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| **2015.02.01.** |  |
| **1** |
| **Daugavpils logopēdiskās internātpamatskolas -**  |

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| **attīstības centra ēdienkarte** |
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| **2015 .g. \_\_\_\_\_\_\_\_\_\_\_\_** |

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| **Nosaukums** | **Netto svars** |

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| **Brokastis** |

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| ***Auzu pārslu biezputra ar sviestu (200/10 g)...*** |

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| ***Baltmaize / Rudzu maize (30/20 g)...*** |

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| --- |
| ***Kafija ar pienu (200 g)...*** |

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| ***Sviests (10 g)...*** |

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| **Pusdienas** |

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| ***Baltmaize / Rudzu maize (30/45 g)...*** |

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| ***Liellopu gaļa ar plūmem (100/50 g)*** |

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| ***Sulas dzēriens (200 g)...*** |
| ***Svaigi gurķi (50 g)...*** |

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| ***Svaigu kāpostu zupa ar gaļu un krējumu (250/12.5/5 g)...*** |

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| ***Vārīti makaroni 150*** |

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| **Launags** |

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| ***Saldais salāts ar jogurtu (150 g)...*** |

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| ***Tēja ar cukuru (200 g)...*** |

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| **Vakariņas** |

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| ***Baltmaize / Rudzu maize (30/20 g)...*** |
| ***Plānās pankūkas ar džemu 110/20*** |

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| ***Salāti "Latgale" (100 g)...-*** |

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| ***Sviests (10 g)...*** |

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| ***Tēja ar cukuru (200 g)...*** |

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| **2015.02.02.** |  |

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|  | **Netto svars** |

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| **Brokastis** |

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| ***Baltmaize ar sieru (30/20 g)...*** |

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| ***Kafija ar pienu (200 g)...*** |

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| ***Prosas biezputra ar sviestu (200/10 g)...*** |

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| --- |
| ***Rudzu maize 45 gr.*** |
| ***Sviests (10 g)...*** |

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| **Pusdienas** |

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| --- |
| ***Apelsīnu kompots (200 g)...*** |

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| ***Baltmaize / Rudzu maize (30/20 g)...*** |
| ***Baltmaize / Rudzu maize (30/45 g)...*** |

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| --- |
| ***Kartupeļu biezenis (200 g)...*** |

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| --- |
| ***Rasoļniks ar gaļu un krējumu (250/12.5/5 g)...*** |

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| ***Rasoļniks ar gaļu un krējumu (250/12.5/5 g)...*** |
| ***Rudzu maize 45 gr.*** |

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| ***Svaigu kāpostu salāti ar ž. plūmēm 100.gr.*** |

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| ***Vistas kotlete 100 gr.*** |

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| **Launags** |

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| ***2shar vafeles šok. ar riekstiem*** |

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| ***Pīrādziņi ar āboliem (70 g)...*** |

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| ***skolas piens 200 ml*** |

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| **Vakariņas** |

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| ***Baltmaize (30 g)...*** |

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| --- |
| ***Biezpiena sacepums ar krējumu (150/20 g)...*** |

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| ***Rudzu maize 45 gr.*** |
| ***Sviests (10 g)...*** |

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| ***Tēja ar cukuru (200 g)...*** |
| **2015.02.03.** |  |
| **1** |

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| **Brokastis** |

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| ***2shar vafeles šok. ar riekstiem*** |

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| ***Baltmaize (30 g)...*** |

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| ***Griķu biezputra ar sviestu un pienu 200/10*** |

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| --- |
| ***Mannas biezputra ar džemu ( 200/20 g)...*** |
| ***Rudzu maize 45 gr.*** |

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| ***Sviests (10 g)...*** |

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| ***Tēja ar cukuru (200 g)...*** |
| ***Vafeles (50 g)...*** |

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| **Pusdienas** |

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| ***Baltmaize / Rudzu maize (30/20 g)...*** |

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| --- |
| ***Baltmaize / Rudzu maize (30/45 g)...*** |

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| --- |
| ***Citronu kompots (200 g)...*** |
| ***Gurķi marinēti (50 g)...*** |

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| --- |
| ***Plovs ar cūkgaļu 75/200*** |

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| ***Rudzu maize 45 gr.*** |
| ***Svaigu kāpostu zupa ar gaļu un krējumu (250/12.5/5 g)...*** |

