



# Daily

SIA "Baltic Restaurants Latvia"

Reģ. Nr. LV40003556833

Elizabetes ielā 20, Rīga, LV-1050, Latvija

AS SEB banka, SWIFT UNLALV2X

LV30UNLA005001281310

Linda Brīvere

*Mēd. māc. Botāne*

## Nedēļas ēdienkarte

Grupa  
Bez piena

10.-12.klase

|   | Svars (g) | Energētiskā<br>vērtība<br>(kcal) | Olbaltum<br>vielas | Tauki         | Ogļhidrāti     | Sāls         | Cukurs       | Šķiedrvielas  | Alerģeni |
|---|-----------|----------------------------------|--------------------|---------------|----------------|--------------|--------------|---------------|----------|
| <b>pirmdiena, 30.septembris</b>             |           |                                  |                    |               |                |              |              |               |          |
| <b>Pusdienas</b>                            |           |                                  |                    |               |                |              |              |               |          |
| Ziedkāpostu zupa                            | 250       | 98                               | 3.1742             | 5.4316        | 8.9098         | 0.0002       | 0            | 5.1682        | 9        |
| Cūkgaļas gulašs                             | 100       | 201                              | 11.248             | 15.6202       | 3.952          | 0.0001       | 0            | 0.2965        |          |
| Vārīta pasta - makaroni                     | 200       | 398                              | 1.12               | 6.2           | 72.            | 0.0008       | 0            | 3.4           | 1        |
| Kāpostu salāti ar burkāniem un eļļu         | 80        | 44                               | 1.0656             | 2.5568        | 4.1392         | 0.0001       | 0.0008       | 2.4           |          |
| Rudzu maize                                 | 60        | 155                              | 5.16               | 0.84          | 30.12          | 0            | 0            | 3.3           | 1        |
| Ūdens ar citronu                            | 200       | 4                                | 0.07               | 0.06          | 0.32           | 0            | 0            | 0             |          |
| <i>Kopā:</i>                                |           | <b>900.477</b>                   | <b>21.838</b>      | <b>30.709</b> | <b>119.441</b> | <b>0.001</b> | <b>0.001</b> | <b>14.565</b> |          |
| <i>Diena kopā :</i>                         |           | <b>900.477</b>                   | <b>21.838</b>      | <b>30.709</b> | <b>119.441</b> | <b>0.001</b> | <b>0.001</b> | <b>14.565</b> |          |
| <b>otrdiena, 1.oktobris</b>                 |           |                                  |                    |               |                |              |              |               |          |
| <b>Pusdienas</b>                            |           |                                  |                    |               |                |              |              |               |          |
| Borščs                                      | 250       | 128                              | 4.0788             | 6.9366        | 12.1202        | 0.001        | 0.0005       | 4.0674        |          |
| Dārzeņu un cūkgaļas sautējums ar pupiņām    | 320       | 320                              | 20.5349            | 15.0349       | 25.2779        | 0.0008       | 0            | 9.9923        | 9        |
| Burkānu salāti ar eļļu                      | 100       | 74                               | 0.93               | 5.186         | 5.961          | 0.0003       | 0.0015       | 3.348         |          |
| Ķiršu dzēriens                              | 200       | 88                               | 0.33               | 0.09          | 20.9           | 0            | 0            | 0.41          |          |
| Rudzu maize                                 | 80        | 207                              | 6.88               | 1.12          | 40.16          | 0            | 0            | 4.4           | 1        |
| Margarīns sviestmaizēm                      | 10        | 72                               | 0                  | 8.            | 0              | 0            | 0            | 0             |          |
| <i>Kopā:</i>                                |           | <b>889.364</b>                   | <b>32.754</b>      | <b>36.368</b> | <b>104.419</b> | <b>0.002</b> | <b>0.002</b> | <b>22.218</b> |          |
| <i>Diena kopā :</i>                         |           | <b>889.364</b>                   | <b>32.754</b>      | <b>36.368</b> | <b>104.419</b> | <b>0.002</b> | <b>0.002</b> | <b>22.218</b> |          |
| <b>trešdiena, 2.oktobris</b>                |           |                                  |                    |               |                |              |              |               |          |
| <b>Pusdienas</b>                            |           |                                  |                    |               |                |              |              |               |          |
| Cūkgaļas kotlete mājas gaumē                | 90        | 240                              | 15.8027            | 16.7626       | 6.3533         | 0.0001       | 0            | 0.3586        | 1;3      |
