

## Nedēļas Ēdienkarte

Grupa BD 1-2  
Papildus 3x nedēļā LAD programma "Piens un Augļi skolai"(Pirmsskola un no 1.-9. klasei)

|                                                       | Svars (g) | Enerģētiskā<br>vērtība (kkal) | Olbaltumvielas | Tauki         | Ogļhidrāti    | Sāls         | Cukurs      | Šķiedrvielas | Alerģēni |
|-------------------------------------------------------|-----------|-------------------------------|----------------|---------------|---------------|--------------|-------------|--------------|----------|
| <b>Pirmdiena, 16.februāris</b>                        |           |                               |                |               |               |              |             |              |          |
| <b>Brokastis</b>                                      |           |                               |                |               |               |              |             |              |          |
| Četrus graudu pārslu putra                            | 130       | 121                           | 5.824          | 2.7664        | 17.6275       | 0.13         | 0.26        | 2.3296       | 1,7      |
| Ievārījums                                            | 5         | 7                             | 0.05           | 0.005         | 1.95          | 0            | 0           | 0            |          |
| Saldskābmaize                                         | 40        | 92                            | 2.52           | 0.4           | 19.2          | 0            | 0           | 1.8          | 1.       |
| Sviests                                               | 10        | 75                            | 0.06           | 8.25          | 0.44          | 0            | 0           | 0            | 7.       |
| Tēja                                                  | 150       | 2                             | 0.39           | 0.0765        | 0.012         | 0            | 0           | 0            |          |
| Cukurs baltais                                        | 2         | 8                             | 0              | 0             | 1.996         | 0            | 2.          | 0            |          |
| <b>Kopā:</b>                                          |           | <b>304.476</b>                | <b>8.844</b>   | <b>11.498</b> | <b>41.226</b> | <b>0.13</b>  | <b>2.26</b> | <b>4.13</b>  |          |
| <b>Pusdienas</b>                                      |           |                               |                |               |               |              |             |              |          |
| Kartupeļu - ķirbju zupa                               | 100       | 38                            | 0.7247         | 2.0844        | 3.9651        | 0.4          | 0           | 1.1338       |          |
| Krējums skābs                                         | 5         | 10                            | 0.13           | 1.            | 0.135         | 0            | 0           | 0            | 7.       |
| Vistas gaļas frikasē                                  | 50        | 93                            | 6.0917         | 6.7409        | 1.5758        | 0.1335       | 0           | 0.1677       | 1,7      |
| Vārīti rīsi                                           | 100       | 113                           | 2.244          | 0.198         | 25.641        | 0.1          | 0           | 0.462        |          |
| Balto redīsu - burkānu salāti ar krējumu              | 60        | 26                            | 0.8256         | 1.689         | 1.7277        | 0.06         | 0           | 1.1268       | 7.       |
| Augļu un ogu dzēriens                                 | 100       | 16                            | 0.156          | 0.136         | 3.215         | 0            | 0.5         | 0.812        |          |
| <b>Kopā:</b>                                          |           | <b>295.314</b>                | <b>10.172</b>  | <b>11.848</b> | <b>36.26</b>  | <b>0.694</b> | <b>0.5</b>  | <b>3.702</b> |          |
| <b>Launags</b>                                        |           |                               |                |               |               |              |             |              |          |
| Biezpiens ar krējumu                                  | 60        | 64                            | 10.416         | 1.47          | 2.322         | 0            | 0           | 0            | 7.       |
| Zemeņu mērce                                          | 10        | 5                             | 0.0643         | 0.032         | 1.0665        | 0            | 0.5         | 0.128        |          |
| Zāļu tēja                                             | 150       | 1                             | 0.0195         | 0.0382        | 0.006         | 0            | 0           | 0            |          |
| Baltmaize                                             | 15        | 39                            | 1.17           | 0.315         | 7.71          | 0            | 0           | 0.57         | 1.       |
| Sviests                                               | 5         | 37                            | 0.03           | 4.125         | 0.22          | 0            | 0           | 0            | 7.       |
| <b>Kopā:</b>                                          |           | <b>147.53</b>                 | <b>11.7</b>    | <b>5.98</b>   | <b>11.325</b> | <b>0</b>     | <b>0.5</b>  | <b>0.698</b> |          |
| <b>Diena kopā :</b>                                   |           | <b>747.32</b>                 | <b>30.716</b>  | <b>29.326</b> | <b>88.81</b>  | <b>0.824</b> | <b>3.26</b> | <b>8.53</b>  |          |
| <b>Otrdiena, 17.februāris</b>                         |           |                               |                |               |               |              |             |              |          |
| <b>Brokastis</b>                                      |           |                               |                |               |               |              |             |              |          |
| Piena zupa ar rīsiem                                  | 120       | 72                            | 3.2184         | 1.7268        | 11.0382       | 0.12         | 1.2         | 0.1092       | 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.       |
| "Vārīta desa" Zaļā dakšiņa"                           | 20        | 46                            | 2.08           | 3.8           | 0.84          | 0            | 0           | 0            | 1.       |
| Zāļu tēja                                             | 150       | 1                             | 0.0195         | 0.0382        | 0.006         | 0            | 0           | 0            |          |
| <b>Kopā:</b>                                          |           | <b>190.625</b>                | <b>6.293</b>   | <b>9.84</b>   | <b>19.304</b> | <b>0.12</b>  | <b>1.2</b>  | <b>0.784</b> |          |
| <b>Pusdienas</b>                                      |           |                               |                |               |               |              |             |              |          |
| Biešu zupa ar cūkgaļu                                 | 100       | 38                            | 1.4633         | 1.7705        | 4.0247        | 0.1          | 0.1         | 1.5523       |          |
