




Nedēļas ēdienkarte
Veģetārā

10.-12.klase

| | pirmdiena, 16.marts | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvi las | Alerģēni |
|---------------------------------|---------------------|------------|--------------|--------------------|---------------|--------------|--------------|---------------|-----------------|----------|
| Pusdienas | | | | | | | | | | |
| Kirbju dārzeņu biezenzupa | 300 | 172 | 3.345 | 6.856 | 23.84 | 0.6 | | | 5.911 | |
| Baltmaizes grauzdiņi | 10 | 28 | 0.78 | 0.41 | 5.14 | 0.01 | | | 0.38 | 1. |
| Pelēko zirņu plācenītis | 100 | 227 | 10.086 | 8.835 | 26.644 | 1.12 | | | 6.095 | 1;11;3;7 |
| Krējums skābs | 30 | 60 | 0.78 | 6. | 0.81 | | | | | 7. |
| Vārīti griķi | 230 | 254 | 5.692 | 1.214 | 55.103 | 0.23 | | | 2.429 | |
| Skābu kāpostu salāti ar krējumu | 120 | 59 | 2.125 | 4.161 | 2.033 | | 0.6 | | 2.259 | 7. |
| Augļu un ogu dzēriens | 200 | 31 | 0.312 | 0.272 | 6.43 | | | 1. | 1.624 | |
| kopā: | | 832 | 23.12 | 27.75 | 120.00 | 1.960 | 1.600 | 18.698 | | |

| | otrdiena, 17.marts | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvi las | Alerģēni |
|------------------------|--------------------|------------|--------------|--------------------|--------------|--------------|--------------|---------------|-----------------|----------|
| Pusdienas | | | | | | | | | | |
| Svaigu kāpostu zupa | 250 | 114 | 2.455 | 6.591 | 11.216 | 1. | | | 4.132 | 9. |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | | | | | 7. |
| Plovs ar turku zirņiem | 230 | 254 | 6.547 | 5.903 | 43.918 | 1.035 | | | 5.083 | |
| Burkānu salāti ar eļļu | 100 | 71 | 0.96 | 5.192 | 5.107 | 0.2 | 0.5 | | 3.456 | |
| Piens | 200 | 96 | 6.4 | 4. | 9. | | | | | 7. |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | | 2.2 | 1. |
| kopā: | | 659 | 20.06 | 24.25 | 89.59 | 2.235 | 0.500 | 14.871 | | |

| | trešdiena, 18.marts | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvi las | Alerģēni |
|--|---------------------|------------|--------------|--------------------|---------------|--------------|--------------|---------------|-----------------|----------|
| Pusdienas | | | | | | | | | | |
| Siera kotlete | 100 | 315 | 20.482 | 20.004 | 12.602 | | | | 0.077 | 1;3;7 |
| Saldā krējuma mērce | 50 | 43 | 0.281 | 3.681 | 2.104 | | | | 0.013 | 7. |
| Vārīti kartupeļi | 250 | 186 | 5.3 | 0.265 | 39.22 | 0.25 | | | 5.565 | |
| Svaigu kāpostu biešu salāti ar eļļas mērci | 100 | 45 | 1.392 | 2.176 | 4.956 | | 0.5 | | 2.84 | |
| Ievārījuma uzpūtenis | 100 | 86 | 1.274 | 0.145 | 20.914 | | 5. | | 0.01 | 1. |
| Piens | 100 | 48 | 3.2 | 2. | 4.5 | | | | | 7. |
| Ūdens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 | | | | | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | | 2.2 | 1. |
| kopā: | | 830 | 35.44 | 28.89 | 104.70 | 0.250 | 5.500 | 10.705 | | |

| | ceturtdiena, 19.marts | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvi las | Alerģēni |
|--------------------------------|-----------------------|------------|--------------|--------------------|---------------|--------------|----------|--------------|-----------------|----------|
| Pusdienas | | | | | | | | | | |
| Sarkano lēcu zupa ar dārzeņiem | 250 | 143 | 6.631 | 5.456 | 16.859 | 0.25 | | | 4.09 | 9. |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | | | | | 7. |
| Pasta ar sieru | 230 | 463 | 19.864 | 21.92 | 46.485 | 0.23 | | | 2.466 | 1;3;7;9 |
| Marinētu gurķu salāti | 100 | 53 | 0.798 | 3.002 | 5.857 | | | | 0.022 | |
| Ūdens ar ogām | 200 | 4 | 0.08 | 0.04 | 0.55 | | | | | |
| Rudzu maize | 60 | 155 | 5.16 | 0.84 | 30.12 | | | | 3.3 | 1. |
| kopā: | | 838 | 32.79 | 33.26 | 100.14 | 0.480 | 0 | 9.878 | | |

| | piektdiena, 20.marts | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvi las | Alerģēni |
|-----------------------------------|----------------------|------------|--------------|--------------------|---------------|--------------|--------------|---------------|-----------------|----------|
| Pusdienas | | | | | | | | | | |
| Biešu zupa ar kāpostiem | 250 | 144 | 2.002 | 10.349 | 10.815 | 0.75 | 2. | | 3.869 | 9. |
| Krējums skābs | 20 | 40 | 0.52 | 4. | 0.54 | | | | | 7. |
| Pupiņas sarkanās vārītas | 100 | 123 | 10.118 | 0.76 | 19.048 | 0.8 | | | 8.075 | |
| Saldā krējuma un siera mērce | 60 | 178 | 4.355 | 17.181 | 1.322 | 0.42 | | | 0.003 | 7. |
| Vārīti kartupeļi | 230 | 171 | 4.876 | 0.244 | 36.082 | 0.23 | | | 5.12 | |
| Biešu salāti ar ķiplokiem un eļļu | 100 | 70 | 1.6 | 3.108 | 8.889 | 0.2 | | | 2.4 | |
| Augļu un ogu dzēriens | 200 | 31 | 0.312 | 0.272 | 6.43 | | 1. | | 1.624 | |
| Rudzu maize | 80 | 207 | 6.88 | 1.12 | 40.16 | | | | 4.4 | 1. |
| kopā: | | 965 | 30.66 | 37.03 | 123.29 | 2.400 | 3.000 | 25.491 | | |