

## Nedēdas Ēdienkarte

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

|  | Svars (g) | Enerģētiskā vērtība (kcal) | Olbaltumvielas | Tauki         | Ogļhidrāti     | Sāls         | Cukurs       | Šķiedrvielas  | Alerģeni |
|--|-----------|----------------------------|----------------|---------------|----------------|--------------|--------------|---------------|----------|
| <b>Pirmdiena, 22.aprīlis</b>               |           |                            |                |               |                |              |              |               |          |
| <b>Pusdienas</b>                           |           |                            |                |               |                |              |              |               |          |
| Vistas gaļas zupa                          | 150       | 85                         | 6.3464         | 3.6062        | 6.5785         | 0.0001       | 0            | 1.0377        | 1,3      |
| Krējums skābs                              | 5         | 10                         | 0.13           | 1.            | 0.135          | 0            | 0            | 0             | 7        |
| Cūkgāļas gulašs                            | 100       | 205                        | 11.7605        | 15.5467       | 4.509          | 0.0001       | 0            | 0.247         | 1,7      |
| Vārīti griķi                               | 150       | 166                        | 3.7125         | 0.792         | 35.937         | 0.0001       | 0            | 1.584         |          |
| Kāpostu salāti ar ābolu, puravu un krējumu | 90        | 51                         | 1.3599         | 2.9237        | 4.6242         | 0.0007       | 0            | 2.1368        | 7        |
| Augļu dzēriens                             | 200       | 65                         | 0.315          | 0.234         | 15.159         | 0            | 0.006        | 1.068         |          |
| Rudzu maize                                | 20        | 52                         | 1.72           | 0.28          | 10.04          | 0            | 0            | 1.1           | 1        |
| <b>Kopā:</b>                               |           | <b>633.185</b>             | <b>25.344</b>  | <b>24.383</b> | <b>76.983</b>  | <b>0.001</b> | <b>0.006</b> | <b>7.176</b>  |          |
| <b>Launags</b>                             |           |                            |                |               |                |              |              |               |          |
| Piens                                      | 100       | 190                        | 1.017          | 18.4275       | 5.901          | 0            | 0            | 1.368         | 7        |
| Kellorgs                                   | 30        | 79                         | 2.34           | 0.63          | 15.42          | 0            | 0            | 1.14          | 1        |
| Tēja                                       | 200       | 3                          | 0.52           | 0.102         | 0.016          | 0            | 0            | 0             |          |
| Cukurs baltais                             | 2         | 8                          | 0              | 0             | 1.996          | 0            | 0.002        | 0             |          |
| <b>Kopā:</b>                               |           | <b>280.43</b>              | <b>3.877</b>   | <b>19.16</b>  | <b>23.333</b>  | <b>0</b>     | <b>0.002</b> | <b>2.508</b>  |          |
| <b>Otrdiena, 23.aprīlis</b>                |           |                            |                |               |                |              |              |               |          |
| <b>Pusdienas</b>                           |           |                            |                |               |                |              |              |               |          |
| Biešu zupa                                 | 150       | 54                         | 3.1882         | 2.3892        | 4.8117         | 0.0002       | 0            | 1.0332        | 1,9      |
| Krējums skābs                              | 5         | 10                         | 0.13           | 1.            | 0.135          | 0            | 0            | 0             | 7        |
| Makaroni ar maltu cūkgāļu un dārzeņiem     | 200       | 441                        | 11.87          | 19.937        | 45.954         | 0.0007       | 0            | 3.605         | 1        |
| Salātu lapu maisījums ar burkāniem         | 100       | 17                         | 1.55           | 0.28          | 2.42           | 0            | 0            | 1.45          |          |
| Kefirs                                     | 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>669.72</b>              | <b>24.458</b>  | <b>27.886</b> | <b>72.361</b>  | <b>0.001</b> | <b>0</b>     | <b>7.188</b>  |          |
| <b>Launags</b>                             |           |                            |                |               |                |              |              |               |          |
| Siera smalkmaizīte                         | 70        | 227                        | 7.7515         | 11.3575       | 22.9214        | 0.0004       | 0.0041       | 0.0276        | 1,3,7    |
| Auglis                                     | 100       | 59                         | 0.6            | 0.328         | 13.35          | 0            | 0            | 2.04          |          |
| Tēja                                       | 200       | 3                          | 0.52           | 0.102         | 0.016          | 0            | 0            | 0             |          |
| <b>Kopā:</b>                               |           | <b>289.161</b>             | <b>8.872</b>   | <b>11.788</b> | <b>36.287</b>  | <b>0</b>     | <b>0.004</b> | <b>2.068</b>  |          |
| <b>Trešdiena, 24.aprīlis</b>               |           |                            |                |               |                |              |              |               |          |
| <b>Pusdienas</b>                           |           |                            |                |               |                |              |              |               |          |
| Cūkgāļas kotlete                           | 60        | 181                        | 10.5636        | 14.5425       | 1.938          | 0.0002       | 0            | 0.2379        | 1,3      |
| Kartupeļu biežputra                        | 150       | 127                        | 4.0605         | 1.4288        | 23.718         | 0.0001       | 0            | 3.15          | 7        |
| Balto redīsu un gurķu salāti ar krējumu    | 90        | 38                         | 1.0791         | 2.8251        | 2.0106         | 0            | 0            | 0.8892        | 7        |
| Jogurta kokteilis                          | 200       | 118                        | 2.0244         | 9.7328        | 5.4848         | 0            | 0.004        | 0.4864        | 7        |
| Ūdens ar citronu                           | 150       | 3                          | 0.0525         | 0.045         | 0.24           | 0            | 0            | 0             |          |