| Makaroni ar maltu cūkgaļu un dārzeņiem                | 120       | 242                           | 7.122          | 9.5622        | 27.5724       | 0.768        | 0           | 2.163        | 1.       |
| Kāpostu salāti ar zaļumiem un eļļu                    | 50        | 32                            | 0.71           | 2.098         | 2.542         | 0.05         | 0.5         | 1.4445       |          |
| Ūdens ar citronu                                      | 150       | 3                             | 0.0525         | 0.045         | 0.24          | 0            | 0           | 0            |          |
| <b>Kopā:</b>                                          |           | <b>314.924</b>                | <b>9.348</b>   | <b>13.476</b> | <b>34.379</b> | <b>0.918</b> | <b>0.6</b>  | <b>5.16</b>  |          |
| <b>Launags</b>                                        |           |                               |                |               |               |              |             |              |          |
| Auglis                                                | 50        | 28                            | 0.395          | 0.125         | 6.1           | 0            | 0           | 0.35         |          |
| Kēkss                                                 | 50        | 193                           | 2.05           | 8.7           | 26.2          | 0            | 0           | 0            | 1,3;7    |
| Piens                                                 | 150       | 72                            | 4.8            | 3.            | 6.75          | 0            | 0           | 0            | 7.       |
| <b>Kopā:</b>                                          |           | <b>292.815</b>                | <b>7.245</b>   | <b>11.825</b> | <b>39.05</b>  | <b>0</b>     | <b>0</b>    | <b>0.35</b>  |          |
| <b>Diena kopā :</b>                                   |           | <b>798.364</b>                | <b>22.886</b>  | <b>35.141</b> | <b>92.733</b> | <b>1.038</b> | <b>1.8</b>  | <b>6.294</b> |          |
| <b>Trešdiena, 18.februāris</b>                        |           |                               |                |               |               |              |             |              |          |
| <b>Brokastis</b>                                      |           |                               |                |               |               |              |             |              |          |
| Omlete                                                | 50        | 64                            | 4.874          | 4.2762        | 1.1642        | 0.2          | 0           | 0.0132       | 3;7      |
| Sēklu maize                                           | 15        | 45                            | 1.575          | 0.96          | 7.065         | 0            | 0           | 0.645        | 1,11     |
| Sviests                                               | 5         | 37                            | 0.03           | 4.125         | 0.22          | 0            | 0           | 0            | 7.       |
| Gurķi                                                 | 40        | 5                             | 0.24           | 0.08          | 0.72          | 0            | 0           | 0.2          |          |
| Tēja                                                  | 150       | 2                             | 0.39           | 0.0765        | 0.012         | 0            | 0           | 0            |          |
| Cukurs baltais                                        | 2         | 8                             | 0              | 0             | 1.996         | 0            | 2.          | 0            |          |
| <b>Kopā:</b>                                          |           | <b>161.437</b>                | <b>7.109</b>   | <b>9.518</b>  | <b>11.177</b> | <b>0.2</b>   | <b>2.</b>   | <b>0.858</b> |          |
| <b>Pusdienas</b>                                      |           |                               |                |               |               |              |             |              |          |
| Zivju zupa                                            | 100       | 42                            | 2.8545         | 2.1637        | 2.7495        | 0.4          | 0           | 1.082        | 4;9      |
| Cepta vistas gaļa                                     | 45        | 100                           | 9.6521         | 6.4253        | 0.3902        | 0.18         | 0           | 0.0313       |          |
| Kartupeļu biežputra                                   | 120       | 101                           | 3.2484         | 1.143         | 18.9744       | 0.12         | 0           | 2.52         | 7.       |
| Biešu salāti ar marinētiem gurķiem un majonēzes mārci | 50        | 52                            | 0.7775         | 3.3778        | 3.3381        | 0.008        | 0           | 0.8125       | 10;3;7   |
| Rudzu maize                                           | 20        | 52                            | 1.72           | 0.28          | 10.04         | 0            | 0           | 1.1          | 1.       |
| Ūdens ar citronu                                      | 100       | 2                             | 0.035          | 0.03          | 0.16          | 0            | 0           | 0            |          |
| <b>Kopā:</b>                                          |           | <b>348.871</b>                | <b>18.288</b>  | <b>13.42</b>  | <b>35.652</b> | <b>0.708</b> | <b>0</b>    | <b>5.546</b> |          |
| <b>Launags</b>                                        |           |                               |                |               |               |              |             |              |          |
| Rīsu putra                                            | 70        | 64                            | 2.506          | 1.183         | 11.0278       | 0.07         | 0.35        | 0.147        | 7.       |
| Ogu ķīselis                                           | 70        | 69                            | 0.224          | 0.0714        | 16.5508       | 0            | 3.5         | 0.6951       |          |
| Kliju maize                                           | 15        | 41                            | 1.815          | 0.405         | 7.095         | 0            | 0           | 0.87         | 1.       |
| Sviests                                               | 5         | 37                            | 0.03           | 4.125         | 0.22          | 0            | 0           | 0            | 7.       |
| Zāļu tēja                                             | 150       | 1                             | 0.0195         | 0.0382        | 0.006         | 0            | 0           | 0            |          |
| <b>Kopā:</b>                                          |           | <b>212.887</b>                | <b>4.595</b>   | <b>5.823</b>  | <b>34.9</b>   | <b>0.07</b>  | <b>3.85</b> | <b>1.712</b> |          |
| <b>Diena kopā :</b>                                   |           | <b>723.194</b>                | <b>29.991</b>  | <b>28.76</b>  | <b>81.729</b> | <b>0.978</b> | <b>5.85</b> | <b>8.116</b> |          |



