

## Nedēļas ēdienkarte

### Grupa

7-12 v.

|                                          | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls           | Cukurs         | Šķiedrvielas  | Alerģēni |
|------------------------------------------|----------|------------|----------------|--------------|---------------|----------------|----------------|---------------|----------|
| <b>pirmdienas, 26.janvāris</b>           |          |            |                |              |               |                |                |               |          |
| <b>Pusdienas</b>                         |          |            |                |              |               |                |                |               |          |
| Škelto zirņu zupa                        | 250      | 95         | 1.812          | 5.211        | 9.913         | 250.           |                | 2.834         |          |
| Krējums skābs                            | 20       | 40         | 0.52           | 4.           | 0.54          |                |                |               | 7.       |
| Vistas gaļas frikasē                     | 100      | 185        | 12.183         | 13.482       | 3.152         | 267.           |                | 0.335         | 1;7      |
| Vārīti rīsi                              | 200      | 227        | 4.488          | 0.396        | 51.282        | 200.           |                | 0.924         |          |
| Balto redīsu - burkānu salāti ar krējumu | 120      | 51         | 1.651          | 3.378        | 3.455         | 120.           |                | 2.254         | 7.       |
| Rudzu maize                              | 80       | 207        | 6.88           | 1.12         | 40.16         |                |                | 4.4           | 1.       |
| Augļu un ogu dzēriens                    | 200      | 31         | 0.312          | 0.272        | 6.43          |                | 350.           | 1.624         |          |
| <b>kopā:</b>                             |          | <b>837</b> | <b>27.85</b>   | <b>27.86</b> | <b>114.93</b> | <b>837.000</b> | <b>350.000</b> | <b>12.371</b> |          |

|                            |     |            |              |              |               |                |                |              |        |
|----------------------------|-----|------------|--------------|--------------|---------------|----------------|----------------|--------------|--------|
| <b>Otrā izvēle</b>         |     |            |              |              |               |                |                |              |        |
| Škelto zirņu zupa          | 250 | 95         | 1.812        | 5.211        | 9.913         | 250.           |                | 2.834        |        |
| Krējums skābs              | 10  | 20         | 0.26         | 2.           | 0.27          |                |                |              | 7.     |
| Vārīta pasta - makaroni    | 230 | 418        | 12.872       | 6.379        | 75.871        | 230.           |                |              | 1.     |
| Burkānu salāti ar majonēzi | 100 | 102        | 1.405        | 8.524        | 4.635         | 220.           |                | 2.88         | 10;3;7 |
| Rudzu maize                | 40  | 104        | 3.44         | 0.56         | 20.08         |                |                | 2.2          | 1.     |
| Augļu un ogu dzēriens      | 200 | 31         | 0.312        | 0.272        | 6.43          |                | 350.           | 1.624        |        |
| <b>kopā:</b>               |     | <b>770</b> | <b>20.10</b> | <b>22.95</b> | <b>117.20</b> | <b>700.000</b> | <b>350.000</b> | <b>9.538</b> |        |

|                                                | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls           | Cukurs         | Šķiedrvielas  | Alerģēni |
|------------------------------------------------|----------|------------|----------------|--------------|--------------|----------------|----------------|---------------|----------|
| <b>otrdiena, 27.janvāris</b>                   |          |            |                |              |              |                |                |               |          |
| <b>Pusdienas</b>                               |          |            |                |              |              |                |                |               |          |
| Biešu zupa ar cūkgaļu                          | 250      | 95         | 3.658          | 4.426        | 10.062       | 250.           | 250.           | 3.881         |          |
| Krējums skābs                                  | 10       | 20         | 0.26           | 2.           | 0.27         |                |                |               | 7.       |
| Cūkgaļas un dārzeņu sautējums ar saldo krējumu | 300      | 357        | 15.471         | 18.812       | 30.471       | 350.           |                | 5.588         | 7.       |
| Kāpostu salāti ar zaļumiem un eļļu             | 100      | 64         | 1.42           | 4.196        | 5.084        | 100.           | 150.           | 2.889         |          |
| Kefīrs                                         | 200      | 96         | 6.             | 4.           | 9.           |                |                |               | 7.       |
| Rudzu maize                                    | 80       | 207        | 6.88           | 1.12         | 40.16        |                |                | 4.4           | 1.       |
| <b>kopā:</b>                                   |          | <b>839</b> | <b>33.69</b>   | <b>34.55</b> | <b>95.05</b> | <b>700.000</b> | <b>400.000</b> | <b>16.758</b> |          |

