

Struktūrvienība:

Laika periods no

Grupa		Šablons		
29.10.2018	līdz	02.11.2018		PVN =

Datums	Nedēļas diena	Ēdienu sadaļa	Range	Numurs no Recepšu bankas
29.10.2018	Pirmdiena	Brokastis		53814
29.10.2018	Pirmdiena	Brokastis		53227
29.10.2018	Pirmdiena	Brokastis		51672
29.10.2018	Pirmdiena	Brokastis		55814
29.10.2018	Pirmdiena	Brokastis		55928
29.10.2018	Pirmdiena	Brokastis		51726
29.10.2018	Pirmdiena	Pusdienas		55138
29.10.2018	Pirmdiena	Pusdienas		51750
29.10.2018	Pirmdiena	Pusdienas		53422
29.10.2018	Pirmdiena	Pusdienas		56375
29.10.2018	Pirmdiena	Pusdienas		55804
29.10.2018	Pirmdiena	Pusdienas		54870
29.10.2018	Pirmdiena	Otrāis PUSD.		50689
29.10.2018	Pirmdiena	Otrāis PUSD.		55951
29.10.2018	Pirmdiena	Launags		52266
29.10.2018	Pirmdiena	Launags		51714
29.10.2018	Pirmdiena	Launags		56157
29.10.2018	Pirmdiena	Launags		52940
30.10.2018	Otrdiena	Brokastis		50961
30.10.2018	Otrdiena	Brokastis		55438
30.10.2018	Otrdiena	Brokastis		53406
30.10.2018	Otrdiena	Brokastis		55812
30.10.2018	Otrdiena	Brokastis		51629
30.10.2018	Otrdiena	Brokastis		55927
30.10.2018	Otrdiena	Pusdienas		56467
30.10.2018	Otrdiena	Pusdienas		51750
30.10.2018	Otrdiena	Pusdienas		51211
30.10.2018	Otrdiena	Pusdienas		55933
30.10.2018	Otrdiena	Pusdienas		55804
30.10.2018	Otrdiena	Pusdienas		56157

30.10.2018	Otrdiena	Otrāis PUSD.	51566
30.10.2018	Otrdiena	Otrāis PUSD.	51878
30.10.2018	Otrdiena	Launags	55993
30.10.2018	Otrdiena	Launags	51678
30.10.2018	Otrdiena	Launags	55928
30.10.2018	Otrdiena	Launags	51726
31.10.2018	Trešdiena	Brokastis	54651
31.10.2018	Trešdiena	Brokastis	55961
31.10.2018	Trešdiena	Brokastis	51759
31.10.2018	Trešdiena	Brokastis	55812
31.10.2018	Trešdiena	Brokastis	51629
31.10.2018	Trešdiena	Brokastis	51674
31.10.2018	Trešdiena	Brokastis	55927
31.10.2018	Trešdiena	PUSDienas	56782
31.10.2018	Trešdiena	PUSDienas	51750
31.10.2018	Trešdiena	PUSDienas	56776
31.10.2018	Trešdiena	PUSDienas	55954
31.10.2018	Trešdiena	PUSDienas	55804
31.10.2018	Trešdiena	PUSDienas	56157
31.10.2018	Trešdiena	PUSDienas	55934
31.10.2018	Trešdiena	Otrāis PUSD.	50814
31.10.2018	Trešdiena	Otrāis PUSD.	55935
31.10.2018	Trešdiena	Launags	52262
31.10.2018	Trešdiena	Launags	51750
31.10.2018	Trešdiena	Launags	55928
31.10.2018	Trešdiena	Launags	51726
31.10.2018	Trešdiena	Launags	56157
01.11.2018	Ceturtdiena	Brokastis	51731
01.11.2018	Ceturtdiena	Brokastis	54955
01.11.2018	Ceturtdiena	Brokastis	55401
01.11.2018	Ceturtdiena	Brokastis	51756
01.11.2018	Ceturtdiena	Brokastis	55928
01.11.2018	Ceturtdiena	Brokastis	51726
01.11.2018	Ceturtdiena	PUSDienas	53799
01.11.2018	Ceturtdiena	PUSDienas	51750
01.11.2018	Ceturtdiena	PUSDienas	53863
01.11.2018	Ceturtdiena	PUSDienas	50219
01.11.2018	Ceturtdiena	PUSDienas	54207
01.11.2018	Ceturtdiena	PUSDienas	55895
01.11.2018	Ceturtdiena	PUSDienas	55804
01.11.2018	Ceturtdiena	Otrāis PUSD.	50766
01.11.2018	Ceturtdiena	Otrāis PUSD.	56366
01.11.2018	Ceturtdiena	Launags	53617