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| ***Svaigu kāpostu zupa ar gaļu un krējumu (250/12.5/5 g)...*** |

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| **Launags** |

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| ***2shar vafeles šok. ar riekstiem*** |
| ***Pīrādziņi ar džemu (70 g)...*** |

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| --- |
| ***skolas piens 200 ml*** |

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| **Vakariņas** |

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| ***Baltmaize / Rudzu maize (30/20 g)...*** |
| ***Burkānu salāti ar ķiplokiem (50g)*** |

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| ***Kartupeļu pankūkas ar krējumu (150/20 g)...*** |

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| ***Rudzu maize 45 gr.*** |

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| ***Sviests (10 g)...*** |
| ***Tēja ar cukuru (200 g)...*** |

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| **2015.02.04.** |  |
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|  | **Netto svars** |

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| **Brokastis** |

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| ***Baltmaize / Rudzu maize (30/30 g)...*** |

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| ***Kafija ar pienu (200 g)...*** |

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| ***Omlete ar sieru (115 g)...*** |

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| ***Rudzu maize 45 gr.*** |
| ***Sviests (10 g)...*** |

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| ***Zaļie zirnīši (konservēti) (30 g)...*** |

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| **Pusdienas** |

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| ***Baltmaize / Rudzu maize (30/20 g)...*** |
| ***Baltmaize / Rudzu maize (30/45 g)...*** |

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| ***Kartupeļu zupa ar zirnīšiem un gaļu (250/12.5 g)...*** |

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| ***Kartupeļu zupa ar zirnīšiem un gaļu (250/12.5 g)...*** |

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| --- |
| ***Krējuma mērce ar tom. sīpol. 50gr.*** |
| ***Rudzu maize 45 gr.*** |

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| ***Svaigu kāpostu salāti ar ķimenem 50 gr.*** |

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| ***Tefteļi 115 gr.*** |
| ***Vārīti makaroni 150*** |

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| ***Ābolu kompots (200 g)...*** |

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| **Launags** |

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| ***2Schar cornflakes 50 gr*** |
| ***Kukurūzas pārslas 50 gr.*** |

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| **Vakariņas** |

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| ***Baltmaize / Rudzu maize (30/20 g)...*** |

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| ***Dārzeņu vinegrets 150 gr.*** |
| ***Rudzu maize 45 gr.*** |

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| ***Siļķe (fileja eļļā) 50 gr*** |

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| ***Sviests (10 g)...*** |

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| ***Tēja ar cukuru (200 g)...*** |
| ***Vārīta gaļa (100 gr. )*** |

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| **2015.02.05.** |  |
| **1** |
| **Brokastis** |

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| ***Baltmaize ar sieru (30/20 g)...*** |

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| ***Kakao ar pienu (200 g)...*** |

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| ***Rudzu maize 45 gr.*** |

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| ***Rīsu biezputra ar sviestu ( 200/10 g)...*** |
| ***Sviests (10 g)...*** |

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| **Pusdienas** |

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| --- |
| ***Baltmaize / Rudzu maize (30/20 g)...*** |

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| ***Baltmaize / Rudzu maize (30/45 g)...*** |
| ***Borščs ar kartupeļiem, gaļu, krējumu (250/12,5/5 g)*** |

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| ***Borščs ar kartupeļiem, gaļu, krējumu (250/12,5/5 g)*** |

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| --- |
| ***Kompots no bumbieriem (200 g)...*** |

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| --- |
| ***Mājas cepetis (100/200)...*** |
| ***Rudzu maize 45 gr.*** |

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| ***Skābētu kāpostu salāti (100 g)...*** |

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| **Launags** |

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| ***2shar vafeles šok. ar riekstiem*** |

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| --- |
| ***Jogurts (200 g)...*** |

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| --- |
| ***Mājas bulciņa (50 g)...*** |

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| **Vakariņas** |

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| --- |
| ***Aknu kotlete 50 g*** |
| ***Baltmaize / Rudzu maize (30/20 g)...*** |

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| --- |
| ***Rudzu maize 45 gr.*** |

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| --- |
| ***Svaigi gurķi (30 g)...*** |
| ***Sviests (10 g)...*** |

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| ***Tēja ar cukuru (200 g)...*** |

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| --- |
| ***Vārīti griķi (150 gr.)*** |

