

# Nedēļas ēdienkarte

## Grupa Pamata

5.-9.klase

|                                        | pirmdienā, 27.oktobris | Svars, g    | Kcal         | Olbaltumvielas | Tauki         | Ogļhidrāti   | Sāls          | Cukurs        | Šķiedrvielas | Alerģēni |
|----------------------------------------|------------------------|-------------|--------------|----------------|---------------|--------------|---------------|---------------|--------------|----------|
| <b>Brokastis</b>                       |                        |             |              |                |               |              |               |               |              |          |
| Auzu pārslu putra                      | 200                    | 187         | 8.87         | 5.3            | 26.19         | 0.2          | 0.2           | 1.62          | 1.7          |          |
| Ievārījums                             | 10                     | 14          | 0.1          | 0.01           | 3.9           |              |               |               |              | 7.       |
| Sviests                                | 10                     | 75          | 0.06         | 8.25           | 0.44          |              |               |               |              |          |
| Tomāti                                 | 50                     | 9           | 0.5          | 0.1            | 1.3           |              |               | 0.5           |              |          |
| Kliju maize                            | 20                     | 55          | 2.42         | 0.54           | 9.46          |              |               | 1.16          | 1.           |          |
| Baltmaize                              | 20                     | 53          | 1.56         | 0.42           | 10.28         |              |               | 0.76          | 1.           |          |
| Zāļu tēja                              | 200                    | 2           | 0.026        | 0.051          | 0.008         |              |               |               |              |          |
| <b>kopā:</b>                           |                        | <b>393</b>  | <b>13.54</b> | <b>14.67</b>   | <b>51.58</b>  | <b>0.200</b> | <b>0.200</b>  | <b>4.040</b>  |              |          |
| <b>Pusdienas</b>                       |                        |             |              |                |               |              |               |               |              |          |
| Dārzenu zupa                           | 250                    | 114         | 3.408        | 5.401          | 12.653        | 0.25         |               | 4.809         | 9.           |          |
| Krējums skābs                          | 10                     | 20          | 0.26         | 2.             | 0.27          |              |               |               | 7.           |          |
| Maltas cūkgaļas mērce                  | 100                    | 160         | 11.491       | 10.089         | 5.818         | 0.4          |               | 0.545         | 1.7          |          |
| Vārīti griķi                           | 250                    | 276         | 6.188        | 1.32           | 59.895        | 0.25         |               | 2.64          |              |          |
| Kīnas kāpostu salāti ar dillēm un eļļu | 120                    | 50          | 1.83         | 3.846          | 3.288         | 0.12         | 0.6           | 1.242         |              |          |
| Formas maize Lauku                     | 30                     | 66          | 1.8          | 0.3            | 13.14         |              |               | 1.65          | 1.           |          |
| Baltmaize                              | 20                     | 53          | 1.56         | 0.42           | 10.28         |              |               | 0.76          | 1.           |          |
| Augļu un ogu dzēriens                  | 200                    | 31          | 0.312        | 0.272          | 6.43          |              | 1.            | 1.624         |              |          |
| <b>kopā:</b>                           |                        | <b>770</b>  | <b>26.85</b> | <b>23.65</b>   | <b>111.77</b> | <b>1.020</b> | <b>1.600</b>  | <b>13.270</b> |              |          |
| <b>Launags</b>                         |                        |             |              |                |               |              |               |               |              |          |
| Tēja                                   | 200                    | 3           | 0.52         | 0.102          | 0.016         |              |               |               |              |          |
| Cukurs baltais                         | 5                      | 20          |              |                | 4.99          |              | 5.            |               |              |          |
| Baltmaize                              | 20                     | 53          | 1.56         | 0.42           | 10.28         |              |               | 0.76          | 1.           |          |
| Sviests                                | 10                     | 75          | 0.06         | 8.25           | 0.44          |              |               |               | 7.           |          |
| Siers                                  | 30                     | 102         | 7.44         | 8.04           |               |              |               |               | 7.           |          |
| <b>kopā:</b>                           |                        | <b>252</b>  | <b>9.58</b>  | <b>16.81</b>   | <b>15.73</b>  | <b>0</b>     | <b>5.000</b>  | <b>0.760</b>  |              |          |
| <b>Vakariņas</b>                       |                        |             |              |                |               |              |               |               |              |          |