01.11.2018	Ceturtdiena	Launags	55917
01.11.2018	Ceturtdiena	Launags	52956
01.11.2018	Ceturtdiena	Launags	55814
01.11.2018	Ceturtdiena	Launags	52940
01.11.2018	Ceturtdiena	Launags	51726
02.11.2018	Piektdiena	Brokastis	53239
02.11.2018	Piektdiena	Brokastis	56580
02.11.2018	Piektdiena	Brokastis	55821
02.11.2018	Piektdiena	Brokastis	54679
02.11.2018	Piektdiena	Brokastis	51674
02.11.2018	Piektdiena	Brokastis	55928
02.11.2018	Piektdiena	Brokastis	51726
02.11.2018	Piektdiena	Pusdienas	53945
02.11.2018	Piektdiena	Pusdienas	51195
02.11.2018	Piektdiena	Pusdienas	51087
02.11.2018	Piektdiena	Pusdienas	55955
02.11.2018	Piektdiena	Pusdienas	53577
02.11.2018	Piektdiena	Pusdienas	55804
02.11.2018	Piektdiena	Otrāis PUSD.	53863
02.11.2018	Piektdiena	Otrāis PUSD.	50653
02.11.2018	Piektdiena	Otrāis PUSD.	55935
02.11.2018	Piektdiena	Launags	53818
02.11.2018	Piektdiena	Launags	55804
02.11.2018	Piektdiena	Launags	51629
02.11.2018	Piektdiena	Launags	51755
02.11.2018	Piektdiena	Launags	56157
02.11.2018	Piektdiena	Launags	55927

tematiskās dienas

21.00%

Porcijas svars(g)

Ēdiena nosaukums	Skola 1.- 4. kl.	Skola 5.- 12.kl.	BD 3-6
Piena zupa ar rīsiem	250	250	200
Svaigais siers	10	10	15
Tomāti	20	20	30
Kliju maize	20	20	40
Zāļu tēja	200	200	200
Cukurs baltais	5	5	5
Dārzeņu zupa ar baklažāniem un cūkgaļu	200	250	200
Krējums skābs	5	5	5
Makaroni ar malto gaļu un dārzeņiem	200	250	150
Ķīnas kāpostu salāti ar papriku	70	100	50
Rudzu maize	40	40	20
Dzērveņu sīrupa dzēriens	200	200	150
Dārzeņu - gaļas sautējums	0	0	0
Baltie redīsi ar burkāniem	0	0	0
Biezpiena plācenītis	100	100	80
Zemeņu ievārījums	20	20	20
Auglis	0	0	100
Tēja	200	200	200
Vārīta ola	50	50	50
Svaigu dārzeņu plate	70	70	70
Vieglā majonēzes mērce	20	20	20
Sēklu maize	30	30	30
Sviests	5	5	5
Tēja	200	200	200
Maltās gaļas zupa ar dārzeņiem	250	300	200
Krējums skābs	20	20	0
Dārzeņu risotto	200	250	150
Ūdens ar cidoniju garšu	200	200	150
Rudzu maize	40	60	20
Auglis	100	100	0

Iecienītais dārzeņu ragū	0	0	0
Kāpostu salāti ar zaļumiem un eļļu	0	0	0
Kartupeļu maltās gaļas sacepums	200	200	200
Bumbieri	0	0	70
Zāļu tēja	200	200	200
Cukurs baltais	5	5	3
Griķu putra ar pienu	200	200	150
Vārīta cūkgaļa	0	0	30
Pusžāvēta desa	20	20	0
Sēklu maize	30	30	30
Sviests	5	5	5
Gurķi	0	0	20
Tēja	200	200	200
Pupiņu zupa	200	280	180
Krējums skābs	0	0	0
Ceptas auzu pārslas ar putukrējumu	40	50	40
Biezais ogu ķīselis	120	150	100
Rudzu maize	40	60	20
Auglis	120	120	0
Ūdens ar citronu	200	200	200
Rudens dārzeņu ragū	0	0	0
Rīvīti burkāni	0	0	0
Dārzeņu sakņu sautējums	250	250	200
Krējums skābs	20	20	20
Zāļu tēja	200	200	200
Cukurs baltais	5	5	5
Auglis	0	0	100
Sausās brokastis kukurūzas pārslas	40	40	40
Vaniļas piens	100	100	100
Saldskābmaize	40	40	40
Kausētais siers	20	20	20
Zāļu tēja	200	200	150
Cukurs baltais	5	5	3
Svaigu kāpostu zupa	200	250	150
Krējums skābs	5	5	5
Cūkgaļas gulašs	100	130	80
Vārīti kartupeļi	150	200	120
Ķirbju-ābolu salāti ar burkāniem	70	100	50
Dzērveņu dzēriens	200	200	200
Rudzu maize	40	60	20
Maltās gaļas mērce ar seleriju	0	0	0
Biešu - burkānu salāti	0	0	0
Vārīti cīsiņi	75	75	50