|                                        |     |            |              |              |               |                |                |               |    |
|----------------------------------------|-----|------------|--------------|--------------|---------------|----------------|----------------|---------------|----|
| <b>Otrā izvēle</b>                     |     |            |              |              |               |                |                |               |    |
| Biešu zupa ar cūkgaļu                  | 250 | 95         | 3.658        | 4.426        | 10.062        | 250.           | 250.           | 3.881         |    |
| Krējums skābs                          | 10  | 20         | 0.26         | 2.           | 0.27          |                |                |               | 7. |
| Makaroni ar maltu cūkgaļu un dārzeņiem | 300 | 371        | 17.075       | 14.143       | 44.008        | 350.           |                | 5.07          | 1. |
| Biešu salāti                           | 100 | 84         | 1.425        | 5.095        | 8.08          | 200.           | 100.           | 2.375         |    |
| Kefīrs                                 | 200 | 96         | 6.           | 4.           | 9.            |                |                |               | 7. |
| Rudzu maize                            | 80  | 207        | 6.88         | 1.12         | 40.16         |                |                | 4.4           | 1. |
| <b>kopā:</b>                           |     | <b>874</b> | <b>35.30</b> | <b>30.78</b> | <b>111.58</b> | <b>800.000</b> | <b>350.000</b> | <b>15.726</b> |    |

|                                                       | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls           | Cukurs   | Šķiedrvielas  | Alerģēni |
|-------------------------------------------------------|----------|------------|----------------|--------------|--------------|----------------|----------|---------------|----------|
| <b>trešdiena, 28.janvāris</b>                         |          |            |                |              |              |                |          |               |          |
| <b>Pusdienas</b>                                      |          |            |                |              |              |                |          |               |          |
| Cepti vistas stilbiņi                                 | 90       | 211        | 21.038         | 13.783       | 0.755        | 360.           |          | 0.028         |          |
| Kartupeļu biežputra                                   | 220      | 186        | 5.955          | 2.096        | 34.786       | 220.           |          | 4.62          | 7.       |
| Biešu salāti ar marinētiem gurķiem un majonēzes mērci | 120      | 124        | 1.866          | 8.107        | 8.011        | 19.2           |          | 1.95          | 10;3;7   |
| Rudzu maize                                           | 50       | 130        | 4.3            | 0.7          | 25.1         |                |          | 2.75          | 1.       |
| Persiku un jogurta kokteilis                          | 200      | 156        | 4.719          | 2.706        | 29.268       |                |          | 0.858         | 7.       |
| Ūdens ar citronu                                      | 200      | 4          | 0.07           | 0.06         | 0.32         |                |          |               |          |
| <b>kopā:</b>                                          |          | <b>811</b> | <b>37.95</b>   | <b>27.45</b> | <b>98.24</b> | <b>599.200</b> | <b>0</b> | <b>10.206</b> |          |

|                                        |     |            |              |              |              |                |          |              |    |
|----------------------------------------|-----|------------|--------------|--------------|--------------|----------------|----------|--------------|----|
| <b>Otrā izvēle</b>                     |     |            |              |              |              |                |          |              |    |
| Pērļu grūbas vārītas                   | 230 | 171        | 4.876        | 0.244        | 36.082       | 230.           |          | 5.12         |    |
| Saldā krējuma un siera mērce           | 20  | 59         | 1.452        | 5.727        | 0.441        | 140.           |          | 0.001        | 7. |
| Kīnas kāpostu salāti ar dillēm un eļļu | 100 | 40         | 1.525        | 3.205        | 2.241        | 400.           |          | 1.035        |    |
| Rudzu maize                            | 40  | 104        | 3.44         | 0.56         | 20.08        |                |          | 2.2          | 1. |
| Persiku un jogurta kokteilis           | 200 | 156        | 4.719        | 2.706        | 29.268       |                |          | 0.858        | 7. |
| Ūdens ar citronu                       | 200 | 4          | 0.07         | 0.06         | 0.32         |                |          |              |    |
| <b>kopā:</b>                           |     | <b>534</b> | <b>16.08</b> | <b>12.50</b> | <b>88.43</b> | <b>770.000</b> | <b>0</b> | <b>9.214</b> |    |

|                                 | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls           | Cukurs         | Šķiedrvielas | Alerģēni |
|---------------------------------|----------|------------|----------------|--------------|---------------|----------------|----------------|--------------|----------|
| <b>ceturtdiena, 29.janvāris</b> |          |            |                |              |               |                |                |              |          |
| <b>Pusdienas</b>                |          |            |                |              |               |                |                |              |          |
| Frikadeļu zupa                  | 200      | 99         | 4.917          | 3.177        | 12.239        | 220.           |                | 2.156        | 9.       |
| Krējums skābs                   | 5        | 10         | 0.13           | 1.           | 0.135         |                |                |              | 7.       |
| Vistas gaļas gulašs             | 100      | 151        | 9.676          | 9.926        | 5.443         | 100.           |                | 0.71         |          |
| Vārīta pasta - makaroni         | 230      | 418        | 12.872         | 6.379        | 75.871        | 230.           |                |              | 1.       |
| Burkānu salāti ar eļļu          | 90       | 64         | 0.864          | 4.673        | 4.586         | 180.           | 450.           | 3.11         |          |
| Rudzu maize                     | 20       | 52         | 1.72           | 0.28         | 10.04         |                |                | 1.1          | 1.       |
| Piens                           | 200      | 96         | 6.4            | 4.           | 9.            |                |                |              | 7.       |
| <b>kopā:</b>                    |          | <b>990</b> | <b>36.58</b>   | <b>29.44</b> | <b>117.32</b> | <b>730.000</b> | <b>450.000</b> | <b>7.076</b> |          |