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**ceturtdiena, 19.februāris**

|                         |     |                |               |               |               |              |            |              |          |    |
|-------------------------|-----|----------------|---------------|---------------|---------------|--------------|------------|--------------|----------|----|
| <b>Brokastis</b>        |     |                |               |               |               |              |            |              |          |    |
| Mannā putra             | 100 | 76             | 3.5275        | 1.5375        | 11.8623       | 0.1          | 0.1        | 0.0125       | 1,7      |    |
| Sviests                 | 5   | 37             | 0.03          | 4.125         | 0.22          | 0            | 0          | 0            |          | 7. |
| Baltmaize               | 15  | 39             | 1.17          | 0.315         | 7.71          | 0            | 0          | 0.57         |          | 1. |
| Krēmsiers               | 20  | 40             | 1.44          | 3.56          | 0.66          | 0            | 0          | 0            |          | 7. |
| Zāļu tēja               | 150 | 1              | 0.0195        | 0.0382        | 0.006         | 0            | 0          | 0            |          |    |
| Cukurs baltais          | 2   | 8              | 0             | 0             | 1.996         | 0            | 2.         | 0            |          |    |
| <b>Kopā:</b>            |     | <b>202.131</b> | <b>6.187</b>  | <b>9.576</b>  | <b>22.454</b> | <b>0.1</b>   | <b>2.1</b> | <b>0.583</b> |          |    |
| <b>Pusdienas</b>        |     |                |               |               |               |              |            |              |          |    |
| Frikadeļu zupa          | 100 | 49             | 2.4584        | 1.5883        | 6.1195        | 0.11         | 0          | 1.0778       |          | 9. |
| Krējums skābs           | 5   | 10             | 0.13          | 1.            | 0.135         | 0            | 0          | 0            |          | 7. |
| Siera mērce ar ķiploku  | 20  | 28             | 0.5969        | 2.4888        | 0.6609        | 0.016        | 0          | 0.0112       | 1,7      |    |
| Siers                   | 15  | 51             | 3.72          | 4.02          | 0             | 0            | 0          | 0            |          | 7. |
| Vārīta pasta - makaroni | 120 | 218            | 6.7158        | 3.3282        | 39.585        | 0.48         | 0          | 0            |          | 1. |
| Burkānu salāti ar eļļu  | 60  | 43             | 0.576         | 3.1152        | 3.0642        | 0.12         | 0.3        | 2.0736       |          |    |
| Ūdens ar citronu        | 100 | 2              | 0.035         | 0.03          | 0.16          | 0            | 0          | 0            |          |    |
| <b>Kopā:</b>            |     | <b>400.587</b> | <b>14.232</b> | <b>15.571</b> | <b>49.725</b> | <b>0.726</b> | <b>0.3</b> | <b>3.163</b> |          |    |
| <b>Launags</b>          |     |                |               |               |               |              |            |              |          |    |
| Biezpiena sacepums      | 40  | 61             | 7.9657        | 1.2917        | 4.1431        | 0            | 0.4        | 0.0165       | 1;11;3;7 |    |
| Krējums skābs           | 10  | 20             | 0.26          | 2.            | 0.27          | 0            | 0          | 0            |          | 7. |
| Auglis                  | 70  | 39             | 0.553         | 0.175         | 8.54          | 0            | 0          | 0.49         |          |    |
| Zāļu tēja               | 150 | 1              | 0.0195        | 0.0382        | 0.006         | 0            | 0          | 0            |          |    |
| Cukurs baltais          | 3   | 12             | 0             | 0             | 2.994         | 0            | 3.         | 0            |          |    |
| <b>Kopā:</b>            |     | <b>132.838</b> | <b>8.798</b>  | <b>3.505</b>  | <b>15.953</b> | <b>0</b>     | <b>3.4</b> | <b>0.507</b> |          |    |
| <b>Diena kopā :</b>     |     | <b>735.556</b> | <b>29.217</b> | <b>28.651</b> | <b>88.132</b> | <b>0.826</b> | <b>5.8</b> | <b>4.252</b> |          |    |