Svaigi dārzeņi	50	50	50
Kefīra-krējuma mērce ar zaļumiem	30	30	20
Kliju maize	20	20	20
Tēja	200	200	150
Cukurs baltais	5	5	2
Mannā biezputra	200	200	200
Kanēļcukurs	5	5	5
Baltmaize	25	25	25
Gaļas pastēte	20	20	20
Gurķi	30	30	30
Zāļu tēja	200	200	200
Cukurs baltais	5	5	3
Vistas gaļas kotlete mājas gaumē	70	70	50
Vārīti griķi	150	200	100
Skābā krējuma mērce	30	50	30
Biešu salāti	70	100	50
Ābolu sulas, banānu un jogurta kokteilis	200	200	150
Rudzu maize	40	40	20
Cūkgaļas gulašs	0	0	0
Vārīti rīsi	0	0	0
Rīvēti burkāni	0	0	0
Piena zupa ar makaroniem	200	200	200
Rudzu maize	25	25	25
Sviests	5	5	5
Siers	20	20	20
Auglis	0	0	100
Tēja	200	200	150

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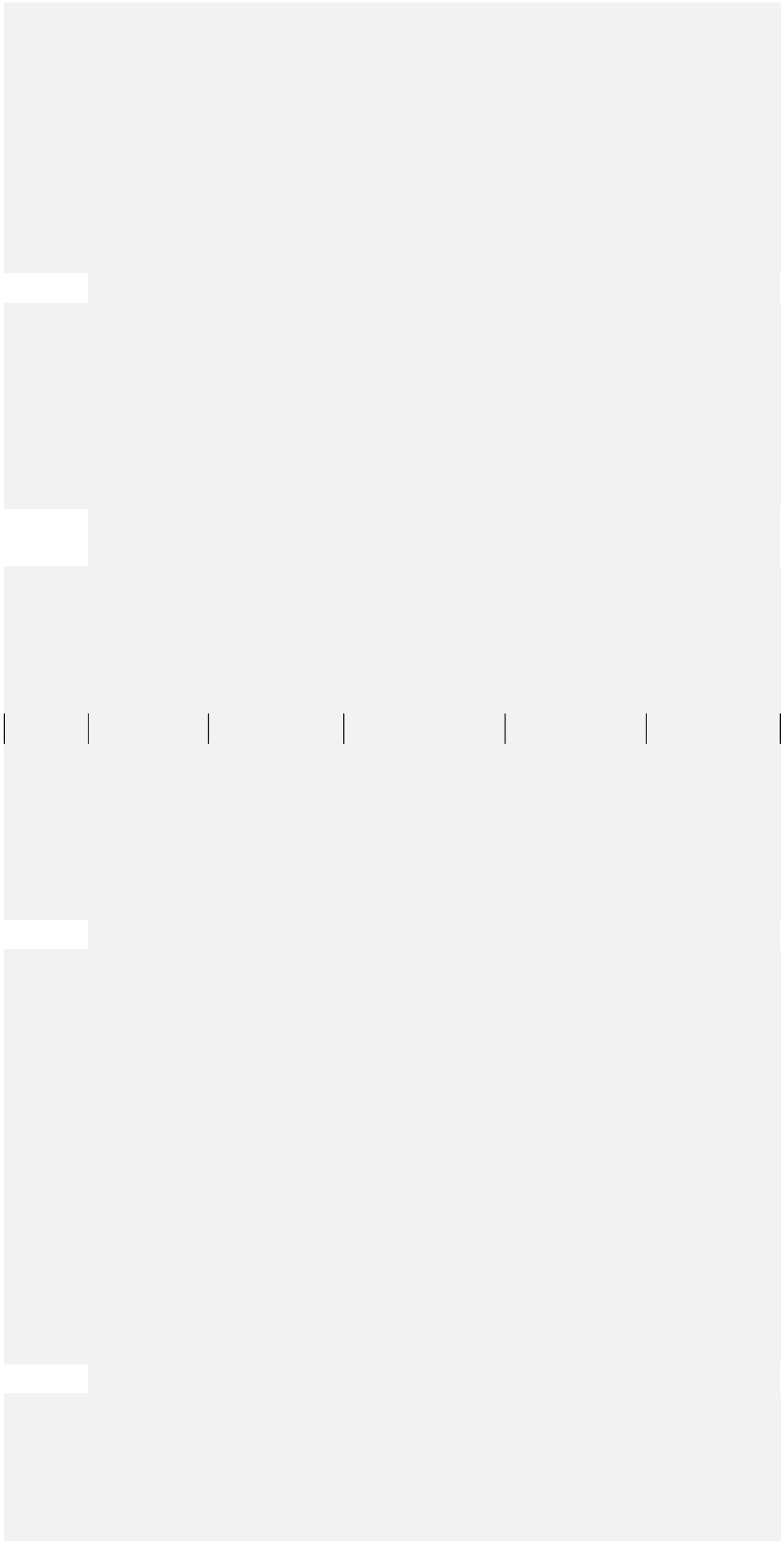
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	Skola 1.-4. kl.	Skola 5.- 12.kl.
Cik porcijas		
Brokastis		
Pusdienas		
Pusdienas2		
Launags		
Vakariņas		

