

Nedēļas ēdienkarte

Grupa

1.-4.klase

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

| Monday, 13.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|-----------------------|----------|------------|----------------|--------------|--------------|--------------|----------|--------------|----------|
| Pusdienas | | | | | | | | | |
| Pupiņu zupa | 150 | 106 | 4.407 | 5.817 | 9.093 | 0.342 | | 3.612 | 9 |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | | | | 7 |
| Cūkgaļas gulašs | 80 | 164 | 9.408 | 12.437 | 3.607 | 0.084 | | 0.198 | 1;7 |
| Vārīti griķi | 150 | 166 | 3.712 | 0.792 | 35.937 | 0.15 | | 1.584 | |
| Marinētu gurķu salāti | 60 | 32 | 0.479 | 1.801 | 3.514 | | | 0.013 | |
| Āboli | 100 | 54 | 0.3 | 0.6 | 11.4 | | | 2. | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| kopā: | | 634 | 21.88 | 23.01 | 83.77 | 0.576 | 0 | 9.607 | |

| Tuesday, 14.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|-------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| Pusdienas | | | | | | | | | |
| Maltas cūkgaļas šņicele | 60 | 167 | 9.213 | 10.939 | 7.83 | 0.06 | | 0.473 | 1;11;3;7 |
| Vārīti kartupeļi | 170 | 127 | 3.604 | 0.18 | 26.67 | 0.17 | | 3.784 | |
| Skābā krējuma mērce | 50 | 56 | 0.817 | 4.848 | 2.353 | 0.05 | | 0.224 | 1;7;9 |
| Biešu salāti ar eļļu | 80 | 57 | 1.197 | 2.483 | 7.462 | 0.16 | 0.8 | 1.989 | |
| Zemeņu krēms | 40 | 97 | 1.552 | 7.225 | 6.392 | | 4. | 0.096 | 7 |
| Ogu ķīselis | 100 | 99 | 0.32 | 0.102 | 23.644 | | 5. | 0.993 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| kopā: | | 706 | 20.14 | 26.34 | 94.43 | 0.440 | 9.800 | 9.759 | |

| Wednesday, 15.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|-----------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| Pusdienas | | | | | | | | | |
| Soļanka | 150 | 156 | 6.966 | 11.189 | 6.804 | 0.15 | 0.15 | 0.863 | 1 |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | | | | 7 |
| Smalkmaizīte | 80 | 292 | 6.989 | 9.034 | 47.295 | 0.512 | 7.328 | 0.254 | 1;3 |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| Āboli | 100 | 54 | 0.3 | 0.6 | 11.4 | | | 2. | |
| Piens | 200 | 96 | 6.4 | 4. | 9. | | | | 7 |
| kopā: | | 711 | 24.23 | 26.38 | 94.71 | 0.662 | 7.478 | 5.317 | |

| Thursday, 16.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|------------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| Pusdienas | | | | | | | | | |
| Biešu zupa ar kartupeļiem | 150 | 50 | 1.263 | 1.66 | 7.396 | 0.15 | 0.45 | 2.217 | 9 |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | | | | 7 |
| Vistas gaļas kotlete mājas gaumē | 70 | 186 | 12.291 | 13.038 | 4.941 | 0.07 | | 0.279 | 1;3 |
| Vārīta pasta - makaroni | 140 | 278 | 0.784 | 4.34 | 50.4 | 0.56 | | 2.38 | 1 |
| Sarkanā mērce | 40 | 27 | 0.477 | 1.242 | 3.491 | 0.04 | 0.04 | 0.345 | 9 |
| Kāpostu salāti ar zaļumiem un eļļu | 70 | 44 | 0.994 | 2.937 | 3.559 | 0.07 | 0.7 | 2.022 | |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | | | 1.1 | 1 |
| Piens | 200 | 96 | 6.4 | 4. | 9. | | | | 7 |
| kopā: | | 743 | 24.06 | 28.50 | 88.96 | 0.890 | 1.190 | 8.343 | |

| Friday, 17.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|----------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| Pusdienas | | | | | | | | | |
| Plovs ar vistas gaļu | 150 | 261 | 10.114 | 8.36 | 35.752 | 0.6 | | 1.779 | |
| Burkānu salāti ar sēkliņām | 80 | 117 | 1.839 | 10.237 | 4.652 | 0.24 | 1.2 | 2.801 | |
| Ievārījuma uzpūtenis | 100 | 86 | 1.274 | 0.145 | 20.914 | | 5. | 0.01 | 1 |
| Piens | 100 | 48 | 3.2 | 2. | 4.5 | | | | 7 |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| kopā: | | 616 | 19.87 | 21.30 | 85.90 | 0.840 | 6.200 | 6.790 | |

