

Nedēļas Ēdienkarte

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

| | Svars (g) | Enerģētiskā vērtība (kkal) | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|---|-----------|-------------------------------|----------------|---------------|---------------|--------------|--------------|---------------|----------|
| pirmdiena, 12.februāris | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Borščs ar skābiem kāpostiem | 150 | 118 | 5.2917 | 8.1738 | 5.483 | 0.0004 | 0.0001 | 1.4542 | |
| Sautēta cūkgaļa ar dārzeņiem | 90 | 124 | 9.7659 | 8.8124 | 1.4049 | 0.0004 | 0 | 0.8014 | |
| Vārīti griķi | 150 | 166 | 3.7125 | 0.792 | 35.937 | 0.0001 | 0 | 1.584 | |
| Kīnas kāpostu salāti ar dillēm un eļļu | 80 | 34 | 1.22 | 2.564 | 2.192 | 0.0001 | 0.0004 | 0.828 | |
| Kefīrs | 200 | 96 | 6. | 4. | 9. | 0 | 0 | 0 | 7 |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | 0 | 0 | 1.1 | 1 |
| Kopā: | | 589.196 | 27.71 | 24.622 | 64.057 | 0.001 | 0.001 | 5.768 | |
| Launags | | | | | | | | | |
| Vārīti rīsi | 150 | 170 | 3.366 | 0.297 | 38.4615 | 0.0001 | 0 | 0.693 | |
| Cūkgaļas strogonovs | 90 | 202 | 10.8888 | 15.6062 | 4.395 | 0.0003 | 0 | 0.2137 | 1;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 | |
| Baltmaize | 20 | 53 | 1.56 | 0.42 | 10.28 | 0 | 0 | 0.76 | 1 |
| Kopā: | | 448.404 | 15.877 | 16.446 | 58.146 | 0. | 0.005 | 1.667 | |
| otrdiena, 13.februāris | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Dārzeņu zupa ar cūkgaļu | 150 | 76 | 2.9685 | 4.206 | 6.3915 | 0.0001 | 0 | 2.457 | |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | 0 | 0 | 0 | 7 |
| Kāpostu sautējums ar maltu cūkgaļu un rīsiem | 250 | 233 | 15.601 | 12.5862 | 14.0428 | 0.0003 | 0 | 4.8543 | |
| Burkānu salāti ar sēkliņām | 80 | 119 | 1.8392 | 10.2368 | 4.652 | 0.0002 | 0.0012 | 2.8008 | |
| Upeņu sīrupa dzēriens | 150 | 60 | 0.0249 | 0 | 14.9649 | 0 | 0 | 0.4482 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| Kopā: | | 601.033 | 24.004 | 28.589 | 60.266 | 0.001 | 0.001 | 12.76 | |
| Launags | | | | | | | | | |
| Vārīta pasta - makaroni | 180 | 358 | 1.008 | 5.58 | 64.8 | 0.0007 | 0 | 3.06 | 1 |
| Maltas cūkgaļas mērce | 100 | 160 | 11.4906 | 10.0887 | 5.8178 | 0.0004 | 0 | 0.5452 | 1;7 |
| Saldskābmaize | 15 | 34 | 0.945 | 0.15 | 7.2 | 0 | 0 | 0.675 | 1 |
| Zāļu tēja | 200 | 4 | 0.0624 | 0.1224 | 0.0192 | 0 | 0 | 0 | |
| Cukurs baltais | 3 | 12 | 0 | 0 | 2.994 | 0 | 0.003 | 0 | |
| Kopā: | | 568.554 | 13.506 | 15.941 | 80.831 | 0.001 | 0.003 | 4.28 | |
| trešdiena, 14.februāris | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Vistas gaļas kotlete | 70 | 169 | 10.0692 | 9.9908 | 8.9806 | 0.0001 | 0 | 0.0816 | 3 |
| Vārīti kartupeļi | 150 | 112 | 3.18 | 0.159 | 23.532 | 0.0001 | 0 | 3.339 | |
| Piena mērce ar baziliku | 30 | 33 | 0.9733 | 2.1046 | 2.6844 | 0.0001 | 0 | 0.0081 | 7 |
| Balto redīsu un burkānu salāti ar kāpostiem un eļļu | 70 | 47 | 0.7452 | 3.947 | 2.1113 | 0.0001 | 0.0001 | 1.4346 | |
