

Nedēļas Ēdienkarte

Grupa

1.-4.klase

| | Svars (g) | Enerģētiskā vērtība (kkal) | Olbaltumvielas | Tauki | Ogļhidrāti | Sāļi | Cukurs | Šķiedrvielas | Alerģēni |
|---|-----------|----------------------------|----------------|---------------|----------------|--------------|--------------|---------------|----------|
| pirmdiena, 25.februāris | | | | | | | | | |
| Brokastis | | | | | | | | | |
| Prosas biežputra | 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 | | | | | | | | | |
| Dārzenju biezeņzupa | 200 | 139 | 1.678 | 10.192 | 10.022 | 0.0002 | 0 | 3.034 | |
| Vārīti rīsi | 120 | 136 | 2.6928 | 0.2376 | 30.7692 | 0.0001 | 0 | 0.5544 | |
| Cūkgāļas gabaliņi saldskābā mērcē | 80 | 141 | 7.6549 | 10.8336 | 3.1826 | 0.0001 | 0 | 0.4227 | |
| Burkānu salāti ar eļļu | 80 | 82 | 0.76 | 6.552 | 4.8456 | 0.0002 | 0.0012 | 2.736 | |
| 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: | | 649.21 | 16.246 | 28.395 | 80.439 | 0.001 | 0.001 | 8.947 | |
| 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 eļļu | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Kopā: | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Launags | | | | | | | | | |
| Piena zupa ar biežpiena klīmpām | 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 : | | 1301.254 | 39.412 | 55.171 | 158.752 | 0.002 | 0.015 | 12.714 | |
| otrdiena, 26.februāris | | | | | | | | | |
| 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 zaķis | 20 | 41 | 2.9144 | 2.7407 | 1.2308 | 0 | 0 | 0.1046 | 1,3,7 |
| Sēklu 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 dārzeņiem | 150 | 245 | 6.9148 | 7.9532 | 36.0483 | 0.0002 | 0 | 3.0664 | 1,9 |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| Cidoniju- ābolu dzēriens | 200 | 84 | 0.155 | 0.245 | 20.018 | 0 | 0.016 | 1.345 | |
| Kefīrs | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 7 |
| Kopā: | | 627.212 | 18.982 | 22.588 | 85.009 | 0. | 0.017 | 8.468 | |
| Otrā Izvēle | | | | | | | | | |
| Dārzenju sautējums ar vistas gaļu | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Balto redīsu un gurķu salāti ar krējumu | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 7 |
| Kopā: | | 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 dārzeņi | 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 : | | 1173.354 | 34.76 | 41.924 | 161.564 | 0.001 | 0.042 | 13.617 | |
| trešdiena, 27.februāris | | | | | | | | | |
| Brokastis | | | | | | | | | |
| Mannā biežputra 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 vistas fileja | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| 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 | | | | | | | | | |
| Cūkgāļa sīpolu krējuma mērcē | 80 | 199 | 13.4069 | 15.1084 | 2.2608 | 0.0004 | 0 | 0.4292 | 1,7,9 |
| Vārīti griķi | 120 | 133 | 2.97 | 0.6336 | 28.7496 | 0.0001 | 0 | 1.2672 | |
| Balto redīsu un gurķu salāti ar papriku u | 50 | 23 | 0.4422 | 1.8328 | 1.1136 | 0 | 0.0001 | 0.6542 | |
| Mango- piena kokteilis | 200 | 103 | 5.32 | 3.32 | 14. | 0 | 0 | 0 | 7 |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| Kopā: | | 560.74 | 25.579 | 21.455 | 66.204 | 0.001 | 0. | 4.551 | |
| 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 |
| Ķīnas kāpostu salāti ar āboliem | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Kopā: | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Launags | | | | | | | | | |
| Cepti kartupeļi | 200 | 257 | 5.2 | 8.4942 | 38.48 | 0.0002 | 0 | 5.46 | |
| Svaigi dārzeņi | 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 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Cukurs baltais | 5 | 20 | 0 | 0 | 4.99 | 0 | 0.005 | 0 | |
| Kopā: | | 378.085 | 6.42 | 17.832 | 46.585 | 0. | 0.005 | 6.962 | |
| Vakariņas | | | | | | | | | |
| Kopā: | | | | | | | | | |
| Diena kopā : | | 1253.023 | 41.765 | 50.078 | 156.912 | 0.001 | 0.011 | 13.86 | |