Nedēļas ēdienkarte

Grupa

5.-9.klase

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

| Monday, 13.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|-----------------------|----------|------------|----------------|--------------|---------------|--------------|----------|---------------|----------|
| Pusdienas | | | | | | | | | |
| Pupiņu zupa | 200 | 142 | 5.876 | 7.757 | 12.124 | 0.456 | | 4.816 | 9 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | | | | 7 |
| Cūkgaļas gulašs | 90 | 184 | 10.584 | 13.992 | 4.058 | 0.094 | | 0.222 | 1;7 |
| Vārīti griķi | 200 | 221 | 4.95 | 1.056 | 47.916 | 0.2 | | 2.112 | |
| Marinētu gurķu salāti | 80 | 42 | 0.638 | 2.402 | 4.686 | | | 0.017 | |
| Āboli | 100 | 54 | 0.3 | 0.6 | 11.4 | | | 2. | |
| Rudzu maize | 80 | 207 | 6.88 | 1.12 | 40.16 | | | 4.4 | 1 |
| kopā: | | 870 | 29.49 | 28.93 | 120.61 | 0.750 | 0 | 13.567 | |

| Tuesday, 14.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|-------------------------|----------|------------|----------------|--------------|---------------|--------------|---------------|---------------|----------|
| Pusdienas | | | | | | | | | |
| Maltas cūkgaļas šņicele | 70 | 194 | 10.748 | 12.762 | 9.135 | 0.07 | | 0.552 | 1;11;3;7 |
| Vārīti kartupeļi | 200 | 149 | 4.24 | 0.212 | 31.376 | 0.2 | | 4.452 | |
| Skābā krējuma mērce | 75 | 84 | 1.226 | 7.272 | 3.529 | 0.075 | | 0.336 | 1;7;9 |
| Biešu salāti ar eļļu | 100 | 71 | 1.496 | 3.104 | 9.328 | 0.2 | 1. | 2.486 | |
| Zemeņu krēms | 40 | 97 | 1.552 | 7.225 | 6.392 | | 4. | 0.096 | 7 |
| Ogu ķīselis | 100 | 99 | 0.32 | 0.102 | 23.644 | | 5. | 0.993 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| kopā: | | 798 | 23.02 | 31.24 | 103.48 | 0.545 | 10.000 | 11.115 | |

| Wednesday, 15.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|-----------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| Pusdienas | | | | | | | | | |
| Soļanka | 200 | 208 | 9.289 | 14.918 | 9.073 | 0.2 | 0.2 | 1.151 | 1 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | | | | 7 |
| Smalkmaizīte | 80 | 292 | 6.989 | 9.034 | 47.295 | 0.512 | 7.328 | 0.254 | 1;3 |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| Āboli | 100 | 54 | 0.3 | 0.6 | 11.4 | | | 2. | |
| Piens | 200 | 96 | 6.4 | 4. | 9. | | | | 7 |
| kopā: | | 773 | 26.68 | 31.11 | 97.12 | 0.712 | 7.528 | 5.605 | |

| Thursday, 16.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|------------------------------------|----------|------------|----------------|--------------|---------------|--------------|--------------|---------------|----------|
| Pusdienas | | | | | | | | | |
| Biešu zupa ar kartupeļiem | 200 | 67 | 1.684 | 2.213 | 9.861 | 0.2 | 0.6 | 2.956 | 9 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | | | | 7 |
| Vistas gaļas kotlete mājas gaumē | 70 | 186 | 12.291 | 13.038 | 4.941 | 0.07 | | 0.279 | 1;3 |
| Vārīta pasta - makaroni | 170 | 338 | 0.952 | 5.27 | 61.2 | 0.68 | | 2.89 | 1 |
| Sarkanā mērce | 40 | 27 | 0.477 | 1.242 | 3.491 | 0.04 | 0.04 | 0.345 | 9 |
| Kāpostu salāti ar zaļumiem un eļļu | 80 | 51 | 1.136 | 3.357 | 4.067 | 0.08 | 0.8 | 2.311 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| Piens | 200 | 96 | 6.4 | 4. | 9. | | | | 7 |
| kopā: | | 888 | 26.64 | 31.68 | 112.91 | 1.070 | 1.440 | 10.981 | |