| Zemnieku brokastis                     | 220                    | 267         | 12.468       | 13.239         | 23.452        | 0.352        |               | 3.333         | 3.7          |          |
| Krējums skābs                          | 10                     | 20          | 0.26         | 2.             | 0.27          |              |               | 0.5           | 7.           |          |
| Gurķi                                  | 100                    | 12          | 0.6          | 0.2            | 1.8           |              |               | 0.76          | 1.           |          |
| Baltmaize                              | 20                     | 53          | 1.56         | 0.42           | 10.28         |              |               |               |              |          |
| Zāļu tēja                              | 200                    | 2           | 0.026        | 0.051          | 0.008         |              |               |               |              |          |
| Cukurs baltais                         | 3                      | 12          |              |                | 2.994         |              | 3.            |               |              |          |
| <b>kopā:</b>                           |                        | <b>365</b>  | <b>14.91</b> | <b>15.91</b>   | <b>38.80</b>  | <b>0.352</b> | <b>3.000</b>  | <b>4.593</b>  |              |          |
| <b>Diena kopā:</b>                     |                        | <b>1781</b> | <b>64.88</b> | <b>71.04</b>   | <b>217.88</b> | <b>1.572</b> | <b>9.800</b>  | <b>22.663</b> |              |          |
|                                        | otrdiena, 28.oktobris  | Svars, g    | Kcal         | Olbaltumvielas | Tauki         | Ogļhidrāti   | Sāls          | Cukurs        | Šķiedrvielas | Alerģēni |
| <b>Brokastis</b>                       |                        |             |              |                |               |              |               |               |              |          |
| Četru graudu pārslu putra              | 200                    | 186         | 8.96         | 4.256          | 27.119        | 0.2          | 0.4           | 3.584         | 1.7          |          |
| Baltmaize                              | 20                     | 53          | 1.56         | 0.42           | 10.28         |              |               | 0.76          | 1.           |          |
| Sviests                                | 10                     | 75          | 0.06         | 8.25           | 0.44          |              |               |               | 7.           |          |
| Biezpiens ar krējumu                   | 80                     | 86          | 13.888       | 1.96           | 3.096         |              |               |               | 7.           |          |
| Zāļu tēja                              | 200                    | 2           | 0.026        | 0.051          | 0.008         |              |               |               |              |          |
| <b>kopā:</b>                           |                        | <b>401</b>  | <b>24.49</b> | <b>14.94</b>   | <b>40.94</b>  | <b>0.200</b> | <b>0.400</b>  | <b>4.344</b>  |              |          |
| <b>Pusdienas</b>                       |                        |             |              |                |               |              |               |               |              |          |
| 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.           |          |
| Makaroni ar maltu cūkgaļu un dārzeņiem | 250                    | 505         | 14.838       | 19.921         | 57.442        | 1.6          |               | 4.506         | 1.           |          |
| Burkānu salāti ar eļļu                 | 120                    | 85          | 1.152        | 6.23           | 6.128         | 0.24         | 0.6           | 4.147         |              |          |
| Dzēriens                               | 150                    | 72          | 0.248        |                | 17.55         |              |               |               |              |          |
| Kefīrs                                 | 200                    | 96          | 6.           | 4.             | 9.            |              |               |               | 7.           |          |
| Kliju maize                            | 20                     | 55          | 2.42         | 0.54           | 9.46          |              |               | 1.16          | 1.           |          |
| <b>kopā:</b>                           |                        | <b>899</b>  | <b>26.60</b> | <b>34.90</b>   | <b>109.71</b> | <b>2.040</b> | <b>1.200</b>  | <b>12.769</b> |              |          |
| <b>Launags</b>                         |                        |             |              |                |               |              |               |               |              |          |
| Kēkss (50g)                            | 50                     | 191         | 3.07         | 8.06           | 26.245        |              |               | 12.21         | 0.02         | 1.3.7    |
| Auglis                                 | 100                    | 56          | 0.79         | 0.25           | 12.2          |              |               | 0.7           |              |          |
| Zāļu tēja                              | 200                    | 2           | 0.026        | 0.051          | 0.008         |              |               |               |              |          |
| <b>kopā:</b>                           |                        | <b>248</b>  | <b>3.89</b>  | <b>8.36</b>    | <b>38.45</b>  | <b>0</b>     | <b>12.210</b> | <b>0.720</b>  |              |          |
| <b>Vakariņas</b>                       |                        |             |              |                |               |              |               |               |              |          |
