

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 |
|---------------------------------------|-----------|----------------------------|----------------|---------------|----------------|--------------|--------------|---------------|----------|
| pirmdiena, 25.marts | | | | | | | | | |
| Brokastis | | | | | | | | | |
| Prosas biezputra | 200 | 146 | 5.278 | 2.609 | 25.476 | 0.0002 | 0.001 | 1.178 | 7 |
| Zemeņu mērce | 30 | 26 | 0.2064 | 0.1032 | 5.91 | 0 | 0.0045 | 0.4128 | |
| Kliju maize | 20 | 55 | 2.42 | 0.54 | 9.46 | 0 | 0 | 1.16 | 1 |
| Svaigais siers | 20 | 51 | 1.54 | 4.8 | 0.52 | 0 | 0 | 0 | 7 |
| Gurķi | 20 | 2 | 0.12 | 0.04 | 0.36 | 0 | 0 | 0.1 | |
| 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 | |
| Kopā: | | 304.257 | 9.627 | 8.215 | 46.735 | 0. | 0.011 | 2.851 | |
| Pusdienas | | | | | | | | | |
| Dārzeņu biezenzupa | 200 | 139 | 1.678 | 10.192 | 10.022 | 0.0002 | 0 | 3.034 | |
| Baltmaizes grauzdīņi | 10 | 28 | 0.78 | 0.41 | 5.14 | 0 | 0 | 0.38 | 1 |
| Vārīti rīsi | 120 | 136 | 2.6928 | 0.2376 | 30.7692 | 0.0001 | 0 | 0.5544 | |
| Cūkgaļas gabaliņi saldskābā mērcē | 80 | 141 | 7.6549 | 10.8336 | 3.1826 | 0.0001 | 0 | 0.4227 | |
| Kīnas kāpostu salāti ar dillem un ku | 50 | 33 | 0.8912 | 2.4262 | 2.2226 | 0 | 0.0001 | 0.4338 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| Ūdens ar cidoniju garšu | 200 | 47 | 0.02 | 0.02 | 11.54 | 0 | 0 | 0 | |
| Kopā: | | 628.179 | 17.157 | 24.679 | 82.956 | 0. | 0. | 7.025 | |
| Otrā Izvēle | | | | | | | | | |
| Maltās gaļas mērce | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1,7 |
| Vārīta pasta - makaroni | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 |
| Svaigu kāpostu un gurķu salāti ar e | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Kopā: | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Launags | | | | | | | | | |
| Piena zupa ar biežpiena klimpām | 200 | 181 | 9.6493 | 6.2358 | 21.397 | 0.0014 | 0.0034 | 0.0162 | 1,3,7 |
| Saldskābmaize | 20 | 46 | 1.26 | 0.2 | 9.6 | 0 | 0 | 0.9 | 1 |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | 0 | 0 | 0 | 7 |
| Pusžāvēta desa | 20 | 84 | 2.6 | 8. | 0.36 | 0 | 0 | 0 | 7 |
| Vārīta vistas fileja | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Auglis | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Kopā: | | 347.787 | 13.539 | 18.561 | 31.577 | 0.001 | 0.003 | 0.916 | |
| Vakariņas | | | | | | | | | |
| Kopā: | | | | | | | | | |
| Diena kopā : | | | | | | | | | |
| | | 1280.223 | 40.323 | 51.455 | 161.269 | 0.002 | 0.014 | 10.792 | |
| otrdiena, 26.marts | | | | | | | | | |
| Brokastis | | | | | | | | | |
| Kukurūzas putra | 200 | 119 | 5.36 | 2.128 | 20.5876 | 0.0002 | 0.0002 | 2.444 | 7 |
| Sviests | 3 | 22 | 0.018 | 2.475 | 0.132 | 0 | 0 | 0 | 7 |
| Viltotais zakjīs | 20 | 41 | 2.9144 | 2.7407 | 1.2308 | 0 | 0 | 0.1046 | 1,3,7 |