BD 1-2	Intsk.1.- 4.kl.	Intsk.5.- 12.kl.	Jāsaražo, kg	Ēdiena svars no Receptšu bankas (kg)	Pašizmaksa no Receptšu bankas uz Receptšu bankā definēto svaru (EUR)	Enerģētiskā vērtība (kkal) - no receptšu bankas(uz kg)	Olbaltumvielas
150				1	0.199	391.47	15.62
15				1	3.330	2570	77
30				1	1.083	173	10
20				1	1.380	2730	121
200				1	0.067	0	0
0				1	0.640	3992	0
150				1	0.639	204.745	12.491
5				1	1.670	2012	26
120				1	0.954	2152.49	85.51
40				1	0.891	435.01	14.63
0				1	0.960	2590	86
100				1	0.213	408.36	0.166
0				1	0.807	989.435	50.915
0				1	0.702	200	10.5
60				1	1.702	2077.15	179.85
20				1	1.805	2236.75	6
70				1	0.762	557.3	7.9
150				1	0.026	15.31	2.6
50				1	2.200	1552	129
70				1	1.426	168.85	12.94
15				1	1.834	4028	28
15				1	1.310	2970	105
2				1	5.930	7480	6
100				1	0.132	213.31	2.8
180				1	0.928	668.029	41.586
0				1	1.670	2012	26
120				1	0.730	1236.7585	21.069
120				1	0.128	235	0.1
0				1	0.960	2590	86
0				1	0.762	557.3	7.9

0				1	0.546	1000.50975	20.4025
0				1	0.360	731.13	13.88
200				1	0.835	1142.1127	35.2914
50				1	0.581	549	5
150				1	0.067	0	0
2				1	0.640	3992	0
120				1	0.477	946.264	35.9
30				1	3.206	2793.16	220.9
0				1	2.999	4180	130
15				1	1.310	2970	105
2				1	5.930	7480	6
20				1	1.285	122	6
100				1	0.132	213.31	2.8
150				1	0.695	1219.199	55.729
0				1	1.670	2012	26
30				1	2.078	3834.0995	59.4165
80				1	0.831	548.37	4.8
0				1	0.960	2590	86
0				1	0.762	557.3	7.9
100				1	0.073	17.75	0.35
0				1	0.689	873.82875	21.30825
0				1	0.510	257	10
150				1	0.635	718.25	25.97
20				1	1.670	2012	26
150				1	0.067	0	0
0				1	0.640	3992	0
50				1	0.762	557.3	7.9
30				1	1.720	3526	72
80				1	0.561	588.9	31.1
20				1	0.960	2290	63
20				1	5.500	2870	110
150				1	0.067	0	0
1				1	0.640	3992	0
100				1	0.339	739.24	14.9
0				1	1.670	2012	26
60				1	1.348	2051.98	117.605
80				1	0.541	744.12	21.2
40				1	0.751	378.3	8.03
100				1	0.161	280	0
0				1	0.960	2590	86
0				1	1.134	1024.797	58.598
0				1	0.645	821.267	13.535
50				0.05	0.123	142.5	5.5

50				1	0.952	180.3	10.98
20				1	1.387	946	28.18
20				1	1.380	2730	121
150				1	0.026	15.31	2.6
2				1	0.640	3992	0
120				1	0.365	764.592	35.15
2				1	1.930	3696	23.5
25				1	0.960	2630	78
15				1	3.573	2992.00455	210.0707
20				1	1.285	122	6
150				1	0.067	0	0
0				1	0.640	3992	0
40				1	1.562	2666.9036	175.5857
100				1	0.327	1104.18	24.75
30				1	0.798	1309.2315	16.341
30				1	0.736	845.392	14.25
100				1	1.205	714.03	27.52
0				1	0.960	2590	86
0				1	1.348	2051.98	117.605
0				1	0.208	1134.54	22.44
0				1	0.510	257	10
120				1	0.204	387.075	17.225
20				1	0.960	2590	86
3				1	5.930	7480	6
15				1	3.900	3400	248
50				1	0.762	557.3	7.9
100				1	0.132	213.31	2.8