| Mīcīti kartupeļi ar dārzeņu buljonu         | 200       | 143                              | 4.103              | 0.2225        | 30.0123        | 0.0002       | 0            | 4.4651        | 9        |
| Biešu salāti                                | 120       | 101                              | 1.71               | 6.114         | 9.6958         | 0.0005       | 0.0001       | 2.85          |          |
| Eļļas citrona mērce                         | 5         | 42                               | 0.0048             | 4.5037        | 0.2722         | 0            | 0.0002       | 0.0013        |          |
| Rudzu maize                                 | 80        | 207                              | 6.88               | 1.12          | 40.16          | 0            | 0            | 4.4           | 1        |
| Rīsu piena kokteilis ar zemenēm un banāniem | 250       | 158                              | 1.1725             | 2.405         | 32.3625        | 0            | 0            | 1.68          |          |
| Ūdens ar dzērveņu garšu                     | 200       | 49                               | 0.02               | 0             | 12.16          | 0            | 0            | 0.36          |          |
| <i>Kopā:</i>                                |           | <b>940.152</b>                   | <b>29.693</b>      | <b>31.128</b> | <b>131.016</b> | <b>0.001</b> | <b>0.</b>    | <b>14.115</b> |          |
| <i>Diena kopā :</i>                         |           | <b>940.152</b>                   | <b>29.693</b>      | <b>31.128</b> | <b>131.016</b> | <b>0.001</b> | <b>0.</b>    | <b>14.115</b> |          |
| <b>ceturtdiena, 3.oktobris</b>              |           |                                  |                    |               |                |              |              |               |          |
| <b>Pusdienas</b>                            |           |                                  |                    |               |                |              |              |               |          |
| Frikadeļu zupa                              | 200       | 258                              | 10.0677            | 18.3558       | 12.7238        | 0.0002       | 0            | 3.4899        | 3;9      |
| Pasta ar dārzeniņiem                        | 230       | 380                              | 2.2457             | 11.7464       | 56.8438        | 0.0008       | 0            | 4.7018        | 1;9      |
| Ķīnas kāpostu salāti ar dillēm un eļļu      | 100       | 42                               | 1.525              | 3.205         | 2.74           | 0.0001       | 0.0005       | 1.035         |          |
| Rudzu maize                                 | 80        | 207                              | 6.88               | 1.12          | 40.16          | 0            | 0            | 4.4           | 1        |
| Augļu un ogu dzēriens                       | 200       | 31                               | 0.312              | 0.272         | 6.43           | 0            | 0.001        | 1.624         |          |
| <i>Kopā:</i>                                |           | <b>918.201</b>                   | <b>21.03</b>       | <b>34.699</b> | <b>118.898</b> | <b>0.001</b> | <b>0.002</b> | <b>15.251</b> |          |
| <i>Diena kopā :</i>                         |           | <b>918.201</b>                   | <b>21.03</b>       | <b>34.699</b> | <b>118.898</b> | <b>0.001</b> | <b>0.002</b> | <b>15.251</b> |          |
| <b>piektdiena, 4.oktobris</b>               |           |                                  |                    |               |                |              |              |               |          |
| <b>Pusdienas</b>                            |           |                                  |                    |               |                |              |              |               |          |
| Zivju zupa                                  | 200       | 57                               | 6.0834             | 0.4093        | 6.9982         | 0.0002       | 0            | 3.128         | 4;9      |
| Cepta vistas gaļa                           | 80        | 198                              | 17.3944            | 13.0508       | 1.6552         | 0.0001       | 0            | 0.1244        |          |
| Vārīti rīsi                                 | 200       | 227                              | 4.488              | 0.396         | 51.282         | 0.0002       | 0            | 0.924         |          |
| Baltā mērce                                 | 20        | 15                               | 0.0252             | 0.2818        | 3.1879         | 0            | 0            | 0             |          |
| Burkānu salāti ar sēkliņām                  | 100       | 148                              | 2.299              | 12.796        | 5.815          | 0.0003       | 0.0015       | 3.501         |          |
| 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>                                |           | <b>804.445</b>                   | <b>35.53</b>       | <b>27.814</b> | <b>99.608</b>  | <b>0.001</b> | <b>0.002</b> | <b>10.977</b> |          |
| <i>Diena kopā :</i>                         |           | <b>804.445</b>                   | <b>35.53</b>       | <b>27.814</b> | <b>99.608</b>  | <b>0.001</b> | <b>0.002</b> | <b>10.977</b> |          |