| Sēkļu maize | 30 | 89 | 3.15 | 1.92 | 14.13 | 0 | 0 | 1.29 | 1,11 |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | 0 | 0 | 0 | 7 |
| Tēja | 200 | 3 | 0.52 | 0.102 | 0.016 | 0 | 0 | 0 | |
| Cukurs baltais | 5 | 20 | 0 | 0 | 4.99 | 0 | 0.005 | 0 | |
| Kopā: | | 331.954 | 11.992 | 13.491 | 41.306 | 0. | 0.005 | 3.839 | |
| Pusdienas | | | | | | | | | |
| Biešu zupa ar kartupeļiem un gaļu | 200 | 185 | 8.3426 | 12.8302 | 8.7273 | 0.0002 | 0.0007 | 1.8567 | |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | 0 | 0 | 0 | 7 |
| Pasta ar dārzeniem | 150 | 245 | 6.9148 | 7.9532 | 36.0483 | 0.0002 | 0 | 3.0664 | 1,9 |
| Kausētā siera mērce | 40 | 65 | 2.6428 | 5.1055 | 1.9722 | 0.0002 | 0 | 0.0378 | 7,9 |
| Baltie redīsi ar burkāniem | 70 | 14 | 0.735 | 0.105 | 2.415 | 0 | 0 | 1.82 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| Augļu dzēriens | 200 | 86 | 0.297 | 0.198 | 20.463 | 0 | 0.012 | 0.948 | |
| Kefīrs | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 7 |
| Kopā: | | 707.661 | 22.502 | 27.752 | 89.841 | 0.001 | 0.013 | 9.929 | |
| Otrā Izvēle | | | | | | | | | |
| Dārzeņu sautējums ar vistas gaļu | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Balto redīsu un gurķu salāti ar krēju | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 7 |
| Kopā: | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Launags | | | | | | | | | |
| Olā panēta cepta baltmaize | 50 | 123 | 3.5429 | 5.6327 | 14.0324 | 0 | 0.0002 | 0.95 | 1,3,7 |
| Zemeņu ievārījums | 30 | 67 | 0.18 | 0.09 | 16.2075 | 0 | 0.015 | 0.36 | |
| Svaigi dārzeni | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Jogurta mērce | 0 | 0 | 0 | 0 | 0 | 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 | |
| Kopā: | | 214.188 | 3.785 | 5.845 | 35.249 | 0 | 0.02 | 1.31 | |
| Vakariņas | | | | | | | | | |
| Kopā: | | | | | | | | | |
| Diena kopā : | | | | | | | | | |
| | | 1253.803 | 38.28 | 47.088 | 166.396 | 0.001 | 0.038 | 15.078 | |
| trešdiena, 27.marts | | | | | | | | | |
| Brokastis | | | | | | | | | |
| Mannā biezputra ar ķirbi | 200 | 111 | 4.596 | 1.664 | 19.077 | 0.0002 | 0.001 | 0.548 | 1,7 |
| Saldskābmaize | 40 | 92 | 2.52 | 0.4 | 19.2 | 0 | 0 | 1.8 | 1 |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | 0 | 0 | 0 | 7 |
| Vārīta desa | 20 | 51 | 2.1 | 4.5 | 0.62 | 0 | 0 | 0 | 1,7 |
| Tēja | 200 | 3 | 0.52 | 0.102 | 0.016 | 0 | 0 | 0 | |
| Cukurs baltais | 5 | 20 | 0 | 0 | 4.99 | 0 | 0.005 | 0 | |
| Auglis | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Kopā: | | 314.198 | 9.766 | 10.791 | 44.123 | 0. | 0.006 | 2.348 | |
| Pusdienas | | | | | | | | | |
| Vistas gaļas kotlete mājas gaumē | 70 | 187 | 12.291 | 13.0376 | 4.9415 | 0.0003 | 0 | 0.2789 | 1,3 |
| Vārīti gnīji | 120 | 133 | 2.97 | 0.6336 | 28.7496 | 0.0001 | 0 | 1.2672 | |
