

Nedēļas ēdienkarte

Grupa

1.-4.klase

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

| pirmdiena, 16.decembris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|------------------------------|----------|-------------|----------------|--------------|---------------|--------------|--------------|---------------|----------|
| Pusdienas | | | | | | | | | |
| Dārzenu zupa | 150 | 69 | 2.045 | 3.241 | 7.592 | 0.15 | | 2.885 | 9 |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | | | | 7 |
| Cūkgāļas strogonovs | 70 | 157 | 8.469 | 12.138 | 3.418 | 0.214 | | 0.166 | 1;7 |
| Vārīta pasta - makaroni | 130 | 258 | 0.728 | 4.03 | 46.8 | 0.52 | | 2.21 | 1 |
| Skābu kāpostu salāti ar eļļu | 60 | 21 | 0.865 | 1.373 | 0.769 | 0.06 | 0.18 | 1.277 | |
| Augļu un ogu dzēriens | 200 | 31 | 0.312 | 0.272 | 6.43 | | 1. | 1.624 | |
| 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: | | 748 | 20.97 | 26.93 | 95.58 | 0.944 | 1.180 | 11.262 | |
| Launags | | | | | | | | | |
| Auzu pārslu putra | 200 | 187 | 8.87 | 5.3 | 26.19 | 0.2 | 0.2 | 1.62 | 1;7 |
| Ievārījums | 20 | 28 | 0.2 | 0.02 | 7.8 | | | | |
| Cepumi | 30 | 128 | 8.22 | 6.27 | 5.7 | | | | 1 |
| Zāļu tēja | 200 | 4 | 0.062 | 0.122 | 0.019 | | | | |
| kopā: | | 347 | 17.35 | 11.71 | 39.71 | 0.200 | 0.200 | 1.620 | |
| Diena kopā: | | 1094 | 38.32 | 38.65 | 135.29 | 1.144 | 1.380 | 12.882 | |

| otrdiena, 17.decembris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|------------------------------|----------|-------------|----------------|--------------|---------------|--------------|--------------|---------------|----------|
| Pusdienas | | | | | | | | | |
| Skābu kāpostu zupa | 150 | 68 | 2.11 | 4.422 | 4.645 | 0.15 | 3. | 1.516 | |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | | | | 7 |
| Sautēta cūkgāļa ar dārzeņiem | 70 | 117 | 7.058 | 8.634 | 2.885 | 0.07 | | 0.65 | |
| Vārīti griķi | 150 | 166 | 3.712 | 0.792 | 35.937 | 0.15 | | 1.584 | |
| Biešu salāti ar eļļu | 60 | 43 | 0.898 | 1.862 | 5.597 | 0.12 | 0.6 | 1.492 | |
| Jāņogu dzēriens | 200 | 29 | 0.447 | 0.086 | 5.944 | | 4. | 1.4 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| Āboli | 100 | 54 | 0.3 | 0.6 | 11.4 | | | 2. | |
| kopā: | | 591 | 18.10 | 17.96 | 86.62 | 0.490 | 7.600 | 10.842 | |
| Launags | | | | | | | | | |
| Rauga pankūka | 150 | 354 | 9.214 | 12.395 | 50.542 | | 0.75 | 0.07 | 1;3;7 |
| Ievārījums | 20 | 28 | 0.2 | 0.02 | 7.8 | | | | |
| Bumbieri | 100 | 55 | 0.5 | 0.3 | 12.4 | | | 3.3 | |
| Zāļu tēja | 200 | 4 | 0.062 | 0.122 | 0.019 | | | | |
| kopā: | | 441 | 9.98 | 12.84 | 70.76 | 0 | 0.750 | 3.370 | |
| Diena kopā: | | 1031 | 28.07 | 30.79 | 157.38 | 0.490 | 8.350 | 14.212 | |

