

# Nedēļas ēdienkarte

## Grupa

### 1.-4.klase

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

|                                        | pirmdiena, 5.oktobris | Svars, g   | Kcal         | Olbaltumvie<br>las | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrviel<br>as | Alergēni |
|----------------------------------------|-----------------------|------------|--------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>                       |                       |            |              |                    |              |              |              |              |                  |          |
| Galas zupa ar putrainiem un dārzeņiem  | 150                   | 54         | 2,737        | 1,693              | 6,874        | 0,6          |              |              | 2,048            | 1;9      |
| Krējums skābs                          | 5                     | 11         | 0,15         | 1,                 | 0,22         |              |              |              |                  | 7,       |
| Cūkgalas strogonovs                    | 80                    | 162        | 9,233        | 12,229             | 3,86         | 0,24         |              |              | 0,131            | 7,       |
| Vārīti risi                            | 180                   | 204        | 4,039        | 0,356              | 46,154       | 0,18         |              |              | 0,832            |          |
| Kīnas kāpostu salāti ar dilēm un ellju | 50                    | 11         | 0,762        | 0,602              | 1,12         | 0,2          |              |              | 0,518            |          |
| Tvaicēti zāļie zirņiši                 | 50                    | 44         | 3,63         | 0,275              | 6,765        | 0,2          |              |              | 2,365            |          |
| Skābā krējuma mārutku mērce            | 10                    | 20         | 0,259        | 1,904              | 0,355        | 0,01         | 0,01         |              | 0,003            | 7,       |
| Kefirs                                 | 200                   | 96         | 6,           | 4,                 | 9,           |              |              |              |                  | 7,       |
| Udens ar apelsīniem                    | 200                   | 4          | 0,1          | 0,02               | 0,83         |              |              |              | 0,16             |          |
| <b>kopā:</b>                           |                       | <b>607</b> | <b>26,91</b> | <b>22,08</b>       | <b>75,18</b> | <b>1,430</b> | <b>0,010</b> | <b>6,057</b> |                  |          |

|                |     |            |              |              |              |          |              |              |       |    |
|----------------|-----|------------|--------------|--------------|--------------|----------|--------------|--------------|-------|----|
| <b>Launags</b> |     |            |              |              |              |          |              |              |       |    |
| Kakao dzēriens | 200 | 98         | 6,433        | 4,433        | 8,467        |          |              |              | 1,034 | 7, |
| Cukurs baltais | 2   | 8          |              |              | 1,996        |          | 2,           |              |       |    |
| Saldskābmaize  | 40  | 90         | 2,52         | 0,4          | 19,2         |          |              |              | 1,8   | 1, |
| Sviests        | 5   | 37         | 0,03         | 4,125        | 0,22         |          |              |              |       | 7, |
|                |     |            |              |              |              |          |              |              |       |    |
| Siers          | 20  | 68         | 4,96         | 5,36         |              |          |              |              |       | 7, |
| <b>kopā:</b>   |     | <b>302</b> | <b>13,94</b> | <b>14,32</b> | <b>29,88</b> | <b>0</b> | <b>2,000</b> | <b>2,834</b> |       |    |

|                                   | otrdiena, 6.oktobris | Svars, g   | Kcal         | Olbaltumvie<br>las | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrviel<br>as | Alergēni |
|-----------------------------------|----------------------|------------|--------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>                  |                      |            |              |                    |              |              |              |              |                  |          |
| Vistas galas zupa ar rīsiem       | 150                  | 131        | 6,816        | 6,522              | 11,164       | 0,15         |              |              | 0,943            |          |
| Krējums skābs                     | 5                    | 11         | 0,15         | 1,                 | 0,22         |              |              |              |                  | 7,       |
| Cūkgalas bumbiņa ar ziedkāpostiem | 80                   | 160        | 11,068       | 10,758             | 4,442        |              |              |              | 1,051            | 1;3;7    |
| Vārīti griķi                      | 200                  | 221        | 4,95         | 1,056              | 47,916       | 0,2          |              |              | 2,112            |          |
| Tomātu un piena mērce             | 30                   | 17         | 0,661        | 0,664              | 2,159        | 0,12         |              |              |                  | 7,       |
| Burkānu salāti ar ellju           | 50                   | 35         | 0,48         | 2,596              | 2,554        | 0,1          | 0,25         |              | 1,728            |          |
| Kolrābji                          | 50                   | 12         | 0,95         | 0,05               | 1,85         |              |              |              | 0,7              |          |
| Skābā krējuma ķiploku mērce       | 10                   | 21         | 0,276        | 2,081              | 0,316        | 0,01         | 0,01         |              | 0,004            | 7,       |
| Udens ar piparmētru               | 200                  |            |              |                    |              |              |              |              | 0,32             |          |
| Rudzu maize                       | 20                   | 50         | 1,72         | 0,28               | 10,04        |              |              |              | 1,1              | 1,       |
| <b>kopā:</b>                      |                      | <b>657</b> | <b>27,07</b> | <b>25,01</b>       | <b>80,66</b> | <b>0,580</b> | <b>0,260</b> | <b>7,958</b> |                  |          |