[Redacted]

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BD 3-6	BD 1-2	Intsk.1.- 4.kl.	Intsk.5.- 12.kl.
	1		
	1		
	1		

Tauki	Ogļhidrāti	Sāls	Cukurs	Šķiedrvielas	Alerģēni
7.39	66.255	0.001	0.001	0.91	7
240	26	0	0	0	7
2	26	0	0	10	
27	473	0	0	58	1
0	0	0	0	0	
0	998	0	1	0	
7.551	20.903	0.001	0	9.536	9
200	27	0	0	0	7
119.805	181.53	0.004	0	15.985	1,3
32.14	28.39	0.003	0.005	14.41	
14	502	0	0	55	1
0	100.928	0	0	2.988	
58.4	63.085	0.01	0	21.72	
1.5	34.5	0	0	26	
65.51	186.58	0	0.05	0.15	1,3,7
3	540.25	0	0.5	12	
2.5	122	0	0	7	
0.51	0.08	0	0	0	
112	7	0	0	0	3
2.26	22.58	0	0	21.95	9
418	38.4	0.001	0	0	10,3,7
64	471	0	0	43	1,11
825	44	0	0	0	7
0.51	59.58	0	0	1.8	
29.3304	57.435	0.004	0	18.5115	9
200	27	0	0	0	7
53.5112	166.8595	0.008	0	18.46075	9
0.1	57.7	0	0	0	
14	502	0	0	55	1
2.5	122	0	0	7	

Range

- 1 Milk soup
- 1 Fresh che
- 1 Tomatoes
- 1 Bran brea
- 1 Herbal tea
- 1 Sugar
Jam
- 2 Vegetable
- 2 Sour crea
- 2 Pasta with
- 2 Chinese c
- 2 Rye breac
- 2 y syrup
cream
- 3 e - meat
- 3 White rad
Fruit
- 4 Curd scor
- 4 Strawberr
- 4 Fruit
- 4 Tea
potato
- 1 Boiled egg
- 1 Fresh veg
- 1 Light may
- 1 Seed brea
- 1 Butter
- 1 Tea
Butter
- 2 Minced m
- 2 Sour crea
- 2 Vegetable
- 2 Water with
- 2 Rye breac
- 2 Fruit
Beet salac

62.1382	87.56625	0.00817	0	24.864625	1,9
51.96	51.04	0.001	0.01	29.23	
50.5027	132.9031	0.00194	0	19.78435	7,9
3	124	0	0	33	
0	0	0	0	0	
0	998	0	1	0	
16.88	164.176	0.001	0.002	5.76	7
210.222	4.34	0.001	0	1.885	
400	18	0	0	0	7
64	471	0	0	43	1,11
825	44	0	0	0	7
2	18	0	0	5	
0.51	59.58	0	0	1.8	
85.2482	56.469	0.00228	0	18.8315	9
200	27	0	0	0	7
249.75	339.2165	0	0.086	20.115	1,7
1.27	123.34	0	0.05	14.55	
14	502	0	0	55	1
2.5	122	0	0	7	
0.3	1.6	0	0	0	
49.286925	84.86475	0.00925	0	21.9928	1,7
2	48	0	0	36	
1.987	144.495	0.001	0	30.14	
200	27	0	0	0	7
0	0	0	0	0	
0	998	0	1	0	
2.5	122	0	0	7	
6	797	0	0	40	1,3,5,8
19.448	74.13	0	0.01	0.36	7
10	480	0	0	45	1
260	16	0	0	0	7
0	0	0	0	0	
0	998	0	1	0	
57.692	38.98	0.001	0	13.615	
200	27	0	0	0	7
155.467	45.09	0.00145	0	2.47	1,7
1.06	156.88	0.001	0	22.26	
3.175	75.705	0	0.005	23.7	
0	71	0	0	0	
14	502	0	0	55	1
65.2314	50.081	0.007	0	11.6935	1,9
51.33	74.358	0.001	0.001	28.3	
11.5	1.5	0	0	0	1,7

3 The popul
3 Cabbage :
chicken
4 Potatoes i
4 Pears
4 Herbal tea
4 Sugar
Rice porri
1 Buckwhea
1 Boiled por
1 Half-smok
1 Seed brea
1 Butter
1 Cucumber
1 Tea
Jam
2 Bean sou
2 cream
2 Fried oat f
2 Berry jelly
2 Rye brea
2 Fruit
2 Watwr wit
Risotto wi
3 Autumn ve
3 Grated ca
Rye brea
4 Vegetable
4 Sour crea
4 Herbal
4 Sugar
4 Fruit
Soft curd |
1 Breakfast
1 milk
1
1 Processe
1 Herbal tea
1 Sugar
2 cabbage
2 Sour crea
2 Pork goul
2 Boiled pot
2 Pumpkin-
2 Water with
2 Rye brea
Sour crea
3 meat
3 carrot
Fruit
4 sausage

