

Nedēdas Ēdienkarte

Grupa

BD 1-2

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

| | Svars (g) | Enerģētiskā vērtība (kkal) | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģeni |
|--|-----------|-------------------------------|----------------|---------------|---------------|--------------|--------------|--------------|----------|
| Pirmdienā, 20.maijs | | | | | | | | | |
| Brokastis | | | | | | | | | |
| Četru graudu pārslu putra | 150 | 139 | 6.72 | 10.32 | 20.3394 | 0.0001 | 0.0003 | 2.688 | 1,7 |
| levārijums | 5 | 7 | 0.05 | 0.005 | 1.95 | 0 | 0 | 0 | |
| Saldskābmaize | 15 | 34 | 0.945 | 0.15 | 7.2 | 0 | 0 | 0.675 | 1 |
| Sviests | 4 | 30 | 0.024 | 3.3 | 0.176 | 0 | 0 | 0 | 7 |
| Zāļu tēja | 150 | 3 | 0.0468 | 0.0918 | 0.0144 | 0 | 0 | 0 | |
| Cukurs baltais | 2 | 8 | 0 | 0 | 1.996 | 0 | 0.002 | 0 | |
| <i>Kopā:</i> | | <i>221.397</i> | <i>7.786</i> | <i>13.867</i> | <i>31.676</i> | <i>0.</i> | <i>0.002</i> | <i>3.363</i> | |
| Pusdienas | | | | | | | | | |
| Vistas gaļas zupa ar nūdelēm | 100 | 56 | 4.231 | 2.4041 | 4.3856 | 0.0001 | 0 | 0.6918 | 1;3 |
| Cūkgāļas gulašs | 50 | 103 | 5.8802 | 7.7734 | 2.2545 | 0.0001 | 0 | 0.1235 | 1;7 |
| Vārtīti griķi | 90 | 99 | 2.2275 | 0.4752 | 21.5622 | 0.0001 | 0 | 0.9504 | |
| Kāpostu salāti ar ābolu, puravu un krējumu | 60 | 34 | 0.9066 | 1.9491 | 3.0828 | 0.0005 | 0 | 1.4259 | 7 |
| Augļu dzēriens | 150 | 49 | 0.2362 | 0.1755 | 11.3692 | 0 | 0.0045 | 0.801 | |
| <i>Kopā:</i> | | <i>341.06</i> | <i>13.482</i> | <i>12.777</i> | <i>42.654</i> | <i>0.001</i> | <i>0.005</i> | <i>3.993</i> | |
| Launags | | | | | | | | | |
| Piens | 100 | 95 | 0.5085 | 9.2137 | 2.9505 | 0 | 0 | 0.684 | 7 |
| Kellorgs | 30 | 79 | 2.34 | 0.63 | 15.42 | 0 | 0 | 1.14 | 1 |
| Tēja | 150 | 2 | 0.39 | 0.0765 | 0.012 | 0 | 0 | 0 | |
| Cukurs baltais | 2 | 8 | 0 | 0 | 1.996 | 0 | 0.002 | 0 | |
| <i>Kopā:</i> | | <i>184.422</i> | <i>3.239</i> | <i>9.92</i> | <i>20.379</i> | <i>0</i> | <i>0.002</i> | <i>1.824</i> | |
| Otrdienā, 21.maijs | | | | | | | | | |
| Brokastis | | | | | | | | | |
| Rīsu putra | 140 | 129 | 5.012 | 2.366 | 22.0556 | 0.0001 | 0.0007 | 0.294 | 7 |
| levārijums | 4 | 6 | 0.04 | 0.004 | 1.56 | 0 | 0 | 0 | |
| Sēklu maize | 15 | 45 | 1.575 | 0.96 | 7.065 | 0 | 0 | 0.645 | 1;11 |
| Pusžāvēta desa | 15 | 31 | 1.11 | 2.67 | 0.645 | 0 | 0 | 0 | 7 |
| Zāļu tēja | 150 | 3 | 0.0468 | 0.0918 | 0.0144 | 0 | 0 | 0 | |
| Cukurs baltais | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| <i>Kopā:</i> | | <i>212.668</i> | <i>7.784</i> | <i>6.092</i> | <i>31.34</i> | <i>0.</i> | <i>0.001</i> | <i>0.939</i> | |