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| **2015.02.06.** |  |
| **1** |
|  | **Netto svars** |

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| **Brokastis** |

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| ***2schar makaroni 150 gr.*** |

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| ***Baltmaize / Rudzu maize (30/20 g)...*** |

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| ***Makaronniks ar gaļu (235/5 g)...*** |

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| --- |
| ***Rudzu maize 45 gr.*** |
| ***Svaigi tomāti (30 g)...*** |

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| --- |
| ***Sviests (10 g)...*** |

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| ***Tēja ar cukuru (200 g)...*** |
| ***Vārīta gaļa (100 gr. )*** |

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| **Pusdienas** |

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| ***Baltmaize / Rudzu maize (30/20 g)...*** |

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| --- |
| ***Baltmaize / Rudzu maize (30/45 g)...*** |

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| --- |
| ***Dārzeņu zupa ar pupiņām, gaļu, kr.(250/12.5/5)*** |
| ***Dārzeņu zupa ar pupiņām, gaļu, kr.(250/12.5/5)*** |

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| --- |
| ***Rudzu maize 45 gr.*** |

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| --- |
| ***Sulas dzēriens (200 g)...*** |
| ***Vārīta gaļa (100 gr. )*** |

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| ***Vārīti kartupeļi 150 gr.*** |

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| ***Vārīti rīsi 150 gr.*** |

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| ***Zivs ar dārzeņu un tomātu mērci (100/50 g)...*** |

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| **Launags** |

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| ***Baltmaize ar kaus. sieru 40/30*** |

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| ***Tēja ar cukuru (200 g)...*** |

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| **Vakariņas** |

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| ***Baltmaize / Rudzu maize (30/20 g)...*** |

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| ***Maltā rulete ar olām (72,5 g)*** |

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| ***Svaigi gurķi (50 g)...*** |

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| ***Sviests (10 g)...*** |
| ***Tēja ar cukuru (200 g)...*** |

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| --- |
| ***Vārīti kartupeļi (200g)...*** |
| **2015.02.07.** |  |
| **1** |

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| **Brokastis** |

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| ***Auzu pārslu biezputra ar sviestu (200/10 g)...*** |

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| ***Baltmaize ar sieru (30/20 g)...*** |

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| --- |
| ***Kafija ar pienu (200 g)...*** |

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| ***Sviests (10 g)...*** |

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| **Pusdienas** |

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| --- |
| ***Baltmaize / Rudzu maize (30/45 g)...*** |

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| --- |
| ***Cepelīni ar gaļu un krējumu (200/20 g)...*** |

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| --- |
| ***Piena zupa ar miltu klimpām (250 g)...*** |
| ***Rozīņu kompots (200 g)...*** |

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| ***Salāti ar marin. gurķiem 100 gr.*** |

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| **Launags** |

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| ***Saldais salāts ar jogurtu (150 g)...*** |
| ***Tēja ar cukuru (200 g)...*** |

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| **Vakariņas** |

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| ***Baltmaize / Rudzu maize (30/20 g)...*** |

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| ***Gaļas salāti (ar gaļu) (100 g)...*** |
| ***Plānās pankukas ar krējumu 110/20*** |

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| ***Sviests (10 g)...*** |

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| ***Tēja ar cukuru (200 g)...*** |

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| **2015.02.08.** |  |
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|  | **Netto svars** |

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| **Brokastis** |

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| ***Baltmaize ar sieru (30/30 g)...*** |

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| --- |
| ***Griķu biezputra ar sviestu un pienu 200/10*** |

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| --- |
| ***Sviests (10 g)...*** |

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| --- |
| ***Tēja ar cukuru (200 g)...*** |

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| --- |
| **Pusdienas** |

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| --- |
| ***Aprikožu kompots (200 g)...*** |

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| --- |
| ***Baltmaize / Rudzu maize (30/45 g)...*** |

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| --- |
| ***Biešu zupa ar krējumu un gaļu (250 /5/12.5 g)...*** |
| ***Burkānu salāti ar ķiplokiem (50g)*** |

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| --- |
| ***Gaļas gulašs (100/50 g)...*** |

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| ***Vārīti kartupeļi (200g)...*** |

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| **Launags** |

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| ***Augļi...*** |

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| --- |
| ***Cepumi (50 g)...*** |