| Friday, 17.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|----------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| Pusdienas | | | | | | | | | |
| Plovs ar vistas gaļu | 200 | 348 | 13.485 | 11.146 | 47.669 | 0.8 | | 2.372 | |
| Burkānu salāti ar sēkliņām | 80 | 117 | 1.839 | 10.237 | 4.652 | 0.24 | 1.2 | 2.801 | |
| Ievārījuma uzpūtenis | 100 | 86 | 1.274 | 0.145 | 20.914 | | 5. | 0.01 | 1 |
| Piens | 100 | 48 | 3.2 | 2. | 4.5 | | | | 7 |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| kopā: | | 703 | 23.24 | 24.09 | 97.82 | 1.040 | 6.200 | 7.383 | |

Nedēļas ēdienkarte

Grupa

10.-12.klase

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

| Monday, 13.January | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrviel as | Alerģēni |
|-----------------------|----------|------------|--------------------|--------------|---------------|--------------|----------|------------------|----------|
| Pusdienas | | | | | | | | | |
| Pupiņu zupa | 250 | 177 | 7.345 | 9.696 | 15.155 | 0.57 | | 6.02 | 9 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | | | | 7 |
| Cūkgaļas gulašs | 90 | 184 | 10.584 | 13.992 | 4.058 | 0.094 | | 0.222 | 1;7 |
| Vārīti griķi | 200 | 221 | 4.95 | 1.056 | 47.916 | 0.2 | | 2.112 | |
| Marinētu gurķu salāti | 80 | 42 | 0.638 | 2.402 | 4.686 | | | 0.017 | |
| Āboli | 100 | 54 | 0.3 | 0.6 | 11.4 | | | 2. | |
| Rudzu maize | 80 | 207 | 6.88 | 1.12 | 40.16 | | | 4.4 | 1 |
| kopā: | | 905 | 30.96 | 30.87 | 123.65 | 0.864 | 0 | 14.771 | |

| Tuesday, 14.January | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrviel as | Alerģēni |
|-------------------------|----------|------------|--------------------|--------------|---------------|--------------|---------------|------------------|----------|
| Pusdienas | | | | | | | | | |
| Maltas cūkgaļas šņicele | 70 | 194 | 10.748 | 12.762 | 9.135 | 0.07 | | 0.552 | 1;11;3;7 |
| Vārīti kartupeļi | 220 | 164 | 4.664 | 0.233 | 34.514 | 0.22 | | 4.897 | |
| Skābā krējuma mērce | 75 | 84 | 1.226 | 7.272 | 3.529 | 0.075 | | 0.336 | 1;7;9 |
| Biešu salāti ar eļļu | 100 | 71 | 1.496 | 3.104 | 9.328 | 0.2 | 1. | 2.486 | |
| Zemeņu krēms | 40 | 97 | 1.552 | 7.225 | 6.392 | | 4. | 0.096 | 7 |
| Ogu ķīselis | 100 | 99 | 0.32 | 0.102 | 23.644 | | 5. | 0.993 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| kopā: | | 813 | 23.45 | 31.26 | 106.62 | 0.565 | 10.000 | 11.560 | |

| Wednesday, 15.January | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrviel as | Alerģēni |
|-----------------------|----------|------------|--------------------|--------------|---------------|--------------|--------------|------------------|----------|
| Pusdienas | | | | | | | | | |
| Soļanka | 200 | 208 | 9.289 | 14.918 | 9.073 | 0.2 | 0.2 | 1.151 | 1 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | | | | 7 |
| Smalkmaizīte | 80 | 292 | 6.989 | 9.034 | 47.295 | 0.512 | 7.328 | 0.254 | 1;3 |
| Rudzu maize | 80 | 207 | 6.88 | 1.12 | 40.16 | | | 4.4 | 1 |
| Āboli | 100 | 54 | 0.3 | 0.6 | 11.4 | | | 2. | |
| Piens | 200 | 96 | 6.4 | 4. | 9. | | | | 7 |
| kopā: | | 877 | 30.12 | 31.67 | 117.20 | 0.712 | 7.528 | 7.805 | |