| trešdiena, 18.decembris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|-------------------------------------|----------|------------|----------------|--------------|--------------|--------------|---------------|--------------|----------|
| Pusdienas | | | | | | | | | |
| Risotto ar vistas gaļu | 170 | 236 | 11.455 | 9.856 | 25.009 | 0.255 | | 3.493 | 9 |
| Kāpostu svaigu biešu salāti ar eļļu | 60 | 56 | 0.779 | 4.606 | 2.977 | 0.06 | 0.18 | 1.683 | |
| 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 |
| Ūdens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 | | | | |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | | | 1.1 | 1 |
| kopā: | | 570 | 22.26 | 25.44 | 61.84 | 0.335 | 9.000 | 6.783 | |
| Launags | | | | | | | | | |
| Karstmaize ar desu un sieru | 60 | 225 | 7.9 | 14.05 | 16.53 | | | 1.05 | 1;10;3;7 |
| Piena zupa ar makaroniem | 200 | 119 | 5.685 | 2.82 | 17.881 | 0.2 | 2. | 0.51 | 1;7 |
| kopā: | | 344 | 13.59 | 16.87 | 34.41 | 0.200 | 2.000 | 1.560 | |
| Diena kopā: | | 914 | 35.85 | 42.31 | 96.26 | 0.535 | 11.000 | 8.343 | |

| ceturtdiena, 19.decembris | 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 | |
| Cūkgāļas kotlete | 60 | 181 | 10.564 | 14.542 | 1.938 | 0.24 | | 0.238 | 1;3 |
| Kartupeļu biežputra | 150 | 127 | 4.06 | 1.429 | 23.718 | 0.15 | | 3.15 | 7 |
| Burkānu salāti ar krējumu | 60 | 37 | 0.819 | 2.498 | 2.767 | 0.12 | | 1.728 | 7 |
| Dzērveņu sīrupa dzēriens | 200 | 82 | 0.033 | | 20.186 | | | 0.598 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| kopā: | | 653 | 25.78 | 26.54 | 75.71 | 1.310 | 0 | 9.871 | |
| Launags | | | | | | | | | |
| Biezpiena plācenītis | 120 | 270 | 21.583 | 7.862 | 27.79 | | 10.8 | 0.025 | 1;3;7 |

| | | | | | | | | | |
|--------------------|-----|------------|--------------|--------------|---------------|--------------|---------------|--------------|--|
| Ievārījums | 20 | 28 | 0.2 | 0.02 | 7.8 | | | | |
| Zāļu tēja | 200 | 4 | 0.062 | 0.122 | 0.019 | | | | |
| kopā: | | 301 | 21.85 | 8.00 | 35.61 | 0 | 10.800 | 0.025 | |
| Diena kopā: | | 955 | 47.62 | 34.54 | 111.32 | 1.310 | 10.800 | 9.896 | |

| piektdiena, 20.decembris | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|--|----------|-------------|----------------|--------------|---------------|--------------|--------------|---------------|----------|
| Pusdienas | | | | | | | | | |
| Dārzeņu un sakņu siera zupa | 150 | 146 | 5.217 | 10.279 | 7.846 | 0.3 | | 2.917 | 7;9 |
| Makaroni ar maltu cūkgāļu un dārzeņiem | 150 | 330 | 8.938 | 14.96 | 34.606 | 0.51 | | 2.794 | 1;9 |
| Svaigu kāpostu salāti ar āboliem un eļļu | 70 | 42 | 0.924 | 2.31 | 4.242 | 0.07 | | 2.17 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | | | 2.2 | 1 |
| Upeņu sirupa dzēriens | 200 | 80 | 0.033 | | 19.953 | | | 0.598 | |
| kopā: | | 702 | 18.55 | 28.11 | 86.73 | 0.880 | 0 | 10.679 | |
| Launags | | | | | | | | | |
| Omlete ar šķiņķi | 100 | 200 | 11.308 | 15.732 | 2.59 | 0.6 | 0.5 | 0.026 | 3;7 |
| Zaļie zirņi konservēti | 30 | 16 | 1.08 | 0.12 | 2.58 | | | | |
| Sēklu maize | 20 | 59 | 2.1 | 1.28 | 9.42 | | | 0.86 | 1;11 |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | | | | 7 |
| Zāļu tēja | 200 | 4 | 0.062 | 0.122 | 0.019 | | | | |
| kopā: | | 316 | 14.58 | 21.38 | 14.83 | 0.600 | 0.500 | 0.886 | |
| Diena kopā: | | 1018 | 33.13 | 49.49 | 101.56 | 1.480 | 0.500 | 11.565 | |