

## Nedēļas ēdienkarte

### Grupa

BD 1-2

| pirmdiena, 26.oktobris              | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|-------------------------------------|----------|------------|----------------|--------------|---------------|--------------|--------------|--------------|----------|
| <b>Brokastis</b>                    |          |            |                |              |               |              |              |              |          |
| Mannā biezputra ar ķirbi            | 120      | 86         | 4.082          | 1.826        | 13.309        | 0.12         | 0.6          | 0.329        | 1;7      |
| Kanēļcukurs                         | 1        | 4          | 0.024          | 0.002        | 0.894         |              | 0.5          | 0.266        |          |
| Tomāti                              | 20       | 3          | 0.2            | 0.04         | 0.52          |              |              | 0.2          |          |
| Saldskābmaize                       | 30       | 68         | 1.89           | 0.3          | 14.4          |              |              | 1.35         | 1.       |
| Sviests                             | 5        | 37         | 0.03           | 4.125        | 0.22          |              |              |              | 7.       |
| Zāļu tēja                           | 150      |            |                |              |               |              |              |              |          |
| <b>kopā:</b>                        |          | <b>199</b> | <b>6.23</b>    | <b>6.29</b>  | <b>29.34</b>  | <b>0.120</b> | <b>1.100</b> | <b>2.145</b> |          |
| <b>Pusdienas</b>                    |          |            |                |              |               |              |              |              |          |
| Borščs                              | 100      | 51         | 1.632          | 2.775        | 4.848         | 0.4          | 0.2          | 1.627        |          |
| Krējums skābs                       | 5        | 11         | 0.15           | 1.           | 0.22          |              |              |              | 7.       |
| Sautēta cūkgala ar dārzeņiem        | 50       | 73         | 5.426          | 5.396        | 0.78          | 0.2          |              | 0.445        |          |
| Vārti griķi                         | 100      | 110        | 2.475          | 0.528        | 23.958        | 0.1          |              | 1.056        |          |
| Gurķi ar krējumu                    | 50       | 25         | 0.5            | 2.08         | 0.99          |              |              | 0.2          | 7.       |
| Augļu un ogu dzēriens               | 150      | 35         | 0.234          | 0.204        | 7.816         |              | 3.75         | 1.218        |          |
| Rudzu maize                         | 20       | 50         | 1.72           | 0.28         | 10.04         |              |              | 1.1          | 1.       |
| <b>kopā:</b>                        |          | <b>355</b> | <b>12.14</b>   | <b>12.26</b> | <b>48.65</b>  | <b>0.700</b> | <b>3.950</b> | <b>5.646</b> |          |
| <b>Launags</b>                      |          |            |                |              |               |              |              |              |          |
| Biezpiens                           | 40       | 39         | 7.6            | 0.2          | 1.6           |              |              |              | 7.       |
| Krējums skābs                       | 15       | 32         | 0.45           | 3.           | 0.66          |              |              |              | 7.       |
| Auglis                              | 120      | 67         | 0.948          | 0.3          | 14.64         |              |              | 0.84         |          |
| Zemeņu mērce                        | 10       | 9          | 0.069          | 0.034        | 1.97          |              | 1.5          | 0.138        |          |
| Kliju maize                         | 20       | 52         | 2.42           | 0.54         | 9.46          |              |              | 1.16         | 1.       |
| Sviests                             | 5        | 37         | 0.03           | 4.125        | 0.22          |              |              |              | 7.       |
| Zāļu tēja                           | 150      |            |                |              |               |              |              |              |          |
| <b>kopā:</b>                        |          | <b>236</b> | <b>11.52</b>   | <b>8.20</b>  | <b>28.55</b>  | <b>0</b>     | <b>1.500</b> | <b>2.138</b> |          |
| <b>Diena kopā:</b>                  |          | <b>790</b> | <b>29.88</b>   | <b>26.76</b> | <b>106.55</b> | <b>0.820</b> | <b>6.550</b> | <b>9.929</b> |          |
| otrdiena, 27.oktobris               | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
| <b>Brokastis</b>                    |          |            |                |              |               |              |              |              |          |
| Trīs graudu pārslu putra            | 100      | 84         | 3.84           | 1.832        | 13.11         | 0.1          | 0.2          | 1.92         | 1;7      |
| Ievārījums                          | 5        | 8          | 0.05           | 0.005        | 1.95          |              |              |              |          |
| Kliju maize                         | 15       | 39         | 1.815          | 0.405        | 7.095         |              |              | 0.87         | 1.       |