| Vārīti kartupeli                       | 230                    | 171         | 4.876        | 0.244          | 36.082        | 0.23         |               | 5.12          |              |          |
| Vārīti cīsiņi (MK172)                  | 70                     | 151         | 7.91         | 11.69          | 3.64          |              |               |               | 7.           |          |
| Tomātu mērce                           | 50                     | 28          | 0.678        | 1.128          | 3.642         | 0.05         |               | 0.613         |              |          |
| Zaļie zirnīši konservēti               | 50                     | 26          | 1.8          | 0.2            | 4.3           |              |               |               |              |          |
| Baltmaize                              | 20                     | 53          | 1.56         | 0.42           | 10.28         |              |               | 0.76          | 1.           |          |
| Sviests                                | 10                     | 75          | 0.06         | 8.25           | 0.44          |              |               |               | 7.           |          |
| Zāļu tēja                              | 200                    | 2           | 0.026        | 0.051          | 0.008         |              |               |               |              |          |
| <b>kopā:</b>                           |                        | <b>505</b>  | <b>16.91</b> | <b>21.98</b>   | <b>58.39</b>  | <b>0.280</b> | <b>0</b>      | <b>6.493</b>  |              |          |
| <b>Diena kopā:</b>                     |                        | <b>2054</b> | <b>71.89</b> | <b>80.19</b>   | <b>247.50</b> | <b>2.520</b> | <b>13.810</b> | <b>24.326</b> |              |          |

| trešdiena, 29.oktobris                                 | Svars, g | Kcal        | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni  |
|--------------------------------------------------------|----------|-------------|----------------|--------------|---------------|--------------|--------------|---------------|-----------|
| <b>Brokastis</b>                                       |          |             |                |              |               |              |              |               |           |
| Rīsu putra                                             | 200      | 190         | 6.04           | 4.18         | 31.828        | 0.2          | 1.           | 0.42          | 7.        |
| Ievārījums                                             | 10       | 14          | 0.1            | 0.01         | 3.9           |              |              |               |           |
| Baltmaize                                              | 20       | 53          | 1.56           | 0.42         | 10.28         |              |              | 0.76          | 1.        |
| Kausētais siers                                        | 30       | 86          | 3.3            | 7.8          | 0.48          |              |              |               | 7.        |
| Zāļu tēja                                              | 200      | 2           | 0.026          | 0.051        | 0.008         |              |              |               |           |
| <b>kopā:</b>                                           |          | <b>344</b>  | <b>11.03</b>   | <b>12.46</b> | <b>46.50</b>  | <b>0.200</b> | <b>1.000</b> | <b>1.180</b>  |           |
| <b>Pusdienas</b>                                       |          |             |                |              |               |              |              |               |           |
| Maltās gaļas zupa                                      | 250      | 166         | 6.685          | 9.402        | 13.485        | 0.25         |              | 3.08          |           |
| Krējums skābs                                          | 10       | 20          | 0.26           | 2.           | 0.27          |              |              |               | 7.        |
| Vistas gaļas bumbiņa ar papriku, burkāniem un zaļumiem | 90       | 202         | 11.861         | 12.454       | 9.708         | 0.36         |              | 1.258         | 1:3       |
| Vārīti kartupeļi                                       | 220      | 164         | 4.664          | 0.233        | 34.514        | 0.22         |              | 4.897         |           |
| Saldā krējuma mērce ar ķiploku                         | 75       | 75          | 0.735          | 6.791        | 2.798         | 0.075        |              | 0.053         | 1:7       |
| Kāpostu salāti ar ābolu, puravu un krējumu             | 120      | 68          | 1.813          | 3.898        | 6.166         | 0.96         |              | 2.852         | 7.        |
| Formas maize Lauku                                     | 30       | 66          | 1.8            | 0.3          | 13.14         |              |              | 1.65          | 1.        |
| Augļu un ogu dzēriens                                  | 200      | 31          | 0.312          | 0.272        | 6.43          |              | 1.           | 1.624         |           |
| <b>kopā:</b>                                           |          | <b>792</b>  | <b>28.13</b>   | <b>35.35</b> | <b>86.51</b>  | <b>1.865</b> | <b>1.000</b> | <b>15.414</b> |           |
| <b>Launags</b>                                         |          |             |                |              |               |              |              |               |           |
| Cepumi "Skolas"                                        | 50       | 234         | 3.6            | 7.45         | 34.05         |              |              |               | 1:3;5;7;8 |
| Auglis                                                 | 100      | 56          | 0.79           | 0.25         | 12.2          |              |              | 0.7           |           |