2.16	29.88	0	0	20.12	
74.775	44.24	0.008	0	2.915	7
27	473	0	0	58	1
0.51	0.08	0	0	0	
0	998	0	1	0	
15.03	121.168	0.001	0.001	0.13	1,7
1.5	894	0	0.5	265.5	
21	514	0	0	38	1
232.13606	19.68985	0.0075	0	7.972875	7,9
2	18	0	0	5	
0	0	0	0	0	
0	998	0	1	0	
186.2512	70.5925	0.004	0	3.985	1,3
5.28	239.58	0.001	0	10.56	
116.9538	47.0505	0.001	0	4.48625	1,7,9
50.95	80.798	0.001	0.001	23.75	
14.14	118.14	0	0	4.07	7
14	502	0	0	55	1
155.467	45.09	0.00145	0	2.47	1,7
1.98	256.41	0.001	0	4.62	
2	48	0	0	36	
7.1	63.675	0.001	0.001	2.55	1,3,7
14	502	0	0	55	1
825	44	0	0	0	7
268	0	0	0	0	7
2.5	122	0	0	7	
0.51	59.58	0	0	1.8	

4 Fresh veg
 4 Kefir - sou
 4 Bran brea
 4 Tea
 4 Sugar
 Breakfast
 1 Semolina
 1
 1 Wheat bre
 1 Meat pate
 1 Cucumber
 1 Herbal tea
 1 Sugar
 Steamed l
 2 Chicken c
 2 Boiled buc
 2 cream
 2 salad
 2 Apple juic
 2 Rye brea
 3 goulash
 3 Boiled rice
 3 Grated ca
 Boiled pot
 4 Milk soup
 4 Rye brea
 4 Butter
 4 Cheese
 4 Fruit
 4 Tea
 Grated ca
 Corn porri
 Jam
 Wheat bre
 Tomatoes
 Butter
 Sugar
 Chicken n
 Sour crea
 Fried oat f
 ry jelly
 Rye brea
 Pealed ca
 Watwr wit
 barley
 cabbage

Potato and
Fruit
Herbal tea
Sugar

Cottage cheese
Liver pate

Cucumber
Tea

Pork
Boiled buckwheat
Sweet cream
Beet salad
Kefir with
Klona' bread

Meat balls
Cooked potato
salad

Apple - puree
Sour cream
Fruit
Herbal tea
Sugar

Buckwheat
Butter
Cheese
Bran bread
Cucumber
Herbal tea
Sugar

Bouillon with
Sour cream
Cooked potato
Minced meat
- tomato
Cherry drink
Rye bread

Chicken and
beetroot

Potato - cream
Sour cream
Fruit
Cocoa drink
Sugar

Scrambled
Fresh veg
Herb sauc

Butter
Herbal tea
Sugar

Chicken
harcho
Sour crea
vegetabl
y syrup
Rye breac

Grated ca

sandwich
Fruit
Herbal tea
Sugar
Woof - bu
Multigrain
Jam
Wheat bre
Butter

Cucumber
Bananas
Tea

Bean soup
Sour crea
cheese
jelly
Fruit
Rye breac

Vegetable
Beet salac

and

Herbal tea
Sugar

Oatmeal p

Tomatoes

Seed bread
Butter
Tea

Salmon soup
Sour cream
Beef goulash
Boiled potatoes
Carrot salad
Cranberry
Rye bread

Minced meat

White radish

Macaroni

Boiled sausage
Boiled potatoes
Butter
Carrot salad
Breakfast
Milk

Meat pate
Herbal tea
Sugar

Fried chicken
Boiled buckwheat
Sweet cream
salad
jelly
Whipped cream
Rye bread

Pork cutlet
Boiled rice
a - carrot

Cottage cheese
Jam
Wheat bread
Fruit
Tea
Sugar

Millet porridge
Strawberry
Bran bread
Fresh cheese

Cucumber
Herbal tea
Sugar

Rutabaga
Sour cream
Boiled rice
Pork in sauce
Carrot salad
Rye bread
Water with

Minced meat
Cooked potatoes
Fresh cabbage

Milk soup

Butter
Half-smoked

Fruit

Corn porridge
Butter
Meatloaf with
Seed bread
Butter
Tea
Sugar

soup
Sour cream
Pasta with
Rye bread
Quince - a
Kefir

Vegetable
White radish

French bread
Strawberry
vegetable
sauce
Herbal tea
Sugar

Cottage cheese
Bran bread
Butter
Tomatoes

Tea

Italian que
Sour crea

Berry jelly
Rye breac
Fruit
Pork cutle
Pasta with
Pickled be

Potato pai
Sour crea
Bananas
Herbal tea
Sugar

Omelet
Wheat bre
Butter
Cucumber
Fruit
Tea

Fish cutlet
Spinach
soup
cream
cream
Fish cutlet
Mashed p
Beet salad
currant
Rye breac

