

# Nedēļas Edienkarte

| Grupa                             | Skola 1-4kl |                                     |                    |         |            |      |        |              | Alerģeni |
|-----------------------------------|-------------|-------------------------------------|--------------------|---------|------------|------|--------|--------------|----------|
|                                   |             | Enerģētiskā<br>Svars vērtība (kkal) | Olbaltumvi<br>elas | Tauki   | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas |          |
| pirmdiena, 7.septembris           |             |                                     |                    |         |            |      |        |              |          |
| Brokastis                         |             |                                     |                    |         |            |      |        |              |          |
| Auzu pārslu putra                 | 200         | 187                                 | 8.87               | 5.3     | 26.2299    | 0.2  | 0      | 1.62         | 1;7      |
| Ļīvārijums                        | 10          | 14                                  | 0.1                | 0.01    | 3.9        | 0    | 0      | 0            |          |
| Sviests                           | 10          | 75                                  | 0.06               | 8.25    | 0.44       | 0    | 0      | 0            | 7.       |
| Gurķi                             | 20          | 2                                   | 0.12               | 0.04    | 0.36       | 0    | 0      | 0.1          |          |
| Kliju maize                       | 30          | 82                                  | 3.63               | 0.81    | 14.19      | 0    | 0      | 1.74         | 1        |
| Zāļu tēja                         | 200         | 0                                   | 0                  | 0       | 0          | 0    | 0      | 0            |          |
| Kopā:                             |             | 359.89                              | 12.78              | 14.41   | 45.12      | 0.2  | 0      | 3.46         |          |
| Pusdienas                         |             |                                     |                    |         |            |      |        |              |          |
| Dārzeņu 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.       |
| Cūkgaļas strogonovs               | 80          | 162                                 | 9.2328             | 12.2286 | 3.8602     | 0.24 | 0      | 0.1306       | 7.       |
| Vārīti griķi                      | 150         | 166                                 | 3.7125             | 0.792   | 35.937     | 0.15 | 0      | 1.584        |          |
| Ķīnas kāpostu salāti ar burkāniem | 100         | 43                                  | 1.42               | 3.196   | 2.915      | 0.2  | 0.5    | 1.24         |          |
| Rudzu maize                       | 40          | 104                                 | 3.44               | 0.56    | 20.08      | 0    | 0      | 2.2          | 1.       |
| Ūdens ar ogām                     | 200         | 4                                   | 0.08               | 0.04    | 0.55       | 0    | 0      | 0            |          |
| Kopā:                             |             | 578.398                             | 20.742             | 22.137  | 73.6       | 0.79 | 0.5    | 9.002        |          |
| Launags                           |             |                                     |                    |         |            |      |        |              |          |
| 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.       |
| Siers                             | 20          | 68                                  | 4.96               | 5.36    | 0          | 0    | 0      | 0            | 7.       |
| Piena zupa ar makaroniem          | 250         | 149                                 | 7.1062             | 3.525   | 22.3512    | 0.25 | 2.5    | 0.6375       | 1;7      |
| Kopā:                             |             | 383.149                             | 14.646             | 17.535  | 41.991     | 0.25 | 2.5    | 2.438        |          |
| otrdiena, 8.septembris            |             |                                     |                    |         |            |      |        |              |          |
| Brokastis                         |             |                                     |                    |         |            |      |        |              |          |
| Piena zupa ar ķirbi un rīsiem     | 250         | 92                                  | 4.127              | 2.001   | 14.4638    | 0.25 | 0      | 0.755        | 7.       |
| Saldskābmaize                     | 20          | 46                                  | 1.26               | 0.2     | 9.6        | 0    | 0      | 0.9          | 1.       |
| Krēmsiers                         | 20          | 40                                  | 1.44               | 3.56    | 0.66       | 0    | 0      | 0            | 7.       |
| Zāļu tēja                         | 200         | 0                                   | 0                  | 0       | 0          | 0    | 0      | 0            |          |
| Kopā:                             |             | 178.099                             | 6.827              | 5.761   | 24.724     | 0.25 | 0      | 1.655        |          |
| Pusdienas                         |             |                                     |                    |         |            |      |        |              |          |
| Rasoļņiks                         | 200         | 143                                 | 2.058              | 8.2836  | 14.8198    | 0.8  | 1.     | 2.7095       | 9.       |
| Maltas cūkgaļas veltnītis         | 70          | 188                                 | 13.5695            | 12.6318 | 4.6968     | 0    | 0      | 0.4709       | 1;3;7    |
| Kartupeļu biezputra               | 150         | 127                                 | 4.0605             | 1.4288  | 23.718     | 0.3  | 0      | 3.15         | 7.       |
| Kāļu burkānu salāti ar krējumu    | 90          | 43                                  | 1.1282             | 1.9647  | 5.2072     | 0.09 | 0.09   | 2.7135       | 7.       |
| Rudzu maize                       | 20          | 52                                  | 1.72               | 0.28    | 10.04      | 0    | 0      | 1.1          | 1.       |
| Kefīrs                            | 200         | 96                                  | 6.                 | 4.      | 9.         | 0    | 0      | 0            | 7.       |
| Kopā:                             |             | 648.681                             | 28.536             | 28.589  | 67.482     | 1.19 | 1.09   | 10.144       |          |
| Launags                           |             |                                     |                    |         |            |      |        |              |          |
| Ļīvārijuma maizīte bērnodārziem   | 50          | 181                                 | 4.3682             | 5.3902  | 29.5596    | 0    | 0      | 0.159        | 1;3      |
| Auglis                            | 100         | 56                                  | 0.79               | 0.25    | 12.2       | 0    | 0      | 0.7          |          |
| Kopā:                             |             | 236.594                             | 5.158              | 5.64    | 41.76      | 0    | 0      | 0.859        |          |
| trešdiena, 9.septembris           |             |                                     |                    |         |            |      |        |              |          |
| Brokastis                         |             |                                     |                    |         |            |      |        |              |          |
| Rīsu putra                        | 200         | 184                                 | 7.16               | 3.38    | 31.508     | 0.2  | 1.     | 0.42         | 7.       |
| Ļīvārijums                        | 10          | 14                                  | 0.1                | 0.01    | 3.9        | 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.       |
| "Vārīta desa" Zaļā dakšiņa""      | 30          | 69                                  | 3.12               | 5.7     | 1.26       | 0    | 0      | 0            | 1.       |
| Zāļu tēja                         | 200         | 0                                   | 0                  | 0       | 0          | 0    | 0      | 0            |          |
| Kopā:                             |             | 432.932                             | 12.96              | 17.74   | 56.308     | 0.2  | 1.     | 2.22         |          |
| Pusdienas                         |             |                                     |                    |         |            |      |        |              |          |
| Kāpostu un cūkgaļas kotlete       | 70          | 156                                 | 8.9015             | 6.6942  | 14.4753    | 0.28 | 0      | 0.7255       | 1;3      |