|                          |     |            |             |             |              |              |              |              |       |     |
|--------------------------|-----|------------|-------------|-------------|--------------|--------------|--------------|--------------|-------|-----|
| <b>Launags</b>           |     |            |             |             |              |              |              |              |       |     |
| Piena zupa ar makaroniem | 250 | 149        | 7,106       | 3,525       | 22,351       | 0,25         | 2,5          |              | 0,638 | 1;7 |
| Tomāti                   | 50  | 9          | 0,5         | 0,1         | 1,3          |              |              |              | 0,5   |     |
| Kliju maize              | 15  | 39         | 1,815       | 0,405       | 7,095        |              |              |              | 0,87  | 1,  |
| Sviests                  | 5   | 37         | 0,03        | 4,125       | 0,22         |              |              |              |       | 7,  |
| <b>kopā:</b>             |     | <b>234</b> | <b>9,45</b> | <b>8,16</b> | <b>30,97</b> | <b>0,250</b> | <b>2,500</b> | <b>2,008</b> |       |     |

|                                        | trešdiena, 7.oktobris | Svars, g   | Kcal         | Olbaltumvie<br>las | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrviel<br>as | Alergēni |
|----------------------------------------|-----------------------|------------|--------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>                       |                       |            |              |                    |              |              |              |              |                  |          |
| Dārzeņu un kabaču sautējums ar cūkgalu | 200                   | 229        | 13,841       | 12,602             | 14,781       | 0,2          |              |              | 4,082            |          |
| Tomātu un gurķu salāti ar krējumu      | 40                    | 24         | 0,496        | 2,064              | 0,92         | 0,04         |              |              | 0,24             | 7,       |
| Vārītas bietes                         | 50                    | 21         | 0,75         | 0,05               | 4,2          |              |              |              | 0,125            |          |
| Elļas citrona mērce                    | 5                     | 41         | 0,005        | 4,504              | 0,272        | 0,005        | 0,25         |              | 0,001            |          |
| Saldskābmaize                          | 40                    | 90         | 2,52         | 0,4                | 19,2         |              |              |              | 1,8              | 1,       |
| Citronu biezpienkrēms                  | 40                    | 74         | 4,975        | 4,429              | 3,51         |              | 2,           |              |                  | 7,       |
| Ogu kisells                            | 100                   | 99         | 0,32         | 0,102              | 23,644       |              | 5,           |              | 0,993            |          |
| Udens ar ogām                          | 200                   | 4          | 0,08         | 0,04               | 0,55         |              |              |              |                  |          |
| <b>kopā:</b>                           |                       | <b>582</b> | <b>22,99</b> | <b>24,19</b>       | <b>67,08</b> | <b>0,245</b> | <b>7,250</b> | <b>8,366</b> |                  |          |

|                      |     |            |             |              |              |              |               |              |     |    |
|----------------------|-----|------------|-------------|--------------|--------------|--------------|---------------|--------------|-----|----|
| <b>Launags</b>       |     |            |             |              |              |              |               |              |     |    |
| Salda ķirbju pankūka | 100 | 208        | 4,973       | 13,462       | 16,799       | 0,4          | 12,           |              | 2,2 | 3, |
| Krējums skābs        | 15  | 32         | 0,45        | 3,           | 0,66         |              |               |              |     | 7, |
| Teļa                 | 150 | 2          | 0,39        | 0,076        | 0,012        |              |               |              |     |    |
| Augļi                | 100 | 56         | 0,79        | 0,25         | 12,2         |              |               |              | 0,7 |    |
| <b>kopā:</b>         |     | <b>297</b> | <b>6,60</b> | <b>16,79</b> | <b>29,67</b> | <b>0,400</b> | <b>12,000</b> | <b>2,900</b> |     |    |

