

Nedēļas ēdienkarte Grupa Veģetārā

10.-12.klase

| pirmdiena, 20.aprīlis | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvie las | Alerģēni |
|---|----------|------------|--------------------|--------------|---------------|--------------|----------|------------------|----------|
| Pusdienas | | | | | | | | | |
| Dārzeņu zupa | 300 | 136 | 4.09 | 6.481 | 15.184 | 0.3 | | 5.771 | 9. |
| Krējums skābs | 20 | 40 | 0.52 | 4. | 0.54 | | | | 7. |
| Dārzeņi siera mērcē | 150 | 102 | 3.788 | 7.1 | 5.452 | 0.624 | | 3.78 | 1;7 |
| Vārīti griķi | 250 | 276 | 6.188 | 1.32 | 59.895 | 0.25 | | 2.64 | |
| Balto redīsu un gurķu salāti ar krējumu | 120 | 51 | 1.439 | 3.767 | 2.681 | | | 1.186 | 7. |
| Piens | 200 | 96 | 6.4 | 4. | 9. | | | | 7. |
| Rudzu maize | 80 | 207 | 6.88 | 1.12 | 40.16 | | | 4.4 | 1. |
| kopā: | | 908 | 29.31 | 27.79 | 132.91 | 1.174 | 0 | 17.777 | |

| otrdiena, 21.aprīlis | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvie las | Alerģēni |
|------------------------|----------|------------|--------------------|--------------|---------------|--------------|--------------|------------------|----------|
| Pusdienas | | | | | | | | | |
| Svaigu kāpostu zupa | 300 | 137 | 2.946 | 7.909 | 13.46 | 1.2 | | 4.959 | 9. |
| Krējums skābs | 20 | 40 | 0.52 | 4. | 0.54 | | | | 7. |
| Plovs ar turku zirņiem | 250 | 276 | 7.117 | 6.416 | 47.737 | 1.125 | | 5.525 | |
| Biešu - burkānu salāti | 120 | 65 | 1.62 | 2.556 | 8.784 | 0.24 | | 3.396 | |
| Zaļumu un eļļas mērcē | 5 | 31 | 0.036 | 3.357 | 0.333 | 0.075 | 0.275 | 0.032 | |
| Kefirs | 200 | 96 | 6. | 4. | 9. | | | | 7. |
| Rudzu maize | 80 | 207 | 6.88 | 1.12 | 40.16 | | | 4.4 | 1. |
| kopā: | | 853 | 25.12 | 29.36 | 120.01 | 2.640 | 0.275 | 18.312 | |

| trešdiena, 22.aprīlis | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvie las | Alerģēni |
|--|----------|------------|--------------------|--------------|---------------|--------------|--------------|------------------|----------|
| Pusdienas | | | | | | | | | |
| Pupu plācenītis | 100 | 190 | 7.918 | 9.301 | 18.441 | 0.2 | | 4.894 | 1;3;7 |
| Kartupeļu biežputra | 200 | 169 | 5.414 | 1.905 | 31.624 | 0.4 | | 4.2 | 7. |
| Kīnas kāpostu salāti ar dillēm un eļļu | 120 | 27 | 1.83 | 1.446 | 2.689 | 0.48 | | 1.242 | |
| Rudzu maize | 80 | 207 | 6.88 | 1.12 | 40.16 | | | 4.4 | 1. |
| Jogurta krēms | 90 | 205 | 4.304 | 15.26 | 12.74 | | 4.5 | | 7. |
| Ogu ķīselis | 100 | 99 | 0.32 | 0.102 | 23.644 | | 5. | 0.993 | |
| Ūdens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 | | | | |
| kopā: | | 900 | 26.74 | 29.19 | 129.62 | 1.080 | 9.500 | 15.729 | |

| ceturtdiena, 23.aprīlis | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvie las | Alerģēni |
|-----------------------------|----------|------------|--------------------|--------------|---------------|--------------|--------------|------------------|----------|
| Pusdienas | | | | | | | | | |
| Dārzeņu un sakņu siera zupa | 250 | 147 | 5.36 | 9.254 | 10.334 | | | 3.355 | 7. |
| Kausētā siera mērcē | 70 | 114 | 4.375 | 9.091 | 3.486 | 0.28 | | 0.065 | 7;9 |
| Vārīta pasta - makaroni | 200 | 346 | 11.193 | 3.547 | 65.975 | 0.8 | | | 1. |
| Burkānu salāti ar eļļu | 90 | 64 | 0.864 | 4.673 | 4.596 | 0.18 | 0.45 | 3.11 | |
| Kefirs | 200 | 96 | 6. | 4. | 9. | | | | 7. |
| Rudzu maize | 60 | 155 | 5.16 | 0.84 | 30.12 | | | 3.3 | 1. |
| kopā: | | 923 | 32.95 | 31.41 | 123.51 | 1.260 | 0.450 | 9.830 | |

| trešdiena, 24.jūnijs | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvie las | Alerģēni |
|--|----------|------------|--------------------|--------------|---------------|--------------|--------------|------------------|----------|
| Pusdienas | | | | | | | | | |
| Biešu zupa | 250 | 80 | 2.105 | 2.766 | 11.578 | 0.25 | | 3.695 | 9. |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | | | | 7. |
| Siera kotlete | 70 | 222 | 13.697 | 13.936 | 10.237 | | | 0.183 | 3;7 |
| Vārīti kartupeli | 250 | 186 | 5.3 | 0.265 | 39.22 | 0.25 | | 5.565 | |
| Saldā krējuma mērcē ar ķiploku | 75 | 75 | 0.735 | 6.791 | 2.798 | 0.075 | | 0.053 | 1;7 |
| Jauno kāpostu un gurķu salāti ar eļļas mērci | 120 | 62 | 1.436 | 4.268 | 4.576 | 0.09 | 0.33 | 2.739 | |
| Jāņogu dzēriens | 200 | 27 | 0.227 | 0.046 | 5.982 | | 5. | 0.7 | |
| Rudzu maize | 60 | 155 | 5.16 | 0.84 | 30.12 | | | 3.3 | 1. |
| kopā: | | 829 | 28.92 | 30.91 | 104.78 | 0.665 | 5.330 | 16.235 | |