Meat ball
Pearl bark
Fresh cab

Yogurt
Hot sandv

Semolina

Butter

Boiled sau
Tea
Sugar
Fruit

Muffin
with
apple
filling

with
buckwhe
White rad
Mango mi
Rye breac
Muffin
with
apple
filling

Chicken li
Cooked pi
Chinese c

Fried pota
Fresh veg
Mayonnai
Herbal tea
Sugar

Milk soup
Fresh che
Tomatoes
Bran brea
Herbal tea
Sugar

Vegetable
Sour crea
Pasta with
Chinese c
Rye breac
Cranberry

Vegetable
White rad

Curd scor
ry jam
Fruit
Tea
Sugar
Boiled egg
Fresh veg
Light may
Seed brea
Butter

Tea
Boiled eggs
Minced meat
Sour cream
Vegetable
Water with
Rye bread
Fruit
Minced meat
The population
Cabbage :
meat
Potatoes
Pears
Herbal tea
Sugar

Buckwheat
Boiled porridge
Half-smoked
Seed bread
Butter
Cucumber
Tea
Chicken
Bean soup
Sour cream
Fried oat
Berry jelly
Rye bread
Fruit
Water with

Autumn vegetable
Grated cabbage
Bouillon with
Vegetable
Sour cream
Herbal tea
Sugar
Fruit

Breakfast
Vanilla milk

Processed
Herbal tea
Sugar

Fresh cabbage
Sour cream
Pork goulash

Boiled pot
Pumpkin-
Water with
Rye breac
Rye breac
Minced m
carrot
Boiled buc
Cooked s
Fresh veg
Kefir - sou
Bran brea
Tea
Sugar

porridge


Wheat bre
Meat pate
Cucumber
Herbal tea
Sugar
Tea
Chicken c
Boiled buc
Sour crea
Beet salac
Apple
Rye breac
Boiled buc
Pork goul
Boiled rice
Grated ca

soup
bread
Butter
Cheese
Fruit
Tea
Multigrain
Milk soup
Hot sandv

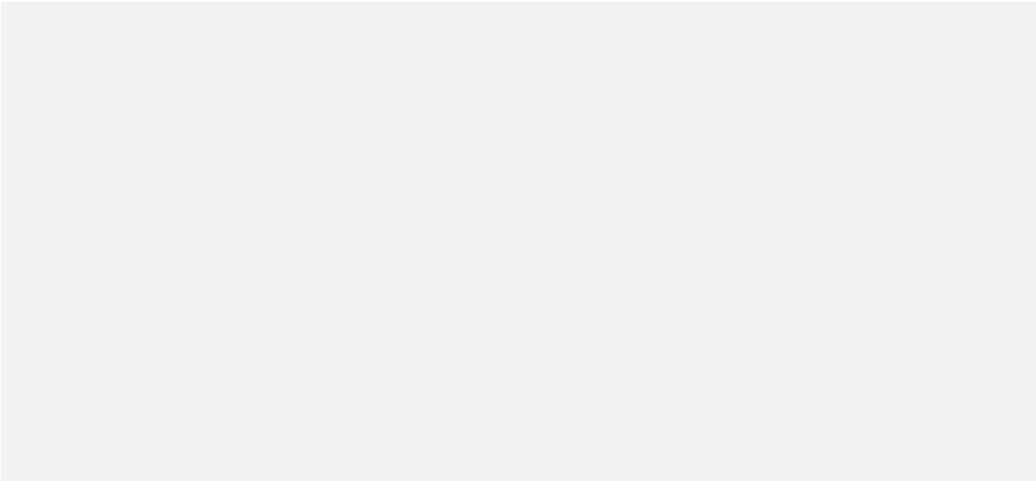
Bananas

Sugar

Bean soup
Sour crea
Risotto wi
Cabbage :