|                         | ceturtdiena, 8.oktobris | Svars, g   | Kcal         | Olbaltumvie<br>las | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrviel<br>as | Alergēni |
|-------------------------|-------------------------|------------|--------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>        |                         |            |              |                    |              |              |              |              |                  |          |
| Rudens dārzeņu krēmzupa | 180                     | 121        | 2,228        | 8,88               | 8,062        | 0,72         |              |              | 2,038            | 7,       |
| Baltmaizes grauzdiņi    | 10                      | 28         | 0,78         | 0,41               | 5,14         | 0,01         |              |              | 0,38             | 1,       |
| Maltas cūkgalas mērce   | 100                     | 160        | 11,491       | 10,089             | 5,818        | 0,4          |              |              | 0,545            | 1;7      |
| Vārīta pasta - makaroni | 180                     | 306        | 10,074       | 3,192              | 59,378       | 0,72         |              |              |                  | 1,       |
| Biešu salāti ar krējumu | 50                      | 33         | 0,86         | 1,544              | 3,865        | 0,2          |              |              | 1,056            | 7,       |
| Ziedkāposti             | 50                      | 11         | 1,25         | 0,15               | 1,15         |              |              |              | 1,45             |          |
| Elļas citrona mērce     | 5                       | 41         | 0,005        | 4,504              | 0,272        | 0,005        | 0,25         |              | 0,001            |          |
| Udens ar citrusaugļiem  | 200                     | 3          | 0,068        | 0,032              | 0,46         |              |              |              | 0,064            |          |
| <b>kopā:</b>            |                         | <b>704</b> | <b>26,76</b> | <b>28,80</b>       | <b>84,15</b> | <b>2,055</b> | <b>0,250</b> | <b>5,534</b> |                  |          |

|                    |     |            |              |             |             |          |              |              |       |          |
|--------------------|-----|------------|--------------|-------------|-------------|----------|--------------|--------------|-------|----------|
| <b>Launags</b>     |     |            |              |             |             |          |              |              |       |          |
| Biezpiena sacepums | 80  | 121        | 15,931       | 2,583       | 8,286       |          |              | 0,8          | 0,033 | 1;11;3;7 |
| Krējums skābs      | 20  | 42         | 0,6          | 4,          | 0,88        |          |              |              |       | 7,       |
| Zāļu tēja          | 200 |            |              |             |             |          |              |              |       |          |
| <b>kopā:</b>       |     | <b>164</b> | <b>16,53</b> | <b>6,58</b> | <b>9,17</b> | <b>0</b> | <b>0,800</b> | <b>0,033</b> |       |          |

|                                | piektdiena, 9.oktobris | Svars, g   | Kcal         | Olbaltumvie<br>las | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrviel<br>as | Alergēni |
|--------------------------------|------------------------|------------|--------------|--------------------|--------------|--------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>               |                        |            |              |                    |              |              |              |              |                  |          |
| Rasolņiks                      | 150                    | 107        | 1,543        | 6,213              | 11,115       | 0,6          | 0,75         |              | 2,032            | 9,       |
| Krējums skābs                  | 5                      | 11         | 0,15         | 1,                 | 0,22         |              |              |              |                  | 7,       |
| Vārīta vistas gaļa             | 70                     | 136        | 15,122       | 8,003              | 0,048        | 0,07         |              |              | 0,019            |          |
| Vārīti kartupeļi               | 180                    | 130        | 3,816        | 0,191              | 28,238       | 0,18         |              |              | 4,007            |          |
| Kāļu burkānu salāti ar krējumu | 30                     | 15         | 0,388        | 0,655              | 1,787        | 0,03         | 0,03         |              | 0,904            | 7,       |
| Tomāti                         | 50                     | 9          | 0,5          | 0,1                | 1,3          |              |              |              | 0,5              |          |
| Elļas citrona mērce            | 5                      | 41         | 0,005        | 4,504              | 0,272        | 0,005        | 0,25         |              | 0,001            |          |
| Rudzu maize                    | 15                     | 37         | 1,29         | 0,21               | 7,53         |              |              |              | 0,825            | 1,       |
| Udens ar laimu                 | 200                    | 34         | 0,338        | 0,443              | 6,912        |              |              |              | 0,664            |          |
| Kefirs                         | 150                    | 72         | 4,5          | 3,                 | 6,75         |              |              |              |                  | 7,       |
| <b>kopā:</b>                   |                        | <b>591</b> | <b>27,65</b> | <b>24,32</b>       | <b>64,17</b> | <b>0,885</b> | <b>1,030</b> | <b>8,952</b> |                  |          |

|                   |     |            |              |              |              |              |              |              |      |      |
|-------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|------|------|
| <b>Launags</b>    |     |            |              |              |              |              |              |              |      |      |
| Auzu pārslu putra | 200 | 195        | 8,87         | 5,3          | 28,186       | 0,2          | 2,           |              | 1,62 | 1;7  |
| Sēklu maize       | 20  | 58         | 2,1          | 1,28         | 9,42         |              |              |              | 0,86 | 1;11 |
| Sviests           | 5   | 37         | 0,03         | 4,125        | 0,22         |              |              |              |      | 7,   |
| Tēja              | 150 | 2          | 0,39         | 0,076        | 0,012        |              |              |              |      |      |
| <b>kopā:</b>      |     | <b>292</b> | <b>11,39</b> | <b>10,78</b> | <b>37,84</b> | <b>0,200</b> | <b>2,000</b> | <b>2,480</b> |      |      |