

Med. mat. Botane

## Nedēļas ēdienkarte

**Grupa**

10.-12.klase

| pirmdiena, 1.septembris                           | Svars, g | Kcal       | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrviel<br>as | Alerģēni |
|---------------------------------------------------|----------|------------|--------------------|--------------|---------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>                                  |          |            |                    |              |               |              |              |                  |          |
| Ziedkāpostu zupa                                  | 200      | 79         | 2.539              | 4.345        | 7.128         | 0.2          |              | 4.135            | 9        |
| Cūkgaļas gulašs                                   | 90       | 185        | 10.584             | 13.992       | 4.058         | 0.094        |              | 0.222            | 1,7      |
| Vārīta pasta - makaroni                           | 200      | 398        | 1.12               | 6.2          | 72.           | 0.8          |              | 3.4              | 1        |
| Kraukšķīgie dārzeņu salāti ar citronu eļļas mērci | 90       | 88         | 0.988              | 8.262        | 2.553         | 0.009        | 0.45         | 1.089            |          |
| Rudzu maize                                       | 40       | 104        | 3.44               | 0.56         | 20.08         |              |              | 2.2              | 1        |
| Piens                                             | 200      | 96         | 6.4                | 4.           | 9.            |              |              |                  | 7        |
| <b>kopā:</b>                                      |          | <b>949</b> | <b>25.07</b>       | <b>37.36</b> | <b>114.82</b> | <b>1.103</b> | <b>0.450</b> | <b>11.046</b>    |          |

| otrdiena, 2.septembris                   | Svars, g | Kcal       | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrviel<br>as | Alerģēni |
|------------------------------------------|----------|------------|--------------------|--------------|---------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>                         |          |            |                    |              |               |              |              |                  |          |
| Borščs                                   | 250      | 128        | 4.079              | 6.937        | 12.12         | 1.           | 0.5          | 4.067            |          |
| Dārzenu un cūkgaļas sautējums ar pupiņām | 320      | 320        | 20.535             | 15.035       | 25.278        | 0.781        |              | 9.992            | 9        |
| Krējums skābs                            | 20       | 40         | 0.52               | 4.           | 0.54          |              |              |                  | 7        |
| Tomāti                                   | 100      | 17         | 1.                 | 0.2          | 2.6           |              |              | 1.               |          |
| Kiršu dzēriens                           | 200      | 88         | 0.33               | 0.09         | 20.9          |              |              | 0.41             |          |
| Rudzu maize                              | 80       | 207        | 6.88               | 1.12         | 40.16         |              |              | 4.4              | 1        |
| <b>kopā:</b>                             |          | <b>801</b> | <b>33.34</b>       | <b>27.38</b> | <b>101.60</b> | <b>1.781</b> | <b>0.500</b> | <b>19.869</b>    |          |

| trešdiena, 3.septembris          | Svars, g | Kcal       | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrviel<br>as | Alerģēni |
|----------------------------------|----------|------------|--------------------|--------------|---------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>                 |          |            |                    |              |               |              |              |                  |          |
| Vistas gaļas kotlete mājas gaumē | 80       | 213        | 14.047             | 14.9         | 5.647         | 0.08         |              | 0.319            | 1;3      |
| Kartupeļu biežputra              | 230      | 194        | 6.226              | 2.191        | 36.368        | 0.23         |              | 4.83             | 7        |
| Biešu salāti                     | 100      | 85         | 1.425              | 5.095        | 8.08          | 0.4          | 0.1          | 2.375            |          |
| Rudzu maize                      | 40       | 104        | 3.44               | 0.56         | 20.08         |              |              | 2.2              | 1        |
| Jogurts ar ogām                  | 250      | 238        | 7.955              | 4.325        | 41.422        |              |              | 1.48             | 7        |
| Ūdens ar dzērveņu garšu          | 200      | 49         | 0.02               |              | 12.16         |              |              | 0.36             |          |
| <b>kopā:</b>                     |          | <b>883</b> | <b>33.11</b>       | <b>27.07</b> | <b>123.76</b> | <b>0.710</b> | <b>0.100</b> | <b>11.564</b>    |          |

| ceturtdiena, 4.septembris           | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|-------------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>                    |          |            |                |              |              |              |              |               |          |
| Frikadeļu zupa                      | 200      | 98         | 4.918          | 3.17         | 12.199       | 0.22         |              | 2.139         | 9        |
| Krējums skābs                       | 10       | 20         | 0.26           | 2.           | 0.27         |              |              |               | 7        |
| Pasta ar sieru                      | 250      | 504        | 21.588         | 23.825       | 50.51        | 0.25         |              | 2.673         | 1;3;7;9  |
| Kāpostu salāti ar burkāniem un eļļu | 90       | 49         | 1.199          | 2.876        | 4.657        | 0.09         | 0.9          | 2.7           |          |
| Rudzu maize                         | 40       | 104        | 3.44           | 0.56         | 20.08        |              |              | 2.2           | 1        |
| Augļu un ogu dzēriens               | 200      | 31         | 0.312          | 0.272        | 6.43         |              | 1.           | 1.624         |          |
| <b>kopā:</b>                        |          | <b>807</b> | <b>31.72</b>   | <b>32.70</b> | <b>94.15</b> | <b>0.560</b> | <b>1.900</b> | <b>11.336</b> |          |

| piektdiena, 5.septembris       | Svars, g | Kcal       | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs   | Šķiedrviel<br>as | Alerģēni |
|--------------------------------|----------|------------|--------------------|--------------|---------------|--------------|----------|------------------|----------|
| <b>Pusdienas</b>               |          |            |                    |              |               |              |          |                  |          |
| Zivju zupa                     | 200      | 57         | 6.083              | 0.409        | 6.998         | 0.2          |          | 3.128            | 4;9      |
| Cepta vistas gaļa              | 80       | 198        | 17.394             | 13.051       | 1.655         | 0.08         |          | 0.124            |          |
| Vārīti rīsi                    | 200      | 227        | 4.488              | 0.396        | 51.282        | 0.2          |          | 0.924            |          |
| Saldā krējuma mērce ar ķiploku | 75       | 81         | 0.581              | 7.9          | 1.764         | 0.075        |          | 0.051            | 1;7      |
| Burkānu salāti ar krējumu      | 100      | 62         | 1.365              | 4.164        | 4.611         | 0.2          |          | 2.88             | 7        |
| Rudzu maize                    | 80       | 207        | 6.88               | 1.12         | 40.16         |              |          | 4.4              | 1        |
| <b>kopā:</b>                   |          | <b>832</b> | <b>36.79</b>       | <b>27.04</b> | <b>106.47</b> | <b>0.755</b> | <b>0</b> | <b>11.507</b>    |          |