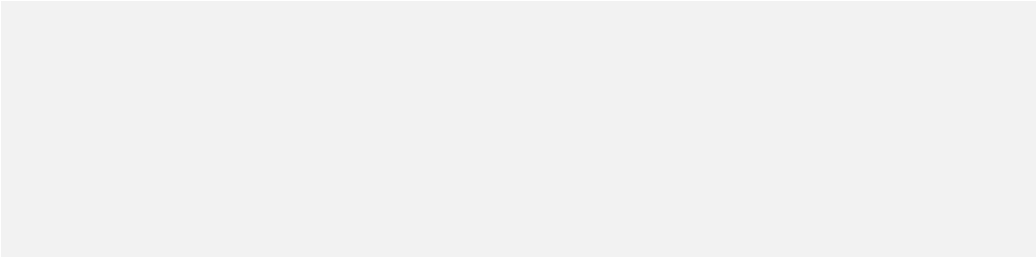
Cranberry
Rye breac



Pea porric

Smoked
meat
sauce
with sour
cream

Cooked
beetroot
sliced
peeled



Soft curd |
Sour crea
Pumpkin
cut

Fresh cab
Sugar

with rice
ese

d Staburaga

soup with eggplant

m

minced meat and vegetables

abbage salad with paprika

]

ish salad with carrots

ie

y jam

gs by weight

etable mix

onnaise sauce

ad Karaliska

eet soup with vegetables

m

risotto

n quince

]

d with garlic and mayonnaise sauce

ar vegetable ragout
salad with greens and oil

minced meat pie

1

dge
at porridge with milk
k
ted sausage
ad Karaliska

rs with honey

o

flakes with whipped cream

1

h chokeberry
th chicken
egetable ragout
rrots
1
: root stew
m

pudding
cereal - corn flakes

d cheese

1

m
ash
atoes
apple salad with carrots
n orange
1
m

etable
ir cream sauce with greens
d Staburaga

cereal - corn flakes
porridge without milk

ead Galda

rs with honey

]

broccoli
utlet
ckwheat

e, banana and yogurt drink

]

]

rrots
atoes
with macaroni

]

rrots

dge

ead Galda

]

neatball soup with pasta
m
flakes with whipped cream

]

rrots
h chokeberry

d minced meat gratin

1

cheese mass

rs with honey

okwheat

am sauce with garlic

d with sour cream

berry

ad

with rice

asta

impkin pancake

m

1

at flake porridge

d Staburaga

rs with honey

1

with vegetables

m

asta

eat sauce

nk - compote

1

nd green pea sauce

arrot scones

m

nk without sugar

d eggs
etable
æ

ã

m

l

rrots

ã

rger' with Viennese schnitzel
flake porridge

æad Galda

rs with honey

o
m

l

o root stew
d with oil

ã

o porridge

ã

ad Karaliska

oup with vegetables

m

ash

atoes

ad with seeds

'syrup drink

]

eat sauce

ish salad with carrots

milk soup (c)

usage

'k

ad with celery root

cereal - corn flakes

a without sugar

ken ham

skwheat

am sauce with garlic

cream

]

it

è

heese with sour cream

ead Galda

idge

y sauce

d Staburaga

ese

rs with honey
a without sugar

soup
m
e
weet and sour sauce
ad with oil
f
n quince

eat sauce
asta
bage and cucumber salad with oil

with cottage cheese dumplings

ted sausage

dge

with garlic
ad Karaliska

m
n vegetable
f
apple compote

e stew with chicken
ish and cucumber salad with kefir

reakfast bun
y jam

a without sugar

heese with sour cream
d Staburaga

i

ennele soup with spinach
m

]

t mass
roasted vegetables
ets (home made)

ncake
m

]

ead Galda

rs with honey

t mass

t
otatoes
]

]

ey risotto
bage and cucumber salad with oil

vich with cheese and tomatoes

porridge with pumpkin

usage

fish and carrot salad with cabbage and oil
ilk cocktail
d

ver in cream sauce
asta
abbage salad with apples

ito sticks
etable
se sauce with herbs
d

with rice
ese
d Staburaga
d

soup with eggplant
m
minced meat and vegetables
abbage salad with paprika
d
 syrup drink

- meat stew
ish salad with carrots

ie

gs by weight
etable mix
onnaise sauce
ad Karaliska

gs by weight
eet soup with vegetables
m
: risotto
n quince
d

eat filling with vegetables
ar vegetable ragout
salad with greens and oil

minced meat pie

d

at porridge with milk
k
ted sausage
ad Karaliska

rs with honey

neat cutlet mass
o
m
flakes with whipped cream

d

h chokeberry

vegetable ragout
rrots
with pasta
: root stew
m
d

cereal - corn flakes
lk

d cheese
d

bage soup
m
ash

atoes
apple salad with carrots
n orange
j
j
eat sauce with celery

ckwheat
ausage
etable
ir cream sauce with greens
d Staburaga

ead Galda
.
rs with honey
a

utlet
ckwheat
m sauce
j

j
ckwheat
ash
e
rrots

flake porridge
with macaroni
vich with cheese

o with meat
m
th chicken
salad with carrots and oil

syrup drink

d

dge

pudding

m

bage soup