

# 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 (kcal) | Olbaltumvielas | Tauki         | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|---|-----------|----------------------------|----------------|---------------|---------------|--------------|--------------|--------------|----------|
| <b>pirmdiena, 13.septembris</b>                   |           |                            |                |               |               |              |              |              |          |
| <b>Pusdienas</b>                                  |           |                            |                |               |               |              |              |              |          |
| Plovs ar cūkgaļu                                  | 230       | 464                        | 17.6281        | 19.0571       | 55.3511       | 0.0009       | 0            | 2.7276       |          |
| Kāpostu salāti ar papriku un eļļu                 | 100       | 73                         | 1.283          | 5.204         | 5.207         | 0.0003       | 0.0015       | 2.885        |          |
| Kefīrs  | 200       | 96                         | 6.             | 4.            | 9.            | 0            | 0            | 0            | 7        |
| Auglis  | 100       | 56                         | 0.79           | 0.25          | 12.2          | 0            | 0            | 0.7          |          |
| <b>Kopā:</b>                                      |           | <b>689.185</b>             | <b>25.701</b>  | <b>28.511</b> | <b>81.758</b> | <b>0.001</b> | <b>0.002</b> | <b>6.313</b> |          |
| <b>Launags</b>                                    |           |                            |                |               |               |              |              |              |          |
| Ābolu pankūka                                     | 100       | 252                        | 6.8156         | 13.337        | 25.4148       | 0.0002       | 0.0032       | 0.307        | 1,3,7    |
| levārijums  | 20        | 28                         | 0.2            | 0.02          | 7.8           | 0            | 0            | 0            |          |
| Auglis  | 50        | 28                         | 0.395          | 0.125         | 6.1           | 0            | 0            | 0.35         |          |
| Tēja  | 200       | 3                          | 0.52           | 0.102         | 0.016         | 0            | 0            | 0            |          |
| Cukurs baltais                                    | 5         | 20                         | 0              | 0             | 4.99          | 0            | 0.005        | 0            |          |
| <b>Kopā:</b>                                      |           | <b>330.699</b>             | <b>7.931</b>   | <b>13.584</b> | <b>44.321</b> | <b>0.</b>    | <b>0.008</b> | <b>0.657</b> |          |
| <b>Diena kopā :</b>                               |           | <b>1422.291</b>            | <b>48.52</b>   | <b>55.635</b> | <b>180.94</b> | <b>0.002</b> | <b>0.015</b> | <b>9.944</b> |          |
| <b>otrdiena, 14.septembris</b>                    |           |                            |                |               |               |              |              |              |          |
| <b>Pusdienas</b>                                  |           |                            |                |               |               |              |              |              |          |
| Saldā krējuma mērce ar ķiploku                    | 50        | 54                         | 0.3872         | 5.2666        | 1.1762        | 0            | 0            | 0.0341       | 1,7      |
| Vistas gaļas kotlete mājas gaumē                  | 70        | 187                        | 12.291         | 13.0376       | 4.9415        | 0.0003       | 0            | 0.2789       | 1,3      |
| Vārīti kartupeļi                                  | 180       | 134                        | 3.816          | 0.1908        | 28.2384       | 0.0002       | 0            | 4.0068       |          |
| Kāpostu salāti ar burkāniem un eļļu               | 100       | 55                         | 1.332          | 3.196         | 5.174         | 0.0001       | 0.001        | 3.           |          |
| Kefīrs  | 150       | 72                         | 4.5            | 3.            | 6.75          | 0            | 0            | 0            | 7        |
| Rudzu maize                                       | 40        | 104                        | 3.44           | 0.56          | 20.08         | 0            | 0            | 2.2          | 1        |
| <b>Kopā:</b>                                      |           | <b>605.17</b>              | <b>25.766</b>  | <b>25.251</b> | <b>66.36</b>  | <b>0.001</b> | <b>0.001</b> | <b>9.52</b>  |          |
| <b>Launags</b>                                    |           |                            |                |               |               |              |              |              |          |
| Karstmaize ar sieru                               | 60        | 225                        | 8.82           | 13.88         | 15.9          | 0            | 0            | 1.05         | 1,10,3,7 |
| Banāni  | 100       | 88                         | 1.2            | 0.2           | 20.           | 0            | 0            | 1.8          |          |
| 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            |          |
| <b>Kopā:</b>                                      |           | <b>336.334</b>             | <b>10.082</b>  | <b>14.202</b> | <b>40.909</b> | <b>0</b>     | <b>0.005</b> | <b>2.85</b>  |          |
| <b>trešdiena, 15.septembris</b>                   |           |                            |                |               |               |              |              |              |          |
| <b>Pusdienas</b>                                  |           |                            |                |               |               |              |              |              |          |
| Vistas gaļas gulašs                               | 100       | 146                        | 9.8673         | 9.9915        | 3.6645        | 0.0001       | 0            | 0.9455       |          |
| Vārīti kartupeļi                                  | 180       | 134                        | 3.816          | 0.1908        | 28.2384       | 0.0002       | 0            | 4.0068       |          |
| Burkānu salāti ar ziedkāpostiem un eļļas mērci    | 100       | 87                         | 1.275          | 7.211         | 4.0068        | 0.0001       | 0.0001       | 3.193        |          |
| Dzērveņu sīrupa dzēriens                          | 200       | 82                         | 0.0332         | 0             | 20.1856       | 0            | 0            | 0.5976       |          |
| Cepums ar sēklām (skolas)                         | 40        | 200                        | 2.7914         | 11.6398       | 20.7187       | 0            | 0.008        | 0.2448       | 1,11,3   |