**piektdiena, 20.februāris**

|                                     |     |                |               |               |                |              |             |              |         |    |
|-------------------------------------|-----|----------------|---------------|---------------|----------------|--------------|-------------|--------------|---------|----|
| <b>Brokastis</b>                    |     |                |               |               |                |              |             |              |         |    |
| Kukurūzas putra                     | 150 | 104            | 5.34          | 2.562         | 15.8142        | 0.15         | 0.15        | 1.551        |         | 7. |
| Ievārījums                          | 5   | 7              | 0.05          | 0.005         | 1.95           | 0            | 0           | 0            |         |    |
| Vārīta ola                          | 25  | 37             | 3.0825        | 2.45          | 0.2525         | 0            | 0           | 0            |         | 3. |
| 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. |
| Tēja                                | 150 | 2              | 0.39          | 0.0765        | 0.012          | 0            | 0           | 0            |         |    |
| Cukurs baltais                      | 1   | 4              | 0             | 0             | 0.998          | 0            | 1.          | 0            |         |    |
| <b>Kopā:</b>                        |     | <b>237.614</b> | <b>10.153</b> | <b>9.419</b>  | <b>28.847</b>  | <b>0.15</b>  | <b>1.15</b> | <b>2.451</b> |         |    |
| <b>Pusdienas</b>                    |     |                |               |               |                |              |             |              |         |    |
| Pupiņu zupa ar cūkgaiļu             | 100 | 71             | 2.9379        | 3.8783        | 6.0619         | 0.228        | 0           | 2.4081       |         | 9. |
| Krējums skābs                       | 5   | 10             | 0.13          | 1.            | 0.135          | 0            | 0           | 0            |         | 7. |
| Maltās cūkgaiļas mērce              | 50  | 101            | 4.6764        | 8.1298        | 2.1788         | 0.5          | 0           | 0.1617       | 1;6;7   |    |
| Vārīti kartupeļi                    | 100 | 74             | 2.12          | 0.106         | 15.688         | 0.1          | 0           | 2.226        |         |    |
| Kāpostu svaigu biešu salāti ar eļļu | 60  | 56             | 0.7794        | 4.6062        | 2.9768         | 0.06         | 0.18        | 1.683        |         |    |
| Jāņogu dzēriens                     | 100 | 13             | 0.1135        | 0.023         | 2.991          | 0            | 2.5         | 0.35         |         |    |
| <b>Kopā:</b>                        |     | <b>326.055</b> | <b>10.757</b> | <b>17.743</b> | <b>30.032</b>  | <b>0.888</b> | <b>2.68</b> | <b>6.829</b> |         |    |
| <b>Launags</b>                      |     |                |               |               |                |              |             |              |         |    |
| Sausās brokastis šokolādes pārslas  | 30  | 107            | 2.1           | 0.24          | 26.4           | 0            | 0           | 0            | 1;3;5;8 |    |
| Jogurts                             | 100 | 90             | 3.3           | 2.            | 14.7           | 0            | 0           | 0            |         | 7. |
| Auglis                              | 70  | 39             | 0.553         | 0.175         | 8.54           | 0            | 0           | 0.49         |         |    |
| <b>Kopā:</b>                        |     | <b>236.171</b> | <b>5.953</b>  | <b>2.415</b>  | <b>49.64</b>   | <b>0</b>     | <b>0</b>    | <b>0.49</b>  |         |    |
| <b>Diena kopā :</b>                 |     | <b>799.84</b>  | <b>26.863</b> | <b>29.577</b> | <b>108.518</b> | <b>1.038</b> | <b>3.83</b> | <b>9.77</b>  |         |    |



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