| Jogurts                                                | 200      | 180         | 6.6            | 4.           | 29.4          |              |              |               | 7.        |
| <b>kopā:</b>                                           |          | <b>469</b>  | <b>10.99</b>   | <b>11.70</b> | <b>75.65</b>  | <b>0</b>     | <b>0</b>     | <b>0.700</b>  |           |
| <b>Vakariņas</b>                                       |          |             |                |              |               |              |              |               |           |
| Pasta ar dārzeņiem                                     | 250      | 411         | 2.441          | 12.768       | 61.787        | 0.9          |              | 5.111         | 1:9       |
| Siers                                                  | 30       | 102         | 7.44           | 8.04         |               |              |              |               | 7.        |
| Baltmaize                                              | 20       | 53          | 1.56           | 0.42         | 10.28         |              |              | 0.76          | 1.        |
| Tomāti ar zaļumiem un krējumu                          | 120      | 62          | 1.642          | 4.528        | 3.41          | 0.12         |              | 1.097         | 7.        |
| Karstais ābolu dzēriens ar brūklenēm                   | 200      | 27          | 0.099          | 0.087        | 6.176         |              |              | 0.29          |           |
| <b>kopā:</b>                                           |          | <b>655</b>  | <b>13.18</b>   | <b>25.84</b> | <b>81.65</b>  | <b>1.020</b> | <b>0</b>     | <b>7.258</b>  |           |
| <b>Diena kopā:</b>                                     |          | <b>2261</b> | <b>63.33</b>   | <b>85.35</b> | <b>290.31</b> | <b>3.085</b> | <b>2.000</b> | <b>24.552</b> |           |
| <b>ceturtdiena, 30.oktobris</b>                        |          |             |                |              |               |              |              |               |           |
| <b>Brokastis</b>                                       |          |             |                |              |               |              |              |               |           |
| Trīs graudu pārslu putra                               | 200      | 174         | 7.68           | 3.664        | 26.219        | 0.2          | 0.4          | 3.84          | 1:7       |
| "Vārīta desa" Zaļā dakšīna""                           | 30       | 69          | 3.12           | 5.7          | 1.26          |              |              |               | 1.        |
| Tomāti                                                 | 30       | 5           | 0.3            | 0.06         | 0.78          |              |              | 0.3           |           |
| Baltmaize                                              | 20       | 53          | 1.56           | 0.42         | 10.28         |              |              | 0.76          | 1.        |
| Sviests                                                | 10       | 75          | 0.06           | 8.25         | 0.44          |              |              |               | 7.        |
| Zāļu tēja                                              | 200      | 2           | 0.026          | 0.051        | 0.008         |              |              |               |           |
| <b>kopā:</b>                                           |          | <b>377</b>  | <b>12.75</b>   | <b>18.15</b> | <b>38.99</b>  | <b>0.200</b> | <b>0.400</b> | <b>4.900</b>  |           |
| <b>Pusdienas</b>                                       |          |             |                |              |               |              |              |               |           |
| Vistas gaļas zupa ar makaroniem                        | 250      | 168         | 11.354         | 12.099       | 3.306         | 0.25         |              | 1.492         | 1:3       |
| Maltās gaļas tomātu mērce                              | 120      | 176         | 9.915          | 13.757       | 3.17          | 0.48         |              | 1.038         |           |
| Vārīti rīsi                                            | 230      | 261         | 5.161          | 0.455        | 58.974        | 0.23         |              | 1.063         |           |
| Biešu un ābolu salāti                                  | 120      | 85          | 1.498          | 3.811        | 10.852        | 0.36         | 0.6          | 2.784         |           |
| Formas maize Lauku                                     | 30       | 66          | 1.8            | 0.3          | 13.14         |              |              | 1.65          | 1.        |
| Baltmaize                                              | 20       | 53          | 1.56           | 0.42         | 10.28         |              |              | 0.76          | 1.        |
| Dzēriens                                               | 200      | 96          | 0.33           |              | 23.4          |              |              |               |           |
| <b>kopā:</b>                                           |          | <b>903</b>  | <b>31.62</b>   | <b>30.84</b> | <b>123.12</b> | <b>1.320</b> | <b>0.600</b> | <b>8.787</b>  |           |
| <b>Launags</b>                                         |          |             |                |              |               |              |              |               |           |
| Biezpiens ar krējumu                                   | 80       | 86          | 13.888         | 1.96         | 3.096         |              |              |               | 7.        |
| Ievārījums                                             | 20       | 28          | 0.2            | 0.02         | 7.8           |              |              |               |           |
| Auglis                                                 | 100      | 56          | 0.79           | 0.25         | 12.2          |              |              | 0.7           |           |
