

Nedēļas Ēdienkarte

Grupa 1.-4.klase
Papildus 3x nedēļā LAD programma "Piens un Augļi skolai"(Pirmsskola un no 1.-9. klasei)

| | Svars (g) | Energētiskā vērtība (kcal) | Olbaltum vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvi las | Alerģēni |
|--|-----------|----------------------------------|--------------------|---------------|---------------|--------------|--------------|-----------------|----------|
| Monday, 8.November | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Makaroni ar maltu cūkgaļu un dārzeņiem | 200 | 394 | 17.102 | 19.961 | 36.306 | 0.0007 | 0 | 3.197 | 1,3 |
| Kāpostu salāti ar zaļumiem un eļļu | 70 | 45 | 0.994 | 2.9372 | 3.5588 | 0.0001 | 0.0007 | 2.0223 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| Dzērveņu sīrupa dzēriens | 200 | 82 | 0.0332 | 0 | 20.1856 | 0 | 0 | 0.5976 | |
| Auglis | 100 | 56 | 0.79 | 0.25 | 12.2 | 0 | 0 | 0.7 | |
| Kopā: | | 680.397 | 22.359 | 23.708 | 92.33 | 0.001 | 0.001 | 8.717 | |
| Launags | | | | | | | | | |
| Biezpiena plācenītis | 100 | 226 | 17.986 | 6.5518 | 23.158 | 0 | 0.009 | 0.021 | 1,3,7 |
| Zemeņu un ābolu mērce | 30 | 19 | 0.1556 | 0.1239 | 4.1232 | 0 | 0.0021 | 0.4548 | |
| Kakao dzēriens | 200 | 98 | 6.4332 | 4.433 | 8.4672 | 0 | 0 | 1.0336 | 7 |
| Kopā: | | 342.703 | 24.575 | 11.109 | 35.748 | 0 | 0.011 | 1.509 | |
| Tuesday, 9.November | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Sviests | 10 | 75 | 0.06 | 8.25 | 0.44 | 0 | 0 | 0 | 7 |
| Vārīti kartupeļi | 180 | 134 | 3.816 | 0.1908 | 28.2384 | 0.0002 | 0 | 4.0068 | |
| Sautēta cūkgaļa ar dārzeņiem | 100 | 138 | 10.851 | 9.7915 | 1.561 | 0.0004 | 0 | 0.8905 | |
| Balto redīsu - burkānu salāti ar krējumu | 100 | 43 | 1.376 | 2.815 | 2.8795 | 0.0001 | 0 | 1.878 | 7 |
| Upeņu sīrupa dzēriens | 200 | 80 | 0.0332 | 0 | 19.9532 | 0 | 0 | 0.5976 | |
| Saldskābmaize | 40 | 92 | 2.52 | 0.4 | 19.2 | 0 | 0 | 1.8 | 1 |
| Kopā: | | 561.579 | 18.656 | 21.447 | 72.272 | 0.001 | 0 | 9.173 | |
| Launags | | | | | | | | | |
| Ievārījuma uzpūtenis | 70 | 60 | 0.8918 | 0.1015 | 14.6398 | 0 | 0.0035 | 0.007 | 1 |
| Vaniļas piens | 100 | 59 | 3.11 | 1.9448 | 7.413 | 0 | 0.001 | 0.036 | 7 |
| Gaļas pastēte | 30 | 68 | 6.7638 | 4.3013 | 0.4627 | 0.0002 | 0 | 0.2574 | 9 |
| Sēklu maize | 15 | 45 | 1.575 | 0.96 | 7.065 | 0 | 0 | 0.645 | 1,11 |
| Zāļu tēja | 200 | 4 | 0.0624 | 0.1224 | 0.0192 | 0 | 0 | 0 | |
| Kopā: | | 234.996 | 12.403 | 7.43 | 29.6 | 0 | 0.005 | 0.945 | |
| Wednesday, 10.November | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Cūkgaļas gulašs | 100 | 205 | 11.7605 | 15.5467 | 4.509 | 0.0001 | 0 | 0.247 | 1,7 |
| Vārīti kartupeļi | 180 | 134 | 3.816 | 0.1908 | 28.2384 | 0.0002 | 0 | 4.0068 | |
| Biešu - burkānu salāti | 70 | 57 | 0.9474 | 3.5931 | 5.2051 | 0.0001 | 0.0001 | 1.981 | |