|                                            |     |                |               |               |                |             |            |               |    |
|--------------------------------------------|-----|----------------|---------------|---------------|----------------|-------------|------------|---------------|----|
| Vārīti kartupeļi                           | 200 | 149            | 4.24          | 0.212         | 31.376         | 0.2         | 0          | 4.452         |    |
| Skābā krējuma mērce ar zaļumiem            | 20  | 30             | 0.696         | 2.4212        | 1.2454         | 0.04        | 0          | 0.0067        | 7. |
| Svaigu kāpostu biešu salāti ar eļļas mērci | 100 | 45             | 1.392         | 2.176         | 4.956          | 0.2         | 0          | 2.84          |    |
| Biezpienkrēms                              | 60  | 125            | 5.1144        | 7.8729        | 8.2776         | 0           | 6.         | 0             | 7. |
| Ogu ķīselis                                | 100 | 99             | 0.32          | 0.102         | 23.644         | 0           | 5.         | 0.993         |    |
| Ūdens ar citronu                           | 200 | 4              | 0.07          | 0.06          | 0.32           | 0           | 0          | 0             |    |
| Rudzu maize                                | 40  | 99             | 3.44          | 0.56          | 20.08          | 0           | 0          | 2.2           | 1. |
| <b>Kopā:</b>                               |     | <b>705.211</b> | <b>24.174</b> | <b>20.098</b> | <b>104.374</b> | <b>0.72</b> | <b>11.</b> | <b>11.217</b> |    |