| Thursday, 16.January | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrviel as | Alerģēni |
|------------------------------------|----------|------------|--------------------|--------------|---------------|--------------|--------------|------------------|----------|
| Pusdienas | | | | | | | | | |
| Biešu zupa ar kartupeļiem | 250 | 83 | 2.105 | 2.766 | 12.326 | 0.25 | 0.75 | 3.695 | 9 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | | | | 7 |
| Vistas gaļas kotlete mājas gaumē | 70 | 186 | 12.291 | 13.038 | 4.941 | 0.07 | | 0.279 | 1;3 |
| Vārīta pasta - makaroni | 170 | 338 | 0.952 | 5.27 | 61.2 | 0.68 | | 2.89 | 1 |
| Sarkanā mērce | 40 | 27 | 0.477 | 1.242 | 3.491 | 0.04 | 0.04 | 0.345 | 9 |
| Kāpostu salāti ar zaļumiem un eļļu | 80 | 51 | 1.136 | 3.357 | 4.067 | 0.08 | 0.8 | 2.311 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| Piens | 200 | 96 | 6.4 | 4. | 9. | | | | 7 |
| kopā: | | 905 | 27.06 | 32.23 | 115.38 | 1.120 | 1.590 | 11.720 | |

| Friday, 17.January | Svars, g | Kcal | Olbaltumvi elas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrviel as | Alerģēni |
|----------------------------|----------|------------|--------------------|--------------|---------------|--------------|--------------|------------------|----------|
| Pusdienas | | | | | | | | | |
| Plovs ar vistas gaļu | 250 | 434 | 16.856 | 13.933 | 59.587 | 1. | | 2.965 | |
| Burkānu salāti ar sēkliņām | 100 | 147 | 2.299 | 12.796 | 5.815 | 0.3 | 1.5 | 3.501 | |
| Ievārījuma uzpūtenis | 100 | 86 | 1.274 | 0.145 | 20.914 | | 5. | 0.01 | 1 |
| Piens | 100 | 48 | 3.2 | 2. | 4.5 | | | | 7 |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| kopā: | | 819 | 27.07 | 29.43 | 110.90 | 1.300 | 6.500 | 8.676 | |

Nedēļas ēdienkarte

Grupa

1.-4.klase

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

| Monday, 20.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|---|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| Pusdienas | | | | | | | | | |
| Vistas gaļas zupa ar ziedkāpostiem | 150 | 93 | 5.145 | 5.634 | 5.266 | 0.6 | | 1.468 | |
| Cūkgaļas strogonovs | 60 | 134 | 7.259 | 10.404 | 2.93 | 0.183 | | 0.142 | 1;7 |
| Vārīta pasta - makaroni | 130 | 258 | 0.728 | 4.03 | 46.8 | 0.52 | | 2.21 | 1 |
| Balto redīsu un burkānu salāti ar kāpostiem un eļļu | 70 | 46 | 0.745 | 3.947 | 2.111 | 0.07 | 0.14 | 1.435 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| kopā: | | 635 | 17.32 | 24.58 | 77.19 | 1.373 | 0.140 | 7.455 | |

| Tuesday, 21.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| Pusdienas | | | | | | | | | |
| Cūkgaļas bumbiņa piena mērcē | 100 | 184 | 11.126 | 12.259 | 7.258 | 0.19 | | 1.13 | 1;3;7 |
| Vārīti griķi | 150 | 166 | 3.712 | 0.792 | 35.937 | 0.15 | | 1.584 | |
| Biešu salāti ar eļļu | 70 | 50 | 1.047 | 2.173 | 6.53 | 0.14 | 0.7 | 1.74 | |
| Šokolādes pudīnš | 50 | 72 | 2.548 | 3.312 | 8.045 | | 5. | 0.608 | 7 |
| Piens | 200 | 96 | 6.4 | 4. | 9. | | | | 7 |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | | | 1.1 | 1 |
| Āboli | 100 | 54 | 0.3 | 0.6 | 11.4 | | | 2. | |
| kopā: | | 673 | 26.85 | 23.42 | 88.21 | 0.480 | 5.700 | 8.162 | |