|                    |     |     |       |       |        |      |  |       |    |
|--------------------|-----|-----|-------|-------|--------|------|--|-------|----|
| <b>Otrā izvēle</b> |     |     |       |       |        |      |  |       |    |
| Frikadeļu zupa     | 250 | 123 | 6.146 | 3.971 | 15.299 | 275. |  | 2.694 | 9. |

|                                    |     |            |              |              |               |                |                |              |    |
|------------------------------------|-----|------------|--------------|--------------|---------------|----------------|----------------|--------------|----|
| Krējums skābs                      | 20  | 40         | 0.52         | 4.           | 0.54          |                |                |              |    |
| Vārīti rīsi                        | 200 | 227        | 4.488        | 0.396        | 51.282        | 200.           |                | 0.924        |    |
| Kāpostu salāti ar zaļumiem un eļļu | 120 | 76         | 1.704        | 5.035        | 6.101         | 120.           | 230.           | 3.467        |    |
| Rudzu maize                        | 40  | 104        | 3.44         | 0.56         | 20.08         |                |                | 2.2          | 1. |
| Piens                              | 200 | 96         | 6.4          | 4.           | 9.            |                |                |              | 7. |
| <b>kopā:</b>                       |     | <b>666</b> | <b>22.70</b> | <b>17.96</b> | <b>102.30</b> | <b>595.000</b> | <b>230.000</b> | <b>9.285</b> |    |

| piektdiena, 30.janvāris             | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls           | Cukurs         | Šķiedrvielas  | Alerģēni |
|-------------------------------------|----------|------------|----------------|--------------|---------------|----------------|----------------|---------------|----------|
| <b>Pusdienas</b>                    |          |            |                |              |               |                |                |               |          |
| Pupiņu zupa ar cūkgaļu              | 250      | 177        | 7.345          | 9.696        | 15.155        | 270.           |                | 6.02          | 9.       |
| Krējums skābs                       | 10       | 20         | 0.26           | 2.           | 0.27          |                |                |               | 7.       |
| Cūkgaļas kotlete                    | 80       | 253        | 14.427         | 19.528       | 4.817         | 320.           |                | 0.671         | 1;3      |
| Vārīti kartupeli                    | 250      | 186        | 5.3            | 0.265        | 39.22         | 250.           |                | 5.565         |          |
| Skābā krējuma mērce                 | 50       | 56         | 0.817          | 4.848        | 2.353         | 50.            |                | 0.224         | 1;7;9    |
| Kāpostu svaigu biešu salāti ar eļļu | 100      | 94         | 1.299          | 7.677        | 4.961         | 100.           | 300.           | 2.805         |          |
| Jāņogu dzēriens                     | 200      | 27         | 0.227          | 0.046        | 5.982         |                | 350.           | 0.7           |          |
| Rudzu maize                         | 60       | 155        | 5.16           | 0.84         | 30.12         |                |                | 3.3           | 1.       |
| <b>kopā:</b>                        |          | <b>968</b> | <b>34.84</b>   | <b>44.90</b> | <b>102.88</b> | <b>990.000</b> | <b>650.000</b> | <b>19.285</b> |          |
| <b>Otrā izvēle</b>                  |          |            |                |              |               |                |                |               |          |
| Pupiņu zupa ar cūkgaļu              | 200      | 142        | 5.876          | 7.757        | 12.124        | 456.           |                | 4.816         | 9.       |
| Vārīti griķi                        | 230      | 254        | 5.692          | 1.214        | 55.103        | 230.           |                | 2.429         |          |
| Burkānu salāti ar sezama sēkliņām   | 90       | 105        | 2.071          | 8.563        | 5.845         | 270.           | 250.           | 3.55          | 11.      |
| Jāņogu dzēriens                     | 200      | 27         | 0.227          | 0.046        | 5.982         |                | 350.           | 0.7           |          |
| Rudzu maize                         | 40       | 104        | 3.44           | 0.56         | 20.08         |                |                | 2.2           | 1.       |
| <b>kopā:</b>                        |          | <b>631</b> | <b>17.31</b>   | <b>18.14</b> | <b>99.13</b>  | <b>956.000</b> | <b>600.000</b> | <b>13.695</b> |          |