| Pusdienas | | | | | | | | | |
| Biešu zupa | 100 | 36 | 2.1255 | 1.5928 | 3.2078 | 0.0001 | 0 | 0.6888 | 1;9 |
| Makaroni ar maltu cūkgāļu un dārzeņiem | 100 | 220 | 5.935 | 9.9685 | 22.977 | 0.0003 | 0 | 1.8025 | 1 |
| Salātu lapu maisījums ar burkāniem | 60 | 10 | 0.93 | 0.168 | 1.452 | 0 | 0 | 0.87 | |
| Kefirs | 150 | 72 | 4.5 | 3. | 6.75 | 0 | 0 | 0 | 7 |
| <i>Kopā:</i> | | <i>338.642</i> | <i>13.491</i> | <i>14.729</i> | <i>34.387</i> | <i>0.</i> | <i>0</i> | <i>3.361</i> | |
| Launags | | | | | | | | | |
| Siera smalkmaizīte | 35 | 114 | 3.8757 | 5.6788 | 11.4607 | 0.0002 | 0.002 | 0.0138 | 1;3;7 |
| Auglis | 100 | 59 | 0.6 | 0.328 | 13.35 | 0 | 0 | 2.04 | |
| Tēja | 150 | 2 | 0.39 | 0.0765 | 0.012 | 0 | 0 | 0 | |
| <i>Kopā:</i> | | <i>174.696</i> | <i>4.866</i> | <i>6.083</i> | <i>24.823</i> | <i>0.</i> | <i>0.002</i> | <i>2.054</i> | |
| Trešdienā, 22.maijs | | | | | | | | | |
| Brokastis | | | | | | | | | |
| Prosas biežputra | 150 | 135 | 5.6385 | 3.0068 | 21.4695 | 0.0001 | 0.0008 | 0.8835 | 7 |
| levārijums | 5 | 7 | 0.05 | 0.005 | 1.95 | 0 | 0 | 0 | |
| 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 | 150 | 3 | 0.0468 | 0.0918 | 0.0144 | 0 | 0 | 0 | |
| <i>Kopā:</i> | | <i>231.019</i> | <i>7.225</i> | <i>7.469</i> | <i>33.774</i> | <i>0.</i> | <i>0.001</i> | <i>1.984</i> | |
| Pusdienas | | | | | | | | | |
| Cūkgāļas kotlete | 50 | 151 | 8.803 | 12.1188 | 1.615 | 0.0002 | 0 | 0.1982 | 1;3 |
| Kartupeļu biežputra | 90 | 76 | 2.4363 | 0.8572 | 14.2308 | 0.0001 | 0 | 1.89 | 7 |
| Balto redisu un gurķu salāti ar krējumu | 60 | 26 | 0.7194 | 1.8834 | 1.3404 | 0 | 0 | 0.5928 | 7 |
| Zivju zupa | 100 | 49 | 0.16 | 0.051 | 11.822 | 0 | 0.0025 | 0.4965 | |
| Ūdens ar citronu | 100 | 2 | 0.035 | 0.03 | 0.16 | 0 | 0 | 0 | |
| <i>Kopā:</i> | | <i>392.03</i> | <i>13.672</i> | <i>22.24</i> | <i>33.282</i> | <i>0.</i> | <i>0.006</i> | <i>3.542</i> | |
| Launags | | | | | | | | | |
| Biezpiens ar krējumu | 40 | 43 | 6.944 | 0.98 | 1.548 | 0 | 0 | 0 | 7 |
| levārijums | 10 | 5 | 0.126 | 0.063 | 0.8662 | 0 | 0 | 0.252 | |
| Sēklu maize | 20 | 59 | 2.1 | 1.28 | 9.42 | 0 | 0 | 0.86 | 1;11 |
| Sviests | 4 | 30 | 0.024 | 3.3 | 0.176 | 0 | 0 | 0 | 7 |
| Zāļu tēja | 150 | 3 | 0.0468 | 0.0918 | 0.0144 | 0 | 0 | 0 | |
| Auglis | 50 | 28 | 0.395 | 0.125 | 6.1 | 0 | 0 | 0.35 | |
| <i>Kopā:</i> | | <i>167.965</i> | <i>9.636</i> | <i>5.84</i> | <i>18.125</i> | <i>0</i> | <i>0</i> | <i>1.462</i> | |