| Kakao krēms | 50 | 147 | 2.5305 | 12.166 | 6.856 | 0 | 0.005 | 0.608 | 7 |
| Ogu ķīselis | 90 | 89 | 0.288 | 0.0918 | 21.2796 | 0 | 0.0045 | 0.8937 | |
| Ūdens ar citronu | 150 | 3 | 0.0525 | 0.045 | 0.24 | 0 | 0 | 0 | |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | 0 | 0 | 1.1 | 1 |
| Kopā: | | 650.747 | 19.559 | 28.784 | 75.724 | 0. | 0.01 | 7.465 | |
| Launags | | | | | | | | | |
| Frikadeļu zupa | 160 | 206 | 8.0542 | 14.6846 | 10.179 | 0.0002 | 0 | 2.7919 | 3;9 |
| Rudzu maize | 15 | 39 | 1.29 | 0.21 | 7.53 | 0 | 0 | 0.825 | 1 |
| Jogurts | 200 | 180 | 6.6 | 4. | 29.4 | 0 | 0 | 0 | 7 |
| Kēkss | 50 | 193 | 2.05 | 8.7 | 26.2 | 0 | 0 | 0 | 1;3;7 |
| Kopā: | | 618.252 | 17.994 | 27.595 | 73.309 | 0. | 0 | 3.617 | |
| ceturtdiena, 15.februāris | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Vistas gaļas zupa ar dārzeņiem | 150 | 89 | 5.4075 | 5.6748 | 3.963 | 0.0001 | 0 | 2.0588 | |
| Maltās gaļas tomātu mērce | 80 | 118 | 6.6116 | 9.171 | 2.091 | 0.0003 | 0 | 0.692 | |
| Vārīta pasta - makaroni | 150 | 299 | 0.84 | 4.65 | 54. | 0.0006 | 0 | 2.55 | 1 |
| Kāpostu salāti ar burkāniem un eļļu | 80 | 44 | 1.0656 | 2.5568 | 4.1392 | 0.0001 | 0.0008 | 2.4 | |
| Kefīrs | 200 | 96 | 6. | 4. | 9. | 0 | 0 | 0 | 7 |
| Kopā: | | 645.656 | 19.925 | 26.053 | 73.193 | 0.001 | 0.001 | 7.701 | |
| Launags | | | | | | | | | |
| Rīsu putra | 100 | 92 | 3.58 | 1.69 | 15.754 | 0.0001 | 0.0005 | 0.21 | 7 |
| Sēklu maize | 15 | 45 | 1.575 | 0.96 | 7.065 | 0 | 0 | 0.645 | 1;11 |
| Sviests | 3 | 22 | 0.018 | 2.475 | 0.132 | 0 | 0 | 0 | 7 |
| "Vārīta desa" Zaļā dakšiņa"" | 20 | 46 | 2.08 | 3.8 | 0.84 | 0 | 0 | 0 | 1 |
| Tēja | 200 | 3 | 0.52 | 0.102 | 0.016 | 0 | 0 | 0 | |
| Cukurs baltais | 3 | 12 | 0 | 0 | 2.994 | 0 | 0.003 | 0 | |
| Kopā: | | 308.524 | 8.061 | 9.119 | 48.081 | 0. | 0.008 | 1.749 | |
| piektdiena, 16.februāris | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Gaļas zupa ar putrainiem un dārzeņiem | 150 | 51 | 2.5416 | 1.4538 | 6.7905 | 0.0001 | 0 | 2.133 | 1;9 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | 0 | 0 | 0 | 7 |
| Cūkgaļas bumbiņa ar dārzeņiem | 80 | 167 | 11.1081 | 11.5095 | 4.7125 | 0.0001 | 0 | 0.7685 | 1;3;7 |
| Kartupeļu biežputra | 180 | 152 | 4.8726 | 1.7145 | 28.4616 | 0.0002 | 0 | 3.78 | 7 |
| Biešu salāti | 100 | 85 | 1.425 | 5.095 | 8.0798 | 0.0004 | 0.0001 | 2.375 | |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | 0 | 0 | 1.1 | 1 |
| Augļu dzēriens | 150 | 49 | 0.2362 | 0.1755 | 11.3692 | 0 | 0.0045 | 0.801 | |
| Kopā: | | 575.653 | 22.164 | 22.228 | 69.724 | 0.001 | 0.005 | 10.958 | |
| Launags | | | | | | | | | |
| Vārīti cīsiņi (MK172) | 50 | 108 | 5.65 | 8.35 | 2.6 | 0 | 0 | 0 | 7 |
| Vārīti griķi | 150 | 166 | 3.7125 | 0.792 | 35.937 | 0.0001 | 0 | 1.584 | |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | 0 | 0 | 0 | 7 |
| Zāļu tēja | 200 | 4 | 0.0624 | 0.1224 | 0.0192 | 0 | 0 | 0 | |
| Cukurs baltais | 3 | 12 | 0 | 0 | 2.994 | 0 | 0.003 | 0 | |
| Kopā: | | 326.677 | 9.455 | 13.389 | 41.77 | 0. | 0.003 | 1.584 | |