| Rudzu maize                                | 20        | 52                         | 1.72           | 0.28          | 10.04          | 0            | 0            | 1.1           | 1        |
| <b>Kopā:</b>                               |           | <b>597.399</b>             | <b>19.756</b>  | <b>28.936</b> | <b>62.347</b>  | <b>0</b>     | <b>0.008</b> | <b>6.658</b>  |          |
| <b>Launags</b>                             |           |                            |                |               |                |              |              |               |          |
| Biezpiens ar krējumu                       | 60        | 64                         | 10.416         | 1.47          | 2.322          | 0            | 0            | 0             | 7        |
| Ievārījums                                 | 10        | 7                          | 0.168          | 0.084         | 1.155          | 0            | 0            | 0.336         |          |
| Sēklu maize                                | 220       | 653                        | 23.1           | 14.08         | 103.62         | 0            | 0            | 9.46          | 1,11     |
| 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             |          |
| Auglis                                     | 100       | 56                         | 0.79           | 0.25          | 12.2           | 0            | 0            | 0.7           |          |
| <b>Kopā:</b>                               |           | <b>821.397</b>             | <b>34.566</b>  | <b>20.131</b> | <b>119.536</b> | <b>0</b>     | <b>0</b>     | <b>10.496</b> |          |
| <b>Ceturtdiena, 25.aprīlis</b>             |           |                            |                |               |                |              |              |               |          |
| <b>Pusdienas</b>                           |           |                            |                |               |                |              |              |               |          |
| Ziedkāpostu zupa                           | 150       | 59                         | 1.9046         | 3.2589        | 5.3459         | 0.0001       | 0            | 3.1009        | 9        |
| Krējums skābs                              | 10        | 20                         | 0.26           | 2.            | 0.27           | 0            | 0            | 0             | 7        |
| Vistas gaļa ar dārzeņiem krējuma mērcē     | 80        | 131                        | 8.5            | 9.4935        | 2.34           | 0.0003       | 0            | 0.4564        | 7        |
| Vārīti rīsi                                | 150       | 170                        | 3.366          | 0.297         | 38.4615        | 0.0001       | 0            | 0.693         |          |
| Kāpostu salāti ar sarkanajiem redīsiem     | 70        | 40                         | 0.9716         | 2.2316        | 4.0488         | 0.0003       | 0.0014       | 1.8522        |          |
| Saldskābmaize                              | 40        | 92                         | 2.52           | 0.4           | 19.2           | 0            | 0            | 1.8           | 1        |
| Augļu un ogu dzēriens                      | 150       | 23                         | 0.234          | 0.204         | 4.8225         | 0            | 0.0008       | 1.218         |          |
| <b>Kopā:</b>                               |           | <b>618.97</b>              | <b>17.766</b>  | <b>26.892</b> | <b>75.033</b>  | <b>0.001</b> | <b>0.003</b> | <b>9.123</b>  |          |
| <b>Launags</b>                             |           |                            |                |               |                |              |              |               |          |
| Cepumi                                     | 40        | 78                         | 6.45           | 5.6           | 0.35           | 0            | 0            | 0             | 3        |
| Sēklu maize                                | 20        | 59                         | 2.1            | 1.28          | 9.42           | 0            | 0            | 0.86          | 1,11     |
| Sviests                                    | 5         | 37                         | 0.03           | 4.125         | 0.22           | 0            | 0            | 0             | 7        |
| Gurķis                                     | 30        | 9                          | 0.4579         | 0.0996        | 1.5279         | 0            | 0            | 1.1092        |          |
| 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>198.676</b>             | <b>9.558</b>   | <b>11.207</b> | <b>14.528</b>  | <b>0</b>     | <b>0.003</b> | <b>1.969</b>  |          |
| <b>Piektdiena, 26.aprīlis</b>              |           |                            |                |               |                |              |              |               |          |
| <b>Pusdienas</b>                           |           |                            |                |               |                |              |              |               |          |
| Frikadeļu zupa                             | 150       | 74                         | 3.6884         | 2.3773        | 9.1491         | 0.0002       | 0            | 1.6044        | 9        |
| Siers                                      | 30        | 52                         | 0.4085         | 4.7399        | 1.9586         | 0            | 0            | 0.0307        | 1,7      |
| Vārīti makaroni                            | 180       | 134                        | 3.816          | 0.1908        | 28.2384        | 0.0002       | 0            | 4.0068        |          |
| Biešu salāti                               | 80        | 68                         | 1.14           | 4.076         | 6.4638         | 0.0003       | 0.0001       | 1.9           |          |
| Rudzu maize                                | 20        | 52                         | 1.72           | 0.28          | 10.04          | 0            | 0            | 1.1           | 1        |
| Kefirs                                     | 150       | 72                         | 4.5            | 3.            | 6.75           | 0            | 0            | 0             | 7        |
| <b>Kopā:</b>                               |           | <b>607.853</b>             | <b>25.143</b>  | <b>24.128</b> | <b>70.411</b>  | <b>0.001</b> | <b>0</b>     | <b>8.967</b>  |          |
| <b>Launags</b>                             |           |                            |                |               |                |              |              |               |          |
| "Vanīlas biezpiena sierīņš ""Baltais""     | 38        | 156                        | 8.094          | 9.31          | 9.918          | 0            | 0            | 0             | 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        |
| Tomāti                                     | 20        | 3                          | 0.2            | 0.04          | 0.52           | 0            | 0            | 0.2           |          |
| 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>258.11</b>              | <b>9.646</b>   | <b>13.797</b> | <b>23.271</b>  | <b>0</b>     | <b>0.003</b> | <b>1.1</b>    |          |

Ieva Langšteinā