 Ieva Langšteina


Ceturtdiena, 23.maijs
Brokastis

| | | | | | | | | | |
|-------------------|-----|-----|------|--------|---------|--------|--------|------|-----|
| Auzu pārslu putra | 150 | 131 | 5.76 | 2.748 | 19.6644 | 0.0001 | 0.0003 | 2.88 | 1;7 |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | 0 | 0 | 1.1 | 1 |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | 0 | 0 | 0 | 7 |
| Siers | 20 | 68 | 4.96 | 5.36 | 0 | 0 | 0 | 0 | 7 |
| Tēja | 150 | 2 | 0.39 | 0.0765 | 0.012 | 0 | 0 | 0 | 7 |
| Cukurs baltais | 2 | 8 | 0 | 0 | 1.996 | 0 | 0.002 | 0 | |

Kopā:
298.278 12.86 12.59 31.932 0.002 3.98
Pusdienas

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|--|-----|-----|--------|--------|---------|--------|--------|--------|---|
| Ziedkāpostu zupa | 130 | 51 | 1.6506 | 2.8244 | 4.6331 | 0.0001 | 0 | 2.6875 | 9 |
| Vistas gaļa ar dārzeņiem krējuma mērcē | 60 | 98 | 6.375 | 7.1201 | 1.755 | 0.0002 | 0 | 0.3423 | 7 |
| Vārīti rīsi | 90 | 102 | 2.0196 | 0.1782 | 23.0769 | 0.0001 | 0 | 0.4158 | |
| Kāpostu salāti ar sarkanajiem redīsiem | 60 | 35 | 0.8328 | 1.9128 | 3.4704 | 0.0002 | 0.0012 | 1.5876 | |
| Augļu un ogu dzēriens | 150 | 23 | 0.234 | 0.204 | 4.8225 | 0 | 0.0008 | 1.218 | |

Kopā:
309.389 11.112 12.24 37.758 0.001 6.251
Launags

| | | | | | | | | | |
|----------------|-----|----|--------|--------|--------|---|-------|--------|------|
| Cepumi | 30 | 39 | 3.225 | 2.8 | 0.175 | 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 | 20 | 9 | 0.4579 | 0.0996 | 1.5279 | 0 | 0 | 1.1092 | |
| Tēja | 150 | 2 | 0.39 | 0.0765 | 0.012 | 0 | 0 | 0 | |
| Cukurs baltais | 2 | 8 | 0 | 0 | 1.996 | 0 | 0.002 | 0 | |

Kopā:
155.118 6.203 8.381 13.351 0 1.969
trešdiena, 24.aprīlis
Brokastis

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|-----------------|-----|-----|--------|--------|---------|--------|--------|--------|-----|
| Mannā biezputra | 150 | 115 | 5.2725 | 2.2545 | 18.1752 | 0.0001 | 0.0001 | 0.0195 | 1;7 |
| Kanēļcukurs | 4 | 15 | 0.094 | 0.006 | 3.576 | 0 | 0.002 | 1.062 | |
| 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 |
| Gurķi | 20 | 2 | 0.12 | 0.04 | 0.36 | 0 | 0 | 0.1 | |
| Tēja | 150 | 2 | 0.39 | 0.0765 | 0.012 | 0 | 0 | 0 | |
| Cukurs baltais | 2 | 8 | 0 | 0 | 1.996 | 0 | 0.002 | 0 | |

Kopā:
225.393 7.167 6.702 33.939 0.004 2.082
Pusdienas

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|-----------------|-----|----|--------|--------|--------|--------|--------|--------|-----|
| Frikadeļu zupa | 100 | 66 | 5.5115 | 3.3157 | 3.3495 | 0.0001 | 0 | 1.586 | 4 |
| Siers | 20 | 21 | 0.1634 | 1.896 | 0.7835 | 0 | 0 | 0.0123 | 1;7 |
| Vārīti makaroni | 100 | 74 | 2.12 | 0.106 | 15.688 | 0.0001 | 0 | 2.226 | |
| Biešu salāti | 50 | 42 | 0.7125 | 2.5475 | 4.0399 | 0.0002 | 0 | 1.1875 | |
| Ābolu dzēriens | 100 | 26 | 0.0891 | 0.1758 | 5.8106 | 0 | 0.0025 | 0.58 | |

Kopā:
318.432 14.236 13.449 34.135 0.003 5.778
Launags

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|--|-----|-----|--------|--------|--------|---|---|-------|---|
| "Vanīļas biezpiena sierīņš ""Baltais"" | 38 | 156 | 8.094 | 9.31 | 9.918 | 0 | 0 | 0 | 7 |
| Saldskābmaize | 15 | 34 | 0.945 | 0.15 | 7.2 | 0 | 0 | 0.675 | 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 | 150 | 3 | 0.0468 | 0.0918 | 0.0144 | 0 | 0 | 0 | |
| Cukurs baltais | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |

Kopā:
233.766 9.316 13.717 17.872 0 0.875
Ieva Langšteina