| Krēmsiers                           | 15       | 30         | 1.08           | 2.67         | 0.495         |              |              |              | 7.       |
| Zāļu tēja                           | 150      |            |                |              |               |              |              |              |          |
| <b>kopā:</b>                        |          | <b>161</b> | <b>6.79</b>    | <b>4.91</b>  | <b>22.65</b>  | <b>0.100</b> | <b>0.200</b> | <b>2.790</b> |          |
| <b>Pusdienas</b>                    |          |            |                |              |               |              |              |              |          |
| Ziedkāpostu zupa                    | 100      | 40         | 1.38           | 2.186        | 3.665         | 0.1          |              | 2.195        | 9.       |
| Plovs ar vistas gaļu                | 100      | 191        | 7.12           | 5.619        | 27.625        | 0.4          |              | 1.238        |          |
| Burkānu salāti ar sezama sekliņām   | 50       | 47         | 1.176          | 3.762        | 2.619         | 0.1          |              | 2.062        | 11.      |
| Kiršu dzēriens                      | 150      | 66         | 0.248          | 0.068        | 15.675        |              |              | 0.308        |          |
| <b>kopā:</b>                        |          | <b>344</b> | <b>9.92</b>    | <b>11.64</b> | <b>49.58</b>  | <b>0.600</b> | <b>0</b>     | <b>5.803</b> |          |
| <b>Launags</b>                      |          |            |                |              |               |              |              |              |          |
| Smalkmaizīte                        | 50       | 183        | 4.368          | 5.646        | 29.56         |              |              | 0.159        | 1;3;7    |
| Kefīrs ar banāniem un zemenēm       | 150      | 85         | 3.655          | 2.211        | 12.321        |              |              | 0.869        | 7.       |
| Auglis                              | 50       | 28         | 0.395          | 0.125        | 6.1           |              |              | 0.35         |          |
| <b>kopā:</b>                        |          | <b>295</b> | <b>8.42</b>    | <b>7.98</b>  | <b>47.98</b>  | <b>0</b>     | <b>0</b>     | <b>1.378</b> |          |
| <b>Diena kopā:</b>                  |          | <b>800</b> | <b>25.13</b>   | <b>24.53</b> | <b>120.22</b> | <b>0.700</b> | <b>0.200</b> | <b>9.971</b> |          |
| trešdiena, 28.oktobris              | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
| <b>Brokastis</b>                    |          |            |                |              |               |              |              |              |          |
| Auzu pārslu putra                   | 120      | 117        | 5.322          | 3.18         | 16.912        | 0.12         | 1.2          | 0.972        | 1;7      |
| Ievārījums                          | 10       | 16         | 0.1            | 0.01         | 3.9           |              |              |              |          |
| Baltmaize                           | 30       | 79         | 2.34           | 0.63         | 15.42         |              |              | 1.14         | 1.       |
| Sviests                             | 5        | 37         | 0.03           | 4.125        | 0.22          |              |              |              | 7.       |
| Gurķi                               | 20       | 2          | 0.12           | 0.04         | 0.36          |              |              | 0.1          |          |
| Zāļu tēja                           | 150      |            |                |              |               |              |              |              |          |
| <b>kopā:</b>                        |          | <b>252</b> | <b>7.91</b>    | <b>7.99</b>  | <b>36.81</b>  | <b>0.120</b> | <b>1.200</b> | <b>2.212</b> |          |
| <b>Pusdienas</b>                    |          |            |                |              |               |              |              |              |          |
| Tvaicēta cūkgalas kotlete           | 50       | 116        | 8.398          | 7.818        | 2.907         |              |              | 0.291        | 1;3;7    |
| Kartupeļu biezputra                 | 120      | 110        | 2.759          | 4.462        | 14.542        | 0.48         |              | 1.84         | 7.       |
| Laša zupa ar dārzeņiem              | 120      | 55         | 3.023          | 2.616        | 4.739         | 0.48         |              | 2.297        | 4.       |
| Kāpostu svaigu biešu salāti ar eļļu | 50       | 47         | 0.65           | 3.838        | 2.481         | 0.05         | 0.15         | 1.402        |          |
| Ūdens ar citronu                    | 150      | 3          | 0.052          | 0.045        | 0.24          |              |              |              |          |
| <b>kopā:</b>                        |          | <b>331</b> | <b>14.88</b>   | <b>18.78</b> | <b>24.91</b>  | <b>1.010</b> | <b>0.150</b> | <b>5.830</b> |          |
| <b>Launags</b>                      |          |            |                |              |               |              |              |              |          |
| Svaigu dārzeņu asorti ar ķirbi      | 100      | 20         | 0.916          | 0.199        | 3.481         |              |              | 2.32         |          |
| Jogurta mērce                       | 20       | 18         | 0.773          | 0.861        | 1.705         | 0.02         |              | 0.016        | 7.       |

