

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 (kkal) | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģeni |
|--|-----------|-------------------------------|----------------|---------------|---------------|--------------|--------------|---------------|----------|
| Pirmdiena, 13.aprīlis | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Dārzenu zupa | 200 | 91 | 2.7266 | 4.3208 | 10.1227 | 0.2 | 0 | 3.8472 | 9. |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | 0 | 0 | 0 | 7. |
| Sautēta cūkgāja ar dārzeniem | 70 | 102 | 7.5957 | 7.554 | 1.0927 | 0.28 | 0 | 0.6234 | |
| Vārti rīsi | 200 | 227 | 4.488 | 0.396 | 51.282 | 0.2 | 0 | 0.924 | |
| Kāpostu un redisu salāti ar kefira mērci un zaļumiem | 70 | 27 | 1.1641 | 1.2474 | 2.6297 | 0.35 | 0 | 1.4981 | 7. |
| Kefīrs | 200 | 96 | 6. | 4. | 9. | 0 | 0 | 0 | 7. |
| Kopā: | | 552.749 | 22.104 | 18.518 | 74.262 | 1.03 | 0 | 6.893 | |
| Launags | | | | | | | | | |
| Biezpiens | 70 | 68 | 13.3 | 0.35 | 2.8 | 0 | 0 | 0 | 7. |
| Ievārījums | 10 | 14 | 0.1 | 0.01 | 3.9 | 0 | 0 | 0 | |
| Krējums skābs | 20 | 40 | 0.52 | 4. | 0.54 | 0 | 0 | 0 | 7. |
| Zāļu tēja | 200 | 2 | 0.026 | 0.051 | 0.008 | 0 | 0 | 0 | |
| Sēklu maize | 20 | 59 | 2.1 | 1.28 | 9.42 | 0 | 0 | 0.86 | 1,11 |
| Auglis | 100 | 56 | 0.79 | 0.25 | 12.2 | 0 | 0 | 0.7 | |
| Kopā: | | 238.701 | 16.836 | 5.941 | 28.868 | 0 | 0 | 1.56 | |
| Otrdiena, 14.aprīlis | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Biešu zupa ar kartupeļiem un gaļu | 150 | 137 | 6.2684 | 9.6326 | 6.2962 | 0.15 | 0.495 | 1.5899 | |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | 0 | 0 | 0 | 7. |
| Makaroni ar maltu cūkgāju un dārzeniem | 200 | 384 | 17.9138 | 15.5452 | 42.339 | 1.28 | 0 | 1.565 | 1. |
| Svaigu dārzenu salāti ar eļļas mērci | 70 | 35 | 0.7533 | 2.9253 | 1.6791 | 0.035 | 0.21 | 0.6554 | |
| Augļu dzēriens | 200 | 65 | 0.315 | 0.234 | 15.159 | 0 | 6. | 1.068 | |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | 0 | 0 | 1.1 | 1. |
| Kopā: | | 682.796 | 27.101 | 29.617 | 75.648 | 1.465 | 6.705 | 5.978 | |
| Launags | | | | | | | | | |
| "Vārīta desa" Zaļā dakšiņa" | 20 | 46 | 2.08 | 3.8 | 0.84 | 0 | 0 | 0 | 1. |
| Sviests | 10 | 75 | 0.06 | 8.25 | 0.44 | 0 | 0 | 0 | 7. |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1. |
| Zāļu tēja | 250 | 2 | 0.0325 | 0.0638 | 0.01 | 0 | 0 | 0 | |
| Cukurs baltais | 2 | 8 | 0 | 0 | 1.996 | 0 | 2. | 0 | |
| Banāni | 100 | 88 | 1.2 | 0.2 | 20. | 0 | 0 | 1.8 | |
| Kopā: | | 322.098 | 6.813 | 12.874 | 43.366 | 0 | 2. | 4. | |
| Trešdiena, 15.aprīlis | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Cūkgājas bumbiņa piena mērcē | 80 | 147 | 8.8278 | 9.828 | 5.5996 | 0.264 | 0 | 0.9696 | 1,3;7 |
| Vārti kartupeļi | 150 | 112 | 3.18 | 0.159 | 23.532 | 0.15 | 0 | 3.339 | |
| Burkānu salāti ar eļļu | 70 | 50 | 0.672 | 3.6344 | 3.5749 | 0.14 | 0.35 | 2.4192 | |
| Flamerī krēms | 40 | 82 | 1.6638 | 6.606 | 3.8068 | 0.02 | 0.82 | 0.0026 | 1,7 |