#### Launags

|                |     |                |               |               |               |             |          |             |       |
|----------------|-----|----------------|---------------|---------------|---------------|-------------|----------|-------------|-------|
| Pasta ar sieru | 250 | 504            | 21.5918       | 23.8257       | 50.5269       | 0.25        | 0        | 2.6801      | 1;7;9 |
| Gurķi          | 50  | 6              | 0.3           | 0.1           | 0.9           | 0           | 0        | 0.25        |       |
| Zāļu tēja      | 200 | 0              | 0             | 0             | 0             | 0           | 0        | 0           |       |
| <b>Kopā:</b>   |     | <b>509.762</b> | <b>21.892</b> | <b>23.926</b> | <b>51.427</b> | <b>0.25</b> | <b>0</b> | <b>2.93</b> |       |

### ceturtdiena, 10.septembris

#### Brokastis

|                           |     |                |              |               |               |            |            |              |      |
|---------------------------|-----|----------------|--------------|---------------|---------------|------------|------------|--------------|------|
| Četru graudu pārslu putra | 200 | 186            | 8.96         | 4.256         | 27.1192       | 0.2        | 0.4        | 3.584        | 1;7  |
| levārījums                | 20  | 28             | 0.2          | 0.02          | 7.8           | 0          | 0          | 0            |      |
| Tomāti                    | 30  | 5              | 0.3          | 0.06          | 0.78          | 0          | 0          | 0.3          |      |
| Sēklu maize               | 30  | 89             | 3.15         | 1.92          | 14.13         | 0          | 0          | 1.29         | 1;11 |
| Sviests                   | 10  | 75             | 0.06         | 8.25          | 0.44          | 0          | 0          | 0            | 7.   |
| Zāļu tēja                 | 200 | 0              | 0            | 0             | 0             | 0          | 0          | 0            |      |
| <b>Kopā:</b>              |     | <b>382.807</b> | <b>12.67</b> | <b>14.506</b> | <b>50.269</b> | <b>0.2</b> | <b>0.4</b> | <b>5.174</b> |      |

#### Pusdienas

|                                      |     |                |               |              |              |             |           |              |    |
|--------------------------------------|-----|----------------|---------------|--------------|--------------|-------------|-----------|--------------|----|
| Ķirbju biezeņzupa                    | 200 | 124            | 2.058         | 8.693        | 9.336        | 0.8         | 0         | 3.359        | 7. |
| Baltmaizes grauzdiņi                 | 10  | 28             | 0.78          | 0.41         | 5.14         | 0.01        | 0         | 0.38         | 1. |
| Vistas gaļa karija mērcē             | 100 | 175            | 10.279        | 12.97        | 4.32         | 0.4         | 0         | 0.351        | 7. |
| Vārīti rīsi                          | 180 | 204            | 4.0392        | 0.3564       | 46.1538      | 0.18        | 0         | 0.8316       |    |
| Svaigu dārzeņu salāti ar eļļas mērci | 100 | 50             | 1.0762        | 4.179        | 2.3986       | 0           | 0         | 0.9363       |    |
| Rudzu maize                          | 20  | 52             | 1.72          | 0.28         | 10.04        | 0           | 0         | 1.1          | 1. |
| Augļu un ogu dzēriens                | 200 | 47             | 0.312         | 0.272        | 10.422       | 0           | 5.        | 1.624        |    |
| <b>Kopā:</b>                         |     | <b>681.076</b> | <b>20.264</b> | <b>27.16</b> | <b>87.81</b> | <b>1.39</b> | <b>5.</b> | <b>8.582</b> |    |