| Wednesday, 22.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|---------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| Pusdienas | | | | | | | | | |
| Risotto ar vistas gaļu | 150 | 208 | 10.107 | 8.697 | 22.067 | 0.225 | | 3.082 | 9 |
| Burkānu salāti ar krējumu | 60 | 37 | 0.819 | 2.498 | 2.767 | 0.12 | | 1.728 | 7 |
| Flameri krēms | 40 | 82 | 1.664 | 6.606 | 3.828 | 0.02 | 0.82 | 0.003 | 1;7 |
| Jāņogu ķīselis | 80 | 45 | 0.173 | 0.031 | 10.67 | | 8. | 0.504 | |
| Piens | 200 | 96 | 6.4 | 4. | 9. | | | | 7 |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | | | 1.1 | 1 |
| kopā: | | 520 | 20.88 | 22.11 | 58.37 | 0.365 | 8.820 | 6.417 | |

| Thursday, 23.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|--|----------|------------|----------------|--------------|--------------|--------------|--------------|---------------|----------|
| Pusdienas | | | | | | | | | |
| Šķelto zirņu zupa | 150 | 108 | 5.801 | 4.334 | 11.206 | 0.15 | | 4.076 | 9 |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | | | | 7 |
| Makaroni ar maltu cūkgaļu un dārzeņiem | 150 | 330 | 8.938 | 14.96 | 34.606 | 0.51 | | 2.794 | 1;9 |
| Kāpostu salāti ar zaļumiem un eļļu | 70 | 44 | 0.994 | 2.937 | 3.559 | 0.07 | 0.7 | 2.022 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| kopā: | | 596 | 19.30 | 23.79 | 69.59 | 0.730 | 0.700 | 11.092 | |

| Friday, 24.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|--|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| Pusdienas | | | | | | | | | |
| Vistas gaļa ar dārzeņiem krējuma mērcē | 70 | 114 | 7.438 | 8.307 | 2.047 | 0.28 | | 0.399 | 7 |
| Kartupeļu biežputra | 150 | 127 | 4.06 | 1.429 | 23.718 | 0.15 | | 3.15 | 7 |
| Svaigu kāpostu biešu salāti ar eļļas mērci | 70 | 39 | 0.965 | 2.222 | 3.789 | 0.07 | 0.35 | 1.967 | |
| Ceptas auzu pārslas ar putukrējumu | 50 | 192 | 2.971 | 12.488 | 16.961 | | 4.3 | 1.006 | 1;7 |
| Zemeņu mērcē | 80 | 42 | 0.514 | 0.256 | 8.804 | | 4. | 1.062 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| kopā: | | 618 | 19.39 | 25.26 | 75.40 | 0.500 | 8.650 | 9.784 | |

Nedēļas ēdienkarte

Grupa

5.-9.klase

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

| Monday, 20.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|---|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| Pusdienas | | | | | | | | | |
| Vistas gaļas zupa ar ziedkāpostiem | 200 | 123 | 6.86 | 7.511 | 7.022 | 0.8 | | 1.957 | |
| Cūkgaļas strogonovs | 80 | 179 | 9.679 | 13.872 | 3.907 | 0.245 | | 0.19 | 1;7 |
| Vārīta pasta - makaroni | 160 | 318 | 0.896 | 4.96 | 57.6 | 0.64 | | 2.72 | 1 |
| Balto redīsu un burkānu salāti ar kāpostiem un eļļu | 80 | 53 | 0.852 | 4.511 | 2.413 | 0.08 | 0.16 | 1.64 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| kopā: | | 777 | 21.73 | 31.41 | 91.02 | 1.765 | 0.160 | 8.707 | |

| Tuesday, 21.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|------------------------------|----------|------------|----------------|--------------|---------------|--------------|--------------|---------------|----------|
| Pusdienas | | | | | | | | | |
| Cūkgaļas bumbiņa piena mērcē | 100 | 184 | 11.126 | 12.259 | 7.258 | 0.19 | | 1.13 | 1;3;7 |
| Vārīti griķi | 200 | 221 | 4.95 | 1.056 | 47.916 | 0.2 | | 2.112 | |
| Biešu salāti ar eļļu | 80 | 57 | 1.197 | 2.483 | 7.462 | 0.16 | 0.8 | 1.989 | |
| Šokolādes pudīnš | 50 | 72 | 2.548 | 3.312 | 8.045 | | 5. | 0.608 | 7 |
| Piens | 200 | 96 | 6.4 | 4. | 9. | | | | 7 |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| Āboli | 100 | 54 | 0.3 | 0.6 | 11.4 | | | 2. | |
| kopā: | | 788 | 29.96 | 24.27 | 111.16 | 0.550 | 5.800 | 10.039 | |

