



Nedēļas ēdienkarte

Grupa *Veģetāri*

7.-9.klase

| pirmdiena, 13.aprīlis | | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvi las | Alerģēni |
|--|-----|------------|--------------|--------------------|--------------|--------------|----------|---------------|-----------------|----------|
| Pusdienas | | | | | | | | | | |
| Dārzeņu zupa | 200 | 91 | 2.727 | 4.321 | 10.123 | 0.2 | | | 3.847 | 9. |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | | | | | 7. |
| Pasta ar sieru | 200 | 403 | 17.273 | 19.061 | 40.422 | 0.2 | | | 2.144 | 1;7;9 |
| Kāpostu un redīsu salāti ar kefīra mērci un zaļumiem | 120 | 46 | 1.996 | 2.138 | 4.508 | 0.6 | | | 2.568 | 7. |
| Kefīrs | 200 | 96 | 6. | 4. | 9. | | | | | 7. |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | | 2.2 | 1. |
| kopā: | | 759 | 31.70 | 32.08 | 84.40 | 1.000 | 0 | 10.759 | | |

| otrdiena, 14.aprīlis | | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvi las | Alerģēni |
|---|-----|------------|--------------|--------------------|--------------|--------------|--------------|---------------|-----------------|----------|
| Pusdienas | | | | | | | | | | |
| Biešu zupa | 250 | 80 | 2.105 | 2.766 | 11.578 | 0.25 | | | 3.695 | 9. |
| Krējums skābs | 20 | 40 | 0.52 | 4. | 0.54 | | | | | 7. |
| Kvinoja ar sarkanajām pupiņām, kukurūzu, tomātiem | 250 | 273 | 11.269 | 7.882 | 38.976 | 0.001 | | | 8.433 | |
| Krējums skābs | 20 | 40 | 0.52 | 4. | 0.54 | | | | | 7. |
| Svaigu dārzeņu salāti ar eļļas mērci | 100 | 50 | 1.076 | 4.179 | 2.399 | 0.05 | 0.3 | 0.936 | | |
| Citronu eļļas mērce | 10 | 74 | 0.01 | 8.008 | 0.647 | 0.1 | 0.6 | 0.003 | | |
| Augļu dzēriens | 200 | 65 | 0.315 | 0.234 | 15.159 | | 6. | 1.068 | | |
| Rudzu maize | 60 | 155 | 5.16 | 0.84 | 30.12 | | | 3.3 | | 1. |
| kopā: | | 778 | 20.98 | 31.91 | 99.96 | 0.401 | 6.900 | 17.435 | | |

| trešdiena, 15.aprīlis | | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvi las | Alerģēni |
|------------------------------|-----|------------|--------------|--------------------|--------------|--------------|--------------|---------------|-----------------|----------|
| Pusdienas | | | | | | | | | | |
| Pupiņu un kartupeļu sacepums | 250 | 306 | 17.249 | 5.087 | 47.088 | 3.091 | | | 13.189 | 1;11;3;7 |
| Rīvēts siers | 20 | 68 | 4.96 | 5.36 | | | | | | 7. |
| Krējums skābs | 20 | 40 | 0.52 | 4. | 0.54 | | | | | 7. |
| Burkānu salāti ar eļļu | 100 | 71 | 0.96 | 5.192 | 5.107 | 0.2 | 0.5 | 3.456 | | |
| Sēklu maisījums | 10 | 58 | 2.139 | 5.26 | 0.743 | | | 0.716 | | 11. |
| Flamerī krēms | 50 | 102 | 2.08 | 8.258 | 4.758 | 0.025 | 1.025 | 0.003 | | 1;7 |
| Ogu ķīselis | 100 | 99 | 0.32 | 0.102 | 23.644 | | 5. | 0.993 | | |
| Piens | 200 | 96 | 6.4 | 4. | 9. | | | | | 7. |
| kopā: | | 839 | 34.63 | 37.26 | 90.88 | 3.316 | 6.525 | 18.357 | | |

| ceturtdiena, 16.aprīlis | | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvi las | Alerģēni |
|--|-----|------------|--------------|--------------------|---------------|--------------|--------------|---------------|-----------------|----------|
| Pusdienas | | | | | | | | | | |
| Ziedkāpostu brokoļu zupa | 250 | 75 | 3.446 | 2.858 | 8.671 | 1. | | | 4.451 | 9. |
| Krējums skābs | 20 | 40 | 0.52 | 4. | 0.54 | | | | | 7. |
| Biezpiena burkānu plācenītis | 100 | 190 | 12.842 | 6.799 | 19.3 | 0.3 | 6.3 | 2.04 | | 3;7 |
| Vārīti griķi | 200 | 221 | 4.95 | 1.056 | 47.916 | 0.2 | | 2.112 | | |
| Kāpostu gurķu salāti ar zaļumiem un eļļu | 100 | 49 | 1.264 | 3.198 | 3.776 | 0.1 | | 2.582 | | |
| Citronu eļļas mērce | 10 | 74 | 0.01 | 8.008 | 0.647 | 0.1 | 0.6 | 0.003 | | |
| Kefīrs | 200 | 96 | 6. | 4. | 9. | | | | | 7. |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | | 1. |
| kopā: | | 848 | 32.47 | 30.48 | 109.93 | 1.700 | 6.900 | 13.388 | | |

| piektdiena, 17.aprīlis | | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvi las | Alerģēni |
|-----------------------------------|-----|------------|--------------|--------------------|---------------|--------------|--------------|---------------|-----------------|----------|
| Pusdienas | | | | | | | | | | |
| Dārzeņu biezenzupa | 250 | 159 | 1.822 | 12.758 | 9.462 | 0.25 | | | 3.722 | |
| Baltmaizes grauzdiņi | 10 | 28 | 0.78 | 0.41 | 5.14 | 0.01 | | | 0.38 | 1. |
| Pupiņu plācenītis | 80 | 152 | 6.334 | 7.441 | 14.753 | 0.16 | | 3.915 | | 1;3;7 |
| Kartupeļu biežputra | 200 | 169 | 5.414 | 1.905 | 31.624 | 0.4 | | 4.2 | | 7. |
| Ķīnas kāpostu salāti ar burkāniem | 120 | 51 | 1.704 | 3.835 | 3.498 | 0.24 | 0.6 | 1.488 | | |
| Augļu un ogu dzēriens | 200 | 29 | 0.312 | 0.272 | 5.931 | | 0.5 | 1.624 | | |
| Rudzu maize | 60 | 155 | 5.16 | 0.84 | 30.12 | | | 3.3 | | 1. |
| kopā: | | 743 | 21.53 | 27.46 | 100.53 | 1.060 | 1.100 | 18.629 | | |