| Augļu dzēriens | 200 | 65 | 0.315 | 0.234 | 15.159 | 0 | 0.006 | 1.068 | |
| Cepums Skolas | 40 | 204 | 2.3632 | 11.2432 | 22.9822 | 0 | 0.009 | 0.0202 | 1,3 |
| Kopā: | | 665.766 | 19.202 | 30.808 | 76.094 | 0 | 0.015 | 7.323 | |
| Launags | | | | | | | | | |
| Zemnieku brokastis | 150 | 183 | 8.4274 | 9.0789 | 16.0111 | 0.0002 | 0 | 2.2726 | 1,3,7 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | 0 | 0 | 0 | 7 |
| Zāļu tēja | 200 | 4 | 0.0624 | 0.1224 | 0.0192 | 0 | 0 | 0 | |
| Cukurs baltais | 5 | 20 | 0 | 0 | 4.99 | 0 | 0.005 | 0 | |
| Kopā: | | 226.716 | 8.75 | 11.201 | 21.29 | 0 | 0.005 | 2.273 | |
| Thursday, 11.November | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Krāsni cepti vistas gabaliņi | 70 | 174 | 13.4491 | 12.9518 | 0.0483 | 0.0001 | 0 | 0.0186 | |
| Vārīti griķi | 180 | 199 | 4.455 | 0.9504 | 43.1244 | 0.0002 | 0 | 1.9008 | |
| Saldā krējuma mērce ar ķiploku | 40 | 43 | 0.3098 | 4.2132 | 0.941 | 0 | 0 | 0.0273 | 1,7 |
| Ķīnas kāpostu salāti ar gurķiem un krējumu | 100 | 51 | 1.61 | 4.165 | 2.281 | 0.0001 | 0 | 0.76 | 7 |
| Persiku un jogurta kokteilis | 200 | 156 | 4.719 | 2.7064 | 29.268 | 0 | 0 | 0.858 | 7 |
| Ūdens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 | 0 | 0 | 0 | |
| Kopā: | | 626.275 | 24.613 | 25.047 | 75.983 | 0 | 0 | 3.565 | |
| Launags | | | | | | | | | |
| Jogurts | 200 | 180 | 6.6 | 4. | 29.4 | 0 | 0 | 0 | 7 |
| Saldskābmaize | 40 | 92 | 2.52 | 0.4 | 19.2 | 0 | 0 | 1.8 | 1 |
| Krēmsiers | 30 | 77 | 2.31 | 7.2 | 0.78 | 0 | 0 | 0 | 7 |
| Kopā: | | 348.7 | 11.43 | 11.6 | 49.38 | 0 | 0 | 1.8 | |
| Friday, 12.November | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Saidas filejas kotlete | 70 | 140 | 12.5867 | 8.2552 | 3.5679 | 0.0003 | 0 | 0.2956 | 1,3,4,7 |
| Vārīti rīsi | 180 | 204 | 4.0392 | 0.3564 | 46.1538 | 0.0002 | 0 | 0.8316 | |
| Krējuma un tomātu mērce | 50 | 52 | 0.4085 | 4.7399 | 1.9586 | 0 | 0 | 0.0307 | 1,7 |
| Burkānu salāti ar eļļu | 70 | 52 | 0.651 | 3.6302 | 4.1727 | 0.0002 | 0.0011 | 2.3436 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| Jāņogu dzēriens | 200 | 29 | 0.447 | 0.086 | 5.944 | 0 | 0.004 | 1.4 | |
| Kefīrs | 200 | 96 | 6. | 4. | 9. | 0 | 0 | 0 | 7 |
| Kopā: | | 677.763 | 27.572 | 21.628 | 90.877 | 0.001 | 0.005 | 7.102 | |
| Launags | | | | | | | | | |
| Piena zupa ar makaroniem | 200 | 111 | 5.685 | 2.82 | 15.885 | 0.0002 | 0.0002 | 0.51 | 1,3,7 |
| Baltmaize | 30 | 79 | 2.34 | 0.63 | 15.42 | 0 | 0 | 1.14 | 1 |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | 0 | 0 | 0 | 7 |
| Vārīta cūkgaļa | 30 | 84 | 6.627 | 6.3067 | 0.1302 | 0 | 0 | 0.0566 | |
| Auglis | 50 | 28 | 0.395 | 0.125 | 6.1 | 0 | 0 | 0.35 | |
| Kopā: | | 338.975 | 15.077 | 14.007 | 37.755 | 0 | 0 | 2.057 | |