

## Nedēļas Ēdienkarte

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

|   | Svars (g) | Enerģētiskā<br>vērtība (kkal) | Olbaltumvielas | Tauki         | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|---|-----------|-------------------------------|----------------|---------------|---------------|--------------|--------------|---------------|----------|
| <b>pirmdienā, 26.februāris</b>                      |           |                               |                |               |               |              |              |               |          |
| <b>Pusdienas</b>                                    |           |                               |                |               |               |              |              |               |          |
| 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         |          |
| Ķīnas 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        |
| <b>Kopā:</b>  |           | <b>589.196</b>                | <b>27.71</b>   | <b>24.622</b> | <b>64.057</b> | <b>0.001</b> | <b>0.001</b> | <b>5.768</b>  |          |
| <b>Launags</b>                                      |           |                               |                |               |               |              |              |               |          |
| 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        |
| <b>Kopā:</b>  |           | <b>448.404</b>                | <b>15.877</b>  | <b>16.446</b> | <b>58.146</b> | <b>0.</b>    | <b>0.005</b> | <b>1.667</b>  |          |
| <b>otrdiena, 27.februāris</b>                       |           |                               |                |               |               |              |              |               |          |
| <b>Pusdienas</b>                                    |           |                               |                |               |               |              |              |               |          |
| 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        |
| <b>Kopā:</b>  |           | <b>601.033</b>                | <b>24.004</b>  | <b>28.589</b> | <b>60.266</b> | <b>0.001</b> | <b>0.001</b> | <b>12.76</b>  |          |
| <b>Launags</b>                                      |           |                               |                |               |               |              |              |               |          |
| 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             |          |
| <b>Kopā:</b>  |           | <b>568.554</b>                | <b>13.506</b>  | <b>15.941</b> | <b>80.831</b> | <b>0.001</b> | <b>0.003</b> | <b>4.28</b>   |          |
| <b>trešdiena, 28.februāris</b>                      |           |                               |                |               |               |              |              |               |          |
| <b>Pusdienas</b>                                    |           |                               |                |               |               |              |              |               |          |
| 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                             | 20        | 22                            | 0.6489         | 1.403         | 1.7896        | 0.0001       | 0            | 0.0054        | 7        |
| Balto redīsu un burkānu salāti ar kāpostiem un eļļu | 70        | 47                            | 0.7452         | 3.947         | 2.1113        | 0.0001       | 0.0001       | 1.4346        |          |
| Kokosa maizīte skolām                               | 70        | 240                           | 3.9294         | 10.8035       | 31.3129       | 0.0004       | 0.0062       | 0.0372        | 1;3      |
| Piens   | 150       | 72                            | 4.8            | 3.            | 6.75          | 0            | 0            | 0             | 7        |
| Rudzu maize   | 20        | 52                            | 1.72           | 0.28          | 10.04         | 0            | 0            | 1.1           | 1        |
| <b>Kopā:</b>  |           | <b>713.817</b>                | <b>25.093</b>  | <b>29.583</b> | <b>84.516</b> | <b>0.001</b> | <b>0.006</b> | <b>5.998</b>  |          |
| <b>Launags</b>                                      |           |                               |                |               |               |              |              |               |          |
| 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        |
| <b>Kopā:</b>  |           | <b>425.302</b>                | <b>15.944</b>  | <b>18.895</b> | <b>47.109</b> | <b>0.</b>    | <b>0</b>     | <b>3.617</b>  |          |
| <b>ceturtdiena, 29.februāris</b>                    |           |                               |                |               |               |              |              |               |          |
| <b>Pusdienas</b>                                    |           |                               |                |               |               |              |              |               |          |
| Vistas gaļas zupa ar dārzeņiem                      | 150       | 89                            | 5.4075         | 5.6748        | 3.963         | 0.0001       | 0            | 2.0588        |          |
| Maltās gaļas tomātu mērce                           | 100       | 147                           | 8.2645         | 11.4638       | 2.6138        | 0.0004       | 0            | 0.865         |          |
| 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        |
| <b>Kopā:</b>  |           | <b>675.05</b>                 | <b>21.578</b>  | <b>28.345</b> | <b>73.716</b> | <b>0.001</b> | <b>0.001</b> | <b>7.874</b>  |          |
| <b>Launags</b>                                      |           |                               |                |               |               |              |              |               |          |
| Rīsu putra  | 100       | 92                            | 3.58           | 1.69          | 15.754        | 0.0001       | 0.0005       | 0.21          | 7        |
| Ogu ķīselis   | 90        | 89                            | 0.288          | 0.0918        | 21.2796       | 0            | 0.0045       | 0.8937        |          |
| 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             |          |
| <b>Kopā:</b>  |           | <b>308.524</b>                | <b>8.061</b>   | <b>9.119</b>  | <b>48.081</b> | <b>0.</b>    | <b>0.008</b> | <b>1.749</b>  |          |
| <b>piektdiena, 1.marts</b>                          |           |                               |                |               |               |              |              |               |          |
| <b>Pusdienas</b>                                    |           |                               |                |               |               |              |              |               |          |
| Gaļas zupa ar putraimēm 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         |          |
| <b>Kopā:</b>  |           | <b>575.653</b>                | <b>22.164</b>  | <b>22.228</b> | <b>69.724</b> | <b>0.001</b> | <b>0.005</b> | <b>10.958</b> |          |
| <b>Launags</b>                                      |           |                               |                |               |               |              |              |               |          |
| 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             |          |
| <b>Kopā:</b>  |           | <b>326.677</b>                | <b>9.455</b>   | <b>13.389</b> | <b>41.77</b>  | <b>0.</b>    | <b>0.003</b> | <b>1.584</b>  |          |