| Wednesday, 22.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|---------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|---------------|----------|
| Pusdienas | | | | | | | | | |
| Risotto ar vistas gaļu | 200 | 278 | 13.476 | 11.595 | 29.422 | 0.3 | | 4.109 | 9 |
| Burkānu salāti ar krējumu | 80 | 50 | 1.092 | 3.331 | 3.689 | 0.16 | | 2.304 | 7 |
| Flamerī krēms | 40 | 82 | 1.664 | 6.606 | 3.828 | 0.02 | 0.82 | 0.003 | 1;7 |
| Jāņogu ķīselis | 80 | 45 | 0.173 | 0.031 | 10.67 | | 8. | 0.504 | |
| Piens | 200 | 96 | 6.4 | 4. | 9. | | | | 7 |
| Rudzu maize | 80 | 207 | 6.88 | 1.12 | 40.16 | | | 4.4 | 1 |
| kopā: | | 757 | 29.69 | 26.68 | 96.77 | 0.480 | 8.820 | 11.320 | |

| Thursday, 23.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|--|----------|------------|----------------|--------------|--------------|--------------|--------------|---------------|----------|
| Pusdienas | | | | | | | | | |
| Šķelto zirņu zupa | 200 | 143 | 7.734 | 5.778 | 14.942 | 0.2 | | 5.435 | 9 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | | | | 7 |
| Makaroni ar maltu cūkgaļu un dārzeņiem | 200 | 440 | 11.917 | 19.947 | 46.141 | 0.68 | | 3.726 | 1;9 |
| Kāpostu salāti ar zaļumiem un eļļu | 80 | 51 | 1.136 | 3.357 | 4.067 | 0.08 | 0.8 | 2.311 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| kopā: | | 758 | 24.49 | 31.64 | 85.50 | 0.960 | 0.800 | 13.672 | |

| Friday, 24.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|--|----------|------------|----------------|--------------|--------------|--------------|--------------|---------------|----------|
| Pusdienas | | | | | | | | | |
| Vistas gaļa ar dārzeņiem krējuma mērcē | 100 | 163 | 10.625 | 11.867 | 2.925 | 0.4 | | 0.57 | 7 |
| Kartupeļu biežputra | 200 | 169 | 5.414 | 1.905 | 31.624 | 0.2 | | 4.2 | 7 |
| Svaigu kāpostu biešu salāti ar eļļas mērci | 80 | 45 | 1.102 | 2.539 | 4.33 | 0.08 | 0.4 | 2.248 | |
| Ceptas auzu pārslas ar putukrējumu | 50 | 192 | 2.971 | 12.488 | 16.961 | | 4.3 | 1.006 | 1;7 |
| Zemeņu mērcē | 80 | 42 | 0.514 | 0.256 | 8.804 | | 4. | 1.062 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| kopā: | | 714 | 24.07 | 29.62 | 84.72 | 0.680 | 8.700 | 11.286 | |

Nedēļas ēdienkarte

Grupa

10.-12.klase

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

| Monday, 20.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|---|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| Pusdienas | | | | | | | | | |
| Vistas gaļas zupa ar ziedkāpostiem | 250 | 154 | 8.575 | 9.389 | 8.778 | 1. | | 2.446 | |
| Cūkgaļas strogonovs | 90 | 202 | 10.889 | 15.606 | 4.395 | 0.275 | | 0.214 | 1;7 |
| Vārīta pasta - makaroni | 160 | 318 | 0.896 | 4.96 | 57.6 | 0.64 | | 2.72 | 1 |
| Balto redīsu un burkānu salāti ar kāpostiem un eļļu | 80 | 53 | 0.852 | 4.511 | 2.413 | 0.08 | 0.16 | 1.64 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| kopā: | | 830 | 24.65 | 35.03 | 93.27 | 1.995 | 0.160 | 9.220 | |