*[Signature]*

Ieva Langšteina

|                              |     |            |              |              |              |              |              |               |    |
|------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|---------------|----|
| Zāļu tēja                    | 150 |            |              |              |              |              |              |               |    |
| "Vārīta desa" Zaļā dakšiņa"" | 20  | 46         | 2.08         | 3.8          | 0.84         |              |              |               | 1. |
| Saldskābmaize                | 40  | 90         | 2.52         | 0.4          | 19.2         |              |              | 1.8           | 1. |
| Sviests                      | 5   | 37         | 0.03         | 4.125        | 0.22         |              |              |               | 7. |
| <b>kopā:</b>                 |     | <b>212</b> | <b>6.32</b>  | <b>9.39</b>  | <b>25.45</b> | <b>0.020</b> | <b>0</b>     | <b>4.136</b>  |    |
| <b>Diena kopā:</b>           |     | <b>794</b> | <b>29.11</b> | <b>36.15</b> | <b>87.17</b> | <b>1.150</b> | <b>1.350</b> | <b>12.178</b> |    |

| ceturtdiena, 29.oktobris     | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Brokastis</b>             |          |            |                |              |              |              |              |              |          |
| Kukurūzas putra              | 100      | 71         | 3.56           | 1.708        | 10.543       | 0.1          | 0.1          | 1.034        | 7.       |
| Ievārījums                   | 10       | 16         | 0.1            | 0.01         | 3.9          |              |              |              |          |
| Saldskābmaize                | 15       | 34         | 0.945          | 0.15         | 7.2          |              |              | 0.675        | 1.       |
| Sviests                      | 10       | 75         | 0.06           | 8.25         | 0.44         |              |              |              | 7.       |
| "Vārīta desa" Zaļā dakšiņa"" | 15       | 34         | 1.56           | 2.85         | 0.63         |              |              |              | 1.       |
| Zāļu tēja                    | 150      |            |                |              |              |              |              |              |          |
| <b>kopā:</b>                 |          | <b>230</b> | <b>6.23</b>    | <b>12.97</b> | <b>22.71</b> | <b>0.100</b> | <b>0.100</b> | <b>1.709</b> |          |

|                                                        |     |            |              |              |              |              |              |              |     |
|--------------------------------------------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|-----|
| <b>Pusdienas</b>                                       |     |            |              |              |              |              |              |              |     |
| Skābeņu zupa ar cūkgalu                                | 100 | 40         | 2.352        | 1.423        | 4.348        | 0.3          |              | 1.059        | 1;3 |
| Krējums skābs                                          | 5   | 11         | 0.15         | 1.           | 0.22         |              |              |              | 7.  |
| Pasta ar vistas gaļu un saldo krējumu                  | 100 | 191        | 8.42         | 6.656        | 23.509       | 0.4          |              | 0.252        | 1;7 |
| KĶinas kāpostu un svaigu dārzeņu salāti ar eļļas mērci | 50  | 18         | 0.621        | 1.236        | 1.268        |              |              | 0.605        |     |
| Augļu un ogu dzēriens                                  | 150 | 35         | 0.234        | 0.204        | 7.816        |              | 3.75         | 1.218        |     |
| <b>kopā:</b>                                           |     | <b>295</b> | <b>11.78</b> | <b>10.52</b> | <b>37.16</b> | <b>0.700</b> | <b>3.750</b> | <b>3.134</b> |     |

|                    |     |            |              |              |              |              |               |              |          |
|--------------------|-----|------------|--------------|--------------|--------------|--------------|---------------|--------------|----------|
| <b>Launags</b>     |     |            |              |              |              |              |               |              |          |
| Biezpiena sacepums | 40  | 70         | 7.211        | 1.006        | 7.855        |              | 4.4           | 0.017        | 1;11;3;7 |
| Ievārījums         | 15  | 24         | 0.15         | 0.015        | 5.85         |              |               |              |          |
| Auglis             | 70  | 39         | 0.553        | 0.175        | 8.54         |              |               | 0.49         |          |
| Kakao dzēriens     | 150 | 74         | 4.825        | 3.325        | 6.35         |              |               | 0.775        | 7.       |
| Cukurs baltais     | 2   | 8          |              |              | 1.996        |              | 2.            |              |          |
| <b>kopā:</b>       |     | <b>214</b> | <b>12.74</b> | <b>4.52</b>  | <b>30.59</b> | <b>0</b>     | <b>6.400</b>  | <b>1.282</b> |          |
| <b>Diena kopā:</b> |     | <b>739</b> | <b>30.74</b> | <b>28.01</b> | <b>90.47</b> | <b>0.800</b> | <b>10.250</b> | <b>6.125</b> |          |