ceturtdiena, 28.februāris

| Brokastis | | | | | | | | | |
|--|-----|-----------------|---------------|---------------|----------------|--------------|--------------|---------------|--------------|
| Omlēte | 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 | | | | | | | | | |
| Zaļo lēcu zupa ar dārzeņiem | 150 | 137 | 4.5174 | 7.898 | 11.9464 | 0.0001 | 0 | 3.9282 | 9 |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | 0 | 0 | 0 | 7 |
| Zivs bumbiņa ar burkāniem un dillēm | 70 | 45 | 3.5833 | 3.2426 | 0.2788 | 0 | 0 | 0.1142 | 1,11,3,4,5,8 |
| Kartupeļu biežputra | 200 | 169 | 5.414 | 1.905 | 31.624 | 0.0002 | 0 | 4.2 | 7 |
| Biešu salāti | 70 | 59 | 0.9975 | 3.5665 | 5.6559 | 0.0001 | 0.0001 | 1.6625 | |
| Jāpogu dzēriens | 200 | 27 | 0.359 | 0.07 | 5.56 | 0 | 0.004 | 1.12 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| Kopā: | | 550.714 | 18.441 | 18.242 | 75.28 | 0. | 0.004 | 13.225 | |
| 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 |
| Svaigu kāpostu un gurķu salāti ar eļļu | 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 : | | 1191.736 | 43.604 | 45.964 | 148.515 | 0.001 | 0.004 | 15.826 | |

piektdiena, 1.marts

| Brokastis | | | | | | | | | |
|-----------------------------------|-----|-----------------|---------------|---------------|----------------|--------------|--------------|---------------|---------|
| Biezpiens ar krējumu | 100 | 107 | 17.36 | 2.45 | 3.87 | 0 | 0 | 0 | 7 |
| Kliju maize | 20 | 55 | 2.42 | 0.54 | 9.46 | 0 | 0 | 1.16 | 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: | | 284.672 | 20.7 | 11.402 | 26.466 | 0 | 0 | 1.82 | |
| Pusdienas | | | | | | | | | |
| Itāļu frikadeļu zupa ar spinātiem | 200 | 188 | 10.2708 | 11.615 | 10.3382 | 0.001 | 0 | 2.46 | 1,3,7,9 |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | 0 | 0 | 0 | 7 |
| Kakao krēms | 50 | 147 | 2.5305 | 12.166 | 6.856 | 0 | 0.005 | 0.608 | 7 |
| Biezais ogu ķīselis | 100 | 55 | 0.48 | 0.127 | 12.334 | 0 | 0.005 | 1.455 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| Auglis | 120 | 67 | 0.948 | 0.3 | 14.64 | 0 | 0 | 0.84 | |
| Ūdens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 | 0 | 0 | 0 | |
| Kopā: | | 574.009 | 17.869 | 25.828 | 64.703 | 0.001 | 0.01 | 7.563 | |
| Otrā izvēle | | | | | | | | | |
| Pasta ar apceptiem dārzeņiem | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1,3,9 |
| Marinētas bietes(paštaisītas) | 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 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Cukurs baltais | 5 | 20 | 0 | 0 | 4.99 | 0 | 0.005 | 0 | |
| Kopā: | | 297.419 | 4.755 | 19.415 | 25.05 | 0. | 0.005 | 2.751 | |
| Vakariņas | | | | | | | | | |
| Kopā: | | | | | | | | | |
| Diena kopā : | | 1156.1 | 43.325 | 56.645 | 116.22 | 0.001 | 0.015 | 12.134 | |
| Kopā: | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Vakariņas | | | | | | | | | |
| Kopā: | | | | | | | | | |
| Diena kopā : | | 1089.831 | 39.347 | 39.937 | 146.512 | 0.001 | 0.016 | 14.525 | |