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| ***Tēja ar cukuru (200 g)...*** |

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| **Vakariņas** |

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| ***Baltmaize (30 g)...*** |

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| --- |
| ***Sliņki varēniki ar krējumu (150/20 g)...*** |

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| ***Sviests (10 g)...*** |

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| ***Tēja ar cukuru (200 g)...*** |

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| **2015.02.09.** |  |
| **1** |
| **Brokastis** |

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| ***Baltmaize ar sieru (30/30 g)...*** |

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| --- |
| ***Griķu biezputra ar sviestu un pienu 200/10*** |

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| --- |
| ***Kafija ar pienu (200 g)...*** |

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| --- |
| ***Rudzu biezputra ar sviestu 200/10*** |
| ***Rudzu maize 45 gr.*** |

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| --- |
| ***Sviests (10 g)...*** |

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| --- |
| **Pusdienas** |

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| --- |
| ***Apelsīnu kompots (200 g)...*** |
| ***Baltmaize / Rudzu maize (30/20 g)...*** |

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| --- |
| ***Baltmaize / Rudzu maize (30/45 g)...*** |

|  |
| --- |
| ***Kartupeļu biezenis (200 g)...*** |

|  |
| --- |
| ***Rudzu maize 45 gr.*** |
| ***Salāti rutku ar dārzeņiem 100.gr.*** |

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| ***Skābētu kāpostu zupa ar kartupeļiem, gaļu un krējumu (250/12*** |

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| ***Skābētu kāpostu zupa ar kartupeļiem, gaļu un krējumu (250/12*** |
| ***Šnicele (100 g)...*** |

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| **Launags** |

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| ***2shar vafeles šok. ar riekstiem*** |

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| ***Augļi...*** |
| ***Pīrādziņi ar svaigiem kāpostiem (70 g)...*** |

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| ***skolas piens 200 ml*** |

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| **Vakariņas** |

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| --- |
| ***Baltmaize (30 g)...*** |
| ***Plānās pankūkas ar gaļu un krējumu (165/5/20 g)...*** |

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| --- |
| ***Rudzu maize 45 gr.*** |

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| ***Sviests (10 g)...*** |

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| --- |
| ***Tēja ar cukuru (200 g)...*** |
| ***Vārīta ola (1 gab.)...*** |

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| **2015.02.10.** |  |
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| **Brokastis** |

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| ***Baltmaize / Rudzu maize (30/20 g)...*** |

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| --- |
| ***Kakao ar pienu (200 g)...*** |

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| --- |
| ***Omlete ar sieru (115 g)...*** |

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| --- |
| ***Rudzu maize 45 gr.*** |
| ***Sviests (10 g)...*** |

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| --- |
| **Pusdienas** |

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| --- |
| ***2schar makaroni 150 gr.*** |

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| --- |
| ***Baltmaize / Rudzu maize (30/20 g)...*** |
| ***Baltmaize / Rudzu maize (30/45 g)...*** |

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| --- |
| ***Bef-stroganovs 100/50...*** |

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| --- |
| ***Biešu zupa ar krējumu un gaļu (250 /5/12.5 g)...*** |

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| --- |
| ***Biešu zupa ar krējumu un gaļu (250 /5/12.5 g)...*** |
| ***Citronu kompots (200 g)...*** |

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| --- |
| ***Rudzu maize 45 gr.*** |

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| --- |
| ***Svaigu kāpostu salāti (50 g)...*** |
| ***Vārīti makaroni 150*** |

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| --- |
| **Launags** |

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| --- |
| ***2shar vafeles šok. ar riekstiem*** |

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| --- |
| ***Jogurts (150 gr.)*** |
| ***Mājas bulciņa (50 g)...*** |

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| --- |
| **Vakariņas** |

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| --- |
| ***Baltmaize / Rudzu maize (30/20 g)...*** |

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| --- |
| ***Rudzu maize 45 gr.*** |
| ***Siļķe (fileja eļļā) 50 gr*** |

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| --- |
| ***Svaigi gurķi (30 g)...*** |

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| --- |
| ***Sviests (10 g)...*** |

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| --- |
| ***Tēja ar cukuru (200 g)...*** |
| ***Vārīta gaļa (100 gr. )*** |

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| --- |
| ***Vārīti kartupeļi 150 gr.*** |