| Skābā krējuma siņpola mērce | 30 | 38 | 0.5245 | 3.3467 | 1.5347 | 0 | 0 | 0.2601 | 1,7,9 |
| Biešu salāti ar eļļu | 70 | 50 | 1.0472 | 2.1728 | 6.5296 | 0.0001 | 0.0007 | 1.7402 | |
| Ābolu sulas, banānu un jogurta kok | 200 | 140 | 5.504 | 2.828 | 23.046 | 0 | 0.01 | 0.702 | 7 |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| Kopā: | | 652.007 | 25.777 | 22.579 | 84.881 | 0.001 | 0.011 | 6.448 | |
| Otrā Izvēle | | | | | | | | | |
| Vistu akniņas krējuma mērcē | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1,7 |
| Vārīta pasta - makaroni | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 |
| Kīnas kāpostu salāti ar āboliem | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Kopā: | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Launags | | | | | | | | | |
| Cepti kartupeļi | 200 | 257 | 5.2 | 8.4942 | 38.48 | 0.0002 | 0 | 5.46 | |
| Svaigi dārzeni | 70 | 13 | 0.7686 | 0.1512 | 2.0916 | 0 | 0 | 1.4084 | |
| Majonēzes mērce ar zaļumiem | 20 | 89 | 0.4515 | 9.1867 | 1.023 | 0.0001 | 0.0002 | 0.0933 | 10,3,7 |
| 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 | |
| Kopā: | | 381.759 | 6.483 | 17.955 | 46.604 | 0. | 0.005 | 6.962 | |
| Vakariņas | | | | | | | | | |

Kopā:

| Diena kopā : | | 1347.964 | 42.025 | 51.324 | 175.608 | 0.001 | 0.022 | 15.758 |
|-------------------------------------|-----|-----------------|---------------|---------------|----------------|--------------|--------------|--------------------|
| ceturtdiena, 28.marts | | | | | | | | |
| Brokastis | | | | | | | | |
| Omlete | 100 | 144 | 10.2958 | 10.0205 | 2.1191 | 0.0001 | 0.0001 | 0.0265 3,7 |
| Baltmaize | 30 | 79 | 2.34 | 0.63 | 15.42 | 0 | 0 | 1.14 1 |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | 0 | 0 | 0 7 |
| Gurķi | 20 | 2 | 0.12 | 0.04 | 0.36 | 0 | 0 | 0.1 |
| Auglis | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Tēja | 200 | 43 | 0.56 | 0.102 | 11.916 | 0 | 0 | 0.36 |
| Kopā: | | 305.152 | 13.346 | 14.918 | 30.035 | 0. | 0. | 1.627 |
| Pusdienas | | | | | | | | |
| Šķelto zirņu zupa | 200 | 212 | 8.0482 | 10.5138 | 20.8712 | 0.001 | 0 | 6.42 |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | 0 | 0 | 0 7 |
| Zivs bumbiņa ar burkāniem un dillē | 70 | 98 | 12.6305 | 4.3348 | 2.0136 | 0.0003 | 0 | 0.4806 1,11,3,4,5, |
| Kartupeļu biežputra | 120 | 101 | 3.2484 | 1.143 | 18.9744 | 0.0001 | 0 | 2.52 7 |
| Svaiņu kāpostu un gurķu salāti ar e | 70 | 34 | 0.854 | 2.24 | 2.5144 | 0.0001 | 0 | 1.694 |
| Rabarberu dzēriens | 200 | 76 | 0.1828 | 0.0324 | 18.3968 | 0 | 0.018 | 0.96 |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | 0 | 0 | 1.1 1 |
| Kopā: | | 583.342 | 26.814 | 19.544 | 72.945 | 0.002 | 0.018 | 13.175 |
| Otrā izvēle | | | | | | | | |
| Gaļas bumbiņa ar rīsiem | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 3 |
