>Kopā:</i> | | 869.843 | 23.839 | 30.224 | 120.577 | 0.002 | 0.01 | 15.399 | |
| Diena kopā : | | 869.843 | 23.839 | 30.224 | 120.577 | 0.002 | 0.01 | 15.399 | |
| ceturtdiena, 19.decembris | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Ziedkāpostu brokoļu zupa | 200 | 79 | 2.7394 | 4.3202 | 7.1778 | 0.0002 | 0 | 3.4846 | 9 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | 0 | 0 | 0 | 7 |
| Baltās pupiņas krējuma mērcē | 120 | 137 | 4.3637 | 9.163 | 9.1176 | 0.0006 | 0 | 3.033 | 1;7 |
| Vārīti rīsi | 200 | 227 | 4.488 | 0.396 | 51.282 | 0.0002 | 0 | 0.924 | |
| Svaigu kāpostu biešu salāti ar eļļas mērci | 100 | 56 | 1.378 | 3.174 | 5.413 | 0.0001 | 0.0005 | 2.81 | |
| Citronu eļļas mērce | 5 | 37 | 0.0052 | 4.004 | 0.3237 | 0 | 0.0003 | 0.0013 | |
| Ūdens ar ogām | 200 | 4 | 0.08 | 0.04 | 0.55 | 0 | 0 | 0 | |
| Rudzu maize | 60 | 155 | 5.16 | 0.84 | 30.12 | 0 | 0 | 3.3 | 1 |
| <i>Kopā:</i> | | 714.414 | 18.474 | 23.937 | 104.254 | 0.001 | 0.001 | 13.553 | |
| Diena kopā : | | 714.414 | 18.474 | 23.937 | 104.254 | 0.001 | 0.001 | 13.553 | |
| piektdiena, 20.decembris | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Buljons ar dārzeniņiem | 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 |
| Burkānu kotlete | 100 | 194 | 6.3464 | 10.484 | 18.3012 | 0.0006 | 0.0025 | 2.611 | 1;11;3;7 |
| Krējums skābs | 20 | 40 | 0.52 | 4. | 0.54 | 0 | 0 | 0 | 7 |
| Kartupeļu biežputra | 200 | 229 | 5.414 | 2.905 | 31.624 | 0.0002 | 0 | 4.2 | 7 |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | 0 | 0 | 0 | 7 |
| Marinēti gurķi | 120 | 32 | 0.96 | 0.24 | 7.2 | 0 | 0 | 0 | |
| Augļu un ogu dzēriens | 200 | 31 | 0.312 | 0.272 | 6.43 | 0 | 0.001 | 1.624 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| Piens (skolas) | 200 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Auglis (skolas) | gab. | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| <i>Kopā:</i> | | 706.586 | 18.717 | 23.926 | 89.377 | 0.001 | 0.004 | 13.309 | |
| Diena kopā : | | 706.586 | 18.717 | 23.926 | 89.377 | 0.001 | 0.004 | 13.309 | |