| <b>Kopā:</b>                                      |           | <b>648.349</b>             | <b>17.783</b>  | <b>29.033</b> | <b>76.814</b> | <b>0.</b>    | <b>0.008</b> | <b>8.988</b> |          |
| <b>Launags</b>                                    |           |                            |                |               |               |              |              |              |          |
| Vārīta pasta - makaroni                           | 150       | 294                        | 9.225          | 5.1           | 52.425        | 0.0006       | 0            | 2.55         | 1        |
| Siers   | 30        | 102                        | 7.44           | 8.04          | 0             | 0            | 0            | 0            | 7        |
| Gurķi   | 50        | 6                          | 0.3            | 0.1           | 0.9           | 0            | 0            | 0.25         |          |
| Tēja  | 200       | 3                          | 0.52           | 0.102         | 0.016         | 0            | 0            | 0            |          |
| Cukurs baltais                                    | 5         | 20                         | 0              | 0             | 4.99          | 0            | 0.005        | 0            |          |
| <b>Kopā:</b>                                      |           | <b>425.197</b>             | <b>17.485</b>  | <b>13.342</b> | <b>58.331</b> | <b>0.001</b> | <b>0.005</b> | <b>2.8</b>   |          |
| <b>ceturtdiena, 16.septembris</b>                 |           |                            |                |               |               |              |              |              |          |
| <b>Pusdienas</b>                                  |           |                            |                |               |               |              |              |              |          |
| Sautēta cūkgaļa ar dārzeņiem                      | 100       | 138                        | 10.851         | 9.7915        | 1.561         | 0.0004       | 0            | 0.8905       |          |
| Vārīti griķi                                      | 180       | 199                        | 4.455          | 0.9504        | 43.1244       | 0.0002       | 0            | 1.9008       |          |
| Kraukšķīgie dārzeņu salāti ar citronu eļļas mērci | 100       | 98                         | 1.0977         | 9.1795        | 2.8363        | 0            | 0.0005       | 1.2101       |          |
| Jogurts ar ogām                                   | 200       | 190                        | 6.364          | 3.46          | 33.138        | 0            | 0            | 1.184        | 7        |
| Rudzu maize                                       | 20        | 52                         | 1.72           | 0.28          | 10.04         | 0            | 0            | 1.1          | 1        |
| Ūdens ar citronu                                  | 200       | 4                          | 0.07           | 0.06          | 0.32          | 0            | 0            | 0            |          |
| <b>Kopā:</b>                                      |           | <b>679.784</b>             | <b>24.558</b>  | <b>23.721</b> | <b>91.02</b>  | <b>0.001</b> | <b>0.001</b> | <b>6.285</b> |          |
| <b>Launags</b>                                    |           |                            |                |               |               |              |              |              |          |
| Auzu pārslu piena zupa                            | 200       | 124                        | 6.09           | 3.66          | 16.794        | 0.0002       | 0.002        | 0.972        | 1,7      |
| Saldskābmaize                                     | 40        | 92                         | 2.52           | 0.4           | 19.2          | 0            | 0            | 1.8          | 1        |
| Vārīta cūkgaļa                                    | 30        | 84                         | 6.627          | 6.3067        | 0.1302        | 0            | 0            | 0.0566       |          |
| Sviests   | 5         | 37                         | 0.03           | 4.125         | 0.22          | 0            | 0            | 0            | 7        |
| <b>Kopā:</b>                                      |           | <b>336.329</b>             | <b>15.267</b>  | <b>14.492</b> | <b>36.344</b> | <b>0.</b>    | <b>0.002</b> | <b>2.829</b> |          |
| <b>piektdiena, 17.septembris</b>                  |           |                            |                |               |               |              |              |              |          |
| <b>Pusdienas</b>                                  |           |                            |                |               |               |              |              |              |          |
| Cūkgaļas bumbiņa ar sieru, burkāniem un zaļumiem  | 80        | 194                        | 13.0552        | 13.6812       | 4.5739        | 0.0003       | 0            | 0.7762       | 1,3,7    |
| 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      |
| Svaigu dārzeņu salāti ar eļļas mērci              | 100       | 88                         | 1.0064         | 8.1731        | 2.6123        | 0.0001       | 0.0006       | 0.8876       |          |
| Rudzu maize                                       | 20        | 52                         | 1.72           | 0.28          | 10.04         | 0            | 0            | 1.1          | 1        |
| Ābolu sulas dzēriens                              | 200       | 69                         | 0.1            | 0             | 17.088        | 0            | 0.006        | 0            |          |
| Auglis  | 100       | 56                         | 0.79           | 0.25          | 12.2          | 0            | 0            | 0.7          |          |
| <b>Kopā:</b>                                      |           | <b>714.51</b>              | <b>21.119</b>  | <b>27.481</b> | <b>94.627</b> | <b>0.001</b> | <b>0.007</b> | <b>4.326</b> |          |
| <b>Launags</b>                                    |           |                            |                |               |               |              |              |              |          |
| Biezpiena plācenītis                              | 100       | 226                        | 17.986         | 6.5518        | 23.158        | 0            | 0.009        | 0.021        | 1,3,7    |
| levārijums  | 10        | 14                         | 0.1            | 0.01          | 3.9           | 0            | 0            | 0            |          |
| Auglis  | 100       | 56                         | 0.79           | 0.25          | 12.2          | 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            |          |
| <b>Kopā:</b>                                      |           | <b>319.002</b>             | <b>18.938</b>  | <b>6.934</b>  | <b>44.267</b> | <b>0</b>     | <b>0.014</b> | <b>0.721</b> |          |