| Grūbu risotto | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 1 |
| Svaiņu kāpostu un gurķu salāti ar e | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Kopā: | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Launags | | | | | | | | |
| Jogurts | 200 | 180 | 6.6 | 4. | 29.4 | 0 | 0 | 0 7 |
| Karstmaize ar sieru un tomātiem | 50 | 156 | 5.2168 | 8.804 | 13.8 | 0 | 0 | 0.975 1,10,3,7 |
| Kopā: | | 335.87 | 11.817 | 12.804 | 43.2 | 0 | 0 | 0.975 |
| Vakariņas | | | | | | | | |
| Kopā: | | | | | | | | |
| Diena kopā : | | 1224.364 | 51.977 | 47.266 | 146.181 | 0.002 | 0.018 | 15.776 |

| Diena kopā : | | 1224.364 | 51.977 | 47.266 | 146.181 | 0.002 | 0.018 | 15.776 |
|------------------------------------|-----|-----------------|---------------|---------------|----------------|--------------|--------------|---------------|
| piektdiena, 29.marts | | | | | | | | |
| Brokastis | | | | | | | | |
| Biezpiens ar krējumu | 100 | 107 | 17.36 | 2.45 | 3.87 | 0 | 0 | 0 7 |
| Kliju maize | 30 | 82 | 3.63 | 0.81 | 14.19 | 0 | 0 | 1.74 1 |
| Sviests | 10 | 75 | 0.06 | 8.25 | 0.44 | 0 | 0 | 0 7 |
| Tomāti | 30 | 5 | 0.3 | 0.06 | 0.78 | 0 | 0 | 0.3 |
| Tēja | 200 | 43 | 0.56 | 0.102 | 11.916 | 0 | 0 | 0.36 |
| Kopā: | | 311.972 | 21.91 | 11.672 | 31.196 | 0 | 0 | 2.4 |
| Pusdienas | | | | | | | | |
| Sātīgā gaļas zupa ar grūbām | 200 | 147 | 10.0005 | 8.5588 | 7.3704 | 0.0002 | 0 | 1.112 1 |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | 0 | 0 | 0 7 |
| Ceptas auzu pārslas ar putukrējumu | 50 | 192 | 2.9708 | 12.4875 | 16.9608 | 0 | 0.0043 | 1.0058 1,7 |
| Ogu ķīselis | 75 | 74 | 0.27 | 0.1065 | 17.808 | 0 | 0.0038 | 0.8048 |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 1 |
| Ūdens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 | 0 | 0 | 0 |
| Āboli | 100 | 54 | 0.3 | 0.6 | 11.4 | 0 | 0 | 2. |
| Kopā: | | 584.085 | 17.181 | 23.373 | 74.074 | 0. | 0.008 | 7.123 |
| Otrā izvēle | | | | | | | | |
| Pasta ar apceptiem dārzeņiem | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 1,3,9 |
| Marinētas bietes(pašāstāstas) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Kopā: | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Launags | | | | | | | | |
| Kartupeļu pankūka | 100 | 237 | 4.2352 | 15.4148 | 19.5203 | 0.0001 | 0 | 2.751 3 |
| Krējums skābs | 20 | 40 | 0.52 | 4. | 0.54 | 0 | 0 | 0 7 |
| Banāni | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 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 |
| Kopā: | | 301.093 | 4.818 | 19.537 | 25.07 | 0. | 0.005 | 2.751 |
| Vakariņas | | | | | | | | |
| Kopā: | | | | | | | | |
| Diena kopā : | | 1197.151 | 43.909 | 54.582 | 130.34 | 0. | 0.013 | 12.274 |
| Diena kopā : | | 1086.799 | 39.443 | 40.001 | 140.714 | 0.001 | 0.015 | 14.301 |
| Diena kopā : | | 1033.12 | 34.756 | 47.489 | 112.715 | 0.002 | 0.024 | 11.879 |