| Tuesday, 21.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|------------------------------|----------|------------|----------------|--------------|---------------|--------------|--------------|---------------|----------|
| Pusdienas | | | | | | | | | |
| Cūkgaļas bumbiņa piena mērcē | 120 | 221 | 13.351 | 14.711 | 8.709 | 0.228 | | 1.356 | 1;3;7 |
| Vārīti griķi | 200 | 221 | 4.95 | 1.056 | 47.916 | 0.2 | | 2.112 | |
| Biešu salāti ar eļļu | 100 | 71 | 1.496 | 3.104 | 9.328 | 0.2 | 1. | 2.486 | |
| Šokolādes pudīnš | 50 | 72 | 2.548 | 3.312 | 8.045 | | 5. | 0.608 | 7 |
| Piens | 200 | 96 | 6.4 | 4. | 9. | | | | 7 |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| Āboli | 100 | 54 | 0.3 | 0.6 | 11.4 | | | 2. | |
| kopā: | | 839 | 32.49 | 27.34 | 114.48 | 0.628 | 6.000 | 10.762 | |

| Wednesday, 22.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|---------------------------|----------|------------|----------------|--------------|---------------|--------------|--------------|---------------|----------|
| Pusdienas | | | | | | | | | |
| Risotto ar vistas gaļu | 250 | 347 | 16.846 | 14.494 | 36.778 | 0.375 | | 5.136 | 9 |
| Burkānu salāti ar krējumu | 80 | 50 | 1.092 | 3.331 | 3.689 | 0.16 | | 2.304 | 7 |
| Flamerī krēms | 40 | 82 | 1.664 | 6.606 | 3.828 | 0.02 | 0.82 | 0.003 | 1;7 |
| Jāņogu ķīselis | 80 | 45 | 0.173 | 0.031 | 10.67 | | 8. | 0.504 | |
| Piens | 200 | 96 | 6.4 | 4. | 9. | | | | 7 |
| Rudzu maize | 80 | 207 | 6.88 | 1.12 | 40.16 | | | 4.4 | 1 |
| kopā: | | 826 | 33.06 | 29.58 | 104.13 | 0.555 | 8.820 | 12.347 | |

| Thursday, 23.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|--|----------|------------|----------------|--------------|--------------|--------------|--------------|---------------|----------|
| Pusdienas | | | | | | | | | |
| Šķelto zirņu zupa | 250 | 179 | 9.668 | 7.223 | 18.677 | 0.25 | | 6.794 | 9 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 | | | | 7 |
| Makaroni ar maltu cūkgaļu un dārzeņiem | 240 | 529 | 14.3 | 23.937 | 55.37 | 0.816 | | 4.471 | 1;9 |
| Kāpostu salāti ar zaļumiem un eļļu | 80 | 51 | 1.136 | 3.357 | 4.067 | 0.08 | 0.8 | 2.311 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| kopā: | | 882 | 28.80 | 37.08 | 98.46 | 1.146 | 0.800 | 15.776 | |

| Friday, 24.January | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|--|----------|------------|----------------|--------------|---------------|--------------|--------------|---------------|----------|
| Pusdienas | | | | | | | | | |
| Vistas gaļa ar dārzeņiem krējuma mērcē | 100 | 163 | 10.625 | 11.867 | 2.925 | 0.4 | | 0.57 | 7 |
| Kartupeļu biežputra | 200 | 169 | 5.414 | 1.905 | 31.624 | 0.2 | | 4.2 | 7 |
| Svaigu kāpostu biešu salāti ar eļļas mērci | 80 | 45 | 1.102 | 2.539 | 4.33 | 0.08 | 0.4 | 2.248 | |
| Ceptas auzu pārslas ar putukrējumu | 50 | 192 | 2.971 | 12.488 | 16.961 | | 4.3 | 1.006 | 1;7 |
| Zemeņu mērcē | 80 | 42 | 0.514 | 0.256 | 8.804 | | 4. | 1.062 | |
| Rudzu maize | 80 | 207 | 6.88 | 1.12 | 40.16 | | | 4.4 | 1 |
| kopā: | | 818 | 27.51 | 30.18 | 104.80 | 0.680 | 8.700 | 13.486 | |