| Ogu ķīselis | 100 | 99 | 0.32 | 0.102 | 23.644 | 0 | 5. | 0.993 | |
| Piens | 200 | 96 | 6.4 | 4. | 9. | 0 | 0 | 0 | 7. |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | 0 | 0 | 1.1 | 1. |
| Kopā: | | 635.73 | 22.784 | 24.609 | 79.197 | 0.574 | 6.17 | 8.823 | |
| Launags | | | | | | | | | |
| Vārti cīsiņi (MK172) | 70 | 151 | 7.91 | 11.69 | 3.64 | 0 | 0 | 0 | 7. |
| Sviests | 10 | 75 | 0.06 | 8.25 | 0.44 | 0 | 0 | 0 | 7. |
| Kliju maize | 30 | 82 | 3.63 | 0.81 | 14.19 | 0 | 0 | 1.74 | 1. |
| Augļu salāti | 100 | 59 | 0.6 | 0.328 | 13.35 | 0 | 0 | 2.04 | |
| Zāļu tēja | 200 | 2 | 0.026 | 0.051 | 0.008 | 0 | 0 | 0 | |
| Cukurs baltais | 3 | 12 | 0 | 0 | 2.994 | 0 | 3. | 0 | |
| Kopā: | | 380.107 | 12.226 | 21.129 | 34.622 | 0 | 3. | 3.78 | |
| Ceturtdiena, 16.aprīlis | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Vistas gaļas zupa ar dārzeniem | 200 | 119 | 7.21 | 7.5664 | 5.284 | 0.2 | 0 | 2.745 | |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | 0 | 0 | 0 | 7. |
| Cūkgājas saldā krējuma mērcē | 100 | 191 | 11.111 | 13.9407 | 5.177 | 0.2 | 0 | 0.443 | 7,9 |
| Vārti griķi | 200 | 221 | 4.95 | 1.056 | 47.916 | 0.2 | 0 | 2.112 | |
| Kāpostu gurķu salāti ar zaļumiem un eļļu | 90 | 44 | 1.138 | 2.8786 | 3.3988 | 0.09 | 0 | 2.3242 | |
| Ūdens ar ogām | 200 | 4 | 0.08 | 0.04 | 0.55 | 0 | 0 | 0 | |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | 0 | 0 | 1.1 | 1. |
| Kopā: | | 639.427 | 26.339 | 26.762 | 72.501 | 0.69 | 0 | 8.724 | |
| Launags | | | | | | | | | |
| Kēkss | 50 | 193 | 2.05 | 8.7 | 26.2 | 0 | 0 | 0 | 1,3;7 |
| Auglis | 130 | 72 | 1.027 | 0.325 | 15.86 | 0 | 0 | 0.91 | |
| Piens | 200 | 96 | 6.4 | 4. | 9. | 0 | 0 | 0 | 7. |
| Kopā: | | 361.399 | 9.477 | 13.025 | 51.06 | 0 | 0 | 0.91 | |
| Piektdiena, 17.aprīlis | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| Šķelto zirņu zupa ar cūkgāju | 150 | 108 | 5.8006 | 4.3338 | 11.2062 | 0.15 | 0 | 4.0765 | 9. |
| Cūkgājas kotlete | 60 | 190 | 10.8205 | 14.6458 | 3.6126 | 0.24 | 0 | 0.5034 | 1,3 |
| Kartupeļu biežputra | 150 | 127 | 4.0605 | 1.4288 | 23.718 | 0.3 | 0 | 3.15 | 7. |
| Ķīnas kāpostu salāti ar burkāniem | 80 | 34 | 1.136 | 2.5568 | 2.332 | 0.16 | 0.4 | 0.992 | |
| Augļu un ogu dzēriens | 200 | 29 | 0.312 | 0.272 | 5.931 | 0 | 0.5 | 1.624 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1. |
| Kopā: | | 590.959 | 25.57 | 23.797 | 66.88 | 0.85 | 0.9 | 12.546 | |
| Launags | | | | | | | | | |
| Biezpiena sacepums | 100 | 188 | 18.2778 | 2.7643 | 22.1032 | 0 | 13. | 0.0413 | 1,11;3,7 |
| Krējums skābs | 20 | 40 | 0.52 | 4. | 0.54 | 0 | 0 | 0 | 7. |
| Zāļu tēja | 200 | 2 | 0.026 | 0.051 | 0.008 | 0 | 0 | 0 | |
| Cukurs baltais | 3 | 12 | 0 | 0 | 2.994 | 0 | 3. | 0 | |
| Auglis | 130 | 72 | 1.027 | 0.325 | 15.86 | 0 | 0 | 0.91 | |
| Kopā: | | 313.757 | 19.851 | 7.14 | 41.505 | 0 | 16. | 0.951 | |

J.B.

Ieva Langšteina
Ieva Langšteina