| piektdiena, 30.oktobris   | Svars, g | Kcal       | Olbaltumvielas | Tauki       | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|---------------------------|----------|------------|----------------|-------------|--------------|--------------|--------------|--------------|----------|
| <b>Brokastis</b>          |          |            |                |             |              |              |              |              |          |
| Cetru graudu pārslu putra | 100      | 91         | 4.48           | 2.128       | 13.56        | 0.1          | 0.2          | 1.792        | 1;7      |
| Ievārījums                | 10       | 16         | 0.1            | 0.01        | 3.9          |              |              |              |          |
| Baltmaize                 | 20       | 53         | 1.56           | 0.42        | 10.28        |              |              | 0.76         | 1.       |
| Sviests                   | 4        | 30         | 0.024          | 3.3         | 0.176        |              |              |              | 7.       |
| Tomāti                    | 20       | 3          | 0.2            | 0.04        | 0.52         |              |              | 0.2          |          |
| Zāļu tēja                 | 150      |            |                |             |              |              |              |              |          |
| <b>kopā:</b>              |          | <b>193</b> | <b>6.36</b>    | <b>5.90</b> | <b>28.44</b> | <b>0.100</b> | <b>0.200</b> | <b>2.752</b> |          |

|                                          |     |            |              |              |              |              |          |              |        |
|------------------------------------------|-----|------------|--------------|--------------|--------------|--------------|----------|--------------|--------|
| <b>Pusdienas</b>                         |     |            |              |              |              |              |          |              |        |
| Vistas gaļas zupa ar dārzeņiem           | 100 | 61         | 3.452        | 3.751        | 3.438        | 0.4          |          | 0.958        |        |
| Cūkgāļas gulašs                          | 50  | 102        | 5.88         | 7.773        | 2.254        | 0.05         |          | 0.124        | 1;7    |
| Mīcīti kartupeļi ar dārzeņu buljonu      | 100 | 71         | 2.051        | 0.111        | 15.006       | 0.1          |          | 2.233        | 9.     |
| Biešu salāti ar āboliem un krējuma mērci | 50  | 44         | 0.74         | 2.755        | 4.005        | 0.1          |          | 1.025        | 10;3;7 |
| Udens ar cidonijām                       | 150 | 3          | 0.03         | 0.038        | 0.548        |              |          | 0.3          |        |
| <b>kopā:</b>                             |     | <b>282</b> | <b>12.15</b> | <b>14.43</b> | <b>25.25</b> | <b>0.650</b> | <b>0</b> | <b>4.640</b> |        |

|                    |     |            |              |              |              |              |              |              |    |
|--------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| <b>Launags</b>     |     |            |              |              |              |              |              |              |    |
| Siers              | 20  | 68         | 4.96         | 5.36         |              |              |              |              | 7. |
| Sviests            | 5   | 37         | 0.03         | 4.125        | 0.22         |              |              |              | 7. |
| Saldskābmaize      | 20  | 45         | 1.26         | 0.2          | 9.6          |              |              | 0.9          | 1. |
| Auglis             | 100 | 56         | 0.79         | 0.25         | 12.2         |              |              | 0.7          |    |
| Kakao dzēriens     | 150 | 74         | 4.825        | 3.325        | 6.35         |              |              | 0.775        | 7. |
| Cukurs baltais     | 2   | 8          |              |              | 1.996        |              | 2.           |              |    |
| <b>kopā:</b>       |     | <b>288</b> | <b>11.87</b> | <b>13.26</b> | <b>30.37</b> | <b>0</b>     | <b>2.000</b> | <b>2.375</b> |    |
| <b>Diena kopā:</b> |     | <b>763</b> | <b>30.38</b> | <b>33.59</b> | <b>84.05</b> | <b>0.750</b> | <b>2.200</b> | <b>9.767</b> |    |



Ieva Langšteina