#### Launags

|                |     |               |               |               |               |            |            |              |       |
|----------------|-----|---------------|---------------|---------------|---------------|------------|------------|--------------|-------|
| Ābolu pankūka  | 200 | 501           | 13.6312       | 26.674        | 50.8296       | 0.4        | 6.4        | 0.614        | 1;3;7 |
| Krējums skābs  | 20  | 40            | 0.52          | 4.            | 0.54          | 0          | 0          | 0            | 7.    |
| Kakao dzēriens | 200 | 98            | 6.4332        | 4.433         | 8.4672        | 0          | 0          | 1.0336       | 7.    |
| Cukurs baltais | 3   | 12            | 0             | 0             | 2.994         | 0          | 3.         | 0            |       |
| <b>Kopā:</b>   |     | <b>651.17</b> | <b>20.584</b> | <b>35.107</b> | <b>62.831</b> | <b>0.4</b> | <b>9.4</b> | <b>1.648</b> |       |

### piektdiena, 11.septembris

#### Brokastis

|                  |     |                |               |               |               |            |           |              |    |
|------------------|-----|----------------|---------------|---------------|---------------|------------|-----------|--------------|----|
| Prosas biezputra | 200 | 180            | 7.518         | 4.009         | 28.626        | 0.2        | 1.        | 1.178        | 7. |
| levārījums       | 10  | 14             | 0.1           | 0.01          | 3.9           | 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. |
| Gurķi            | 20  | 2              | 0.12          | 0.04          | 0.36          | 0          | 0         | 0.1          |    |
| Zāļu tēja        | 200 | 0              | 0             | 0             | 0             | 0          | 0         | 0            |    |
| <b>Kopā:</b>     |     | <b>362.277</b> | <b>10.318</b> | <b>12.709</b> | <b>52.526</b> | <b>0.2</b> | <b>1.</b> | <b>3.078</b> |    |

#### Pusdienas

|                                        |     |                |               |               |               |             |             |              |    |
|----------------------------------------|-----|----------------|---------------|---------------|---------------|-------------|-------------|--------------|----|
| Ziedkāpostu brokoļu zupa               | 200 | 79             | 4.3164        | 2.3988        | 9.8469        | 0.6         | 0           | 3.7146       | 9. |
| Krējums skābs                          | 5   | 10             | 0.13          | 1.            | 0.135         | 0           | 0           | 0            | 7. |
| Makaroni ar maltu cūkgaļu un dārzeņiem | 180 | 346            | 16.1224       | 13.9907       | 38.1051       | 0.72        | 0           | 1.4085       | 1. |
| Burkānu salāti ar eļļu                 | 70  | 50             | 0.672         | 3.6344        | 3.5749        | 0.14        | 0.35        | 2.4192       |    |
| Piens                                  | 150 | 72             | 4.8           | 3.            | 6.75          | 0           | 0           | 0            | 7. |
| Rudzu maize                            | 20  | 50             | 1.72          | 0.28          | 10.04         | 0           | 0           | 1.1          | 1. |
| <b>Kopā:</b>                           |     | <b>606.032</b> | <b>27.761</b> | <b>24.304</b> | <b>68.452</b> | <b>1.46</b> | <b>0.35</b> | <b>8.642</b> |    |

#### Launags

|                             |     |               |             |             |              |          |          |             |          |
|-----------------------------|-----|---------------|-------------|-------------|--------------|----------|----------|-------------|----------|
| Auglis                      | 100 | 56            | 0.79        | 0.25        | 12.2         | 0        | 0        | 0.7         |          |
| Zāļu tēja                   | 200 | 0             | 0           | 0           | 0            | 0        | 0        | 0           |          |
| Karstmaize ar desu un sieru | 60  | 225           | 7.9         | 14.05       | 16.53        | 0        | 0        | 1.05        | 1;10;3;7 |
| <b>Kopā:</b>                |     | <b>280.78</b> | <b>8.69</b> | <b>14.3</b> | <b>28.73</b> | <b>0</b> | <b>0</b> | <b>1.75</b> |          |