| Baltmaize                                              | 20       | 53          | 1.56           | 0.42         | 10.28         |              |              | 0.76          | 1.        |
| Zāļu tēja                                              | 200      | 2           | 0.026          | 0.051        | 0.008         |              |              |               |           |
| <b>kopā:</b>                                           |          | <b>224</b>  | <b>16.46</b>   | <b>2.70</b>  | <b>33.38</b>  | <b>0</b>     | <b>0</b>     | <b>1.460</b>  |           |
| <b>Vakariņas</b>                                       |          |             |                |              |               |              |              |               |           |
| Dārzeņu ragū                                           | 300      | 297         | 5.283          | 18.448       | 27.704        | 0.09         | 0.09         | 8.331         | 9.        |
| Maltas cūkgaļas veltnītis                              | 80       | 216         | 15.652         | 14.395       | 5.777         | 0.111        |              | 0.408         | 1:3;7     |
| Kliju maize                                            | 20       | 55          | 2.42           | 0.54         | 9.46          |              |              | 1.16          | 1.        |
| Tēja                                                   | 200      | 3           | 0.52           | 0.102        | 0.016         |              |              |               |           |
| Cukurs baltais                                         | 3        | 12          |                |              | 2.994         |              | 3.           |               |           |
| <b>kopā:</b>                                           |          | <b>583</b>  | <b>23.88</b>   | <b>33.49</b> | <b>45.95</b>  | <b>0.201</b> | <b>3.090</b> | <b>9.899</b>  |           |
| <b>Diena kopā:</b>                                     |          | <b>2087</b> | <b>84.70</b>   | <b>85.17</b> | <b>241.44</b> | <b>1.721</b> | <b>4.090</b> | <b>25.046</b> |           |



# Daily

| piektdiena, 31.oktobris        | Svars, g | Kcal        | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs        | Šķiedrvi<br>las | Alerģēni |
|--------------------------------|----------|-------------|--------------------|--------------|---------------|--------------|---------------|-----------------|----------|
| <b>Brokastis</b>               |          |             |                    |              |               |              |               |                 |          |
| Prosas biezputra               | 200      | 180         | 7.518              | 4.009        | 28.626        | 0.2          | 1.            | 1.178           | 7.       |
| Ievārījums                     | 10       | 14          | 0.1                | 0.01         | 3.9           |              |               |                 |          |
| Baltmaize                      | 20       | 53          | 1.56               | 0.42         | 10.28         |              |               | 0.76            | 1.       |
| Sviests                        | 10       | 75          | 0.06               | 8.25         | 0.44          |              |               |                 | 7.       |
| Gurķi                          | 30       | 4           | 0.18               | 0.06         | 0.54          |              |               | 0.15            |          |
| Tēja                           | 200      | 3           | 0.52               | 0.102        | 0.016         |              |               |                 |          |
| Cukurs baltais                 | 5        | 20          |                    |              | 4.99          |              | 5.            |                 |          |
| <b>kopā:</b>                   |          | <b>348</b>  | <b>9.94</b>        | <b>12.85</b> | <b>48.79</b>  | <b>0.200</b> | <b>6.000</b>  | <b>2.088</b>    |          |
| <b>Pusdienas</b>               |          |             |                    |              |               |              |               |                 |          |
| Rasoliņš                       | 250      | 179         | 2.572              | 10.354       | 18.525        | 1.02         | 1.25          | 3.387           | 9.       |
| Krējums skābs                  | 10       | 20          | 0.26               | 2.           | 0.27          |              |               |                 | 7.       |
| Zivju kotlete mājas gaumē      | 80       | 185         | 14.99              | 12.595       | 2.879         | 0.08         |               | 0.228           | 1;3;4;7  |
| Kartupeļu biezputra            | 250      | 211         | 6.768              | 2.381        | 39.53         | 0.25         |               | 5.25            | 7.       |
| Kāļu burkānu salāti ar krējumu | 120      | 57          | 1.504              | 2.62         | 6.943         | 0.12         | 0.12          | 3.618           | 7.       |
| Formas maize Lauku             | 30       | 66          | 1.8                | 0.3          | 13.14         |              |               | 1.65            | 1.       |
| Udens ar upenēm                | 200      | 4           | 0.13               | 0.02         | 0.61          |              |               | 0.68            |          |
| <b>kopā:</b>                   |          | <b>722</b>  | <b>28.02</b>       | <b>30.27</b> | <b>81.90</b>  | <b>1.470</b> | <b>1.370</b>  | <b>14.813</b>   |          |
| <b>Launags</b>                 |          |             |                    |              |               |              |               |                 |          |
| Ābolu pankūka                  | 150      | 376         | 10.223             | 20.006       | 38.122        | 0.3          | 4.8           | 0.46            | 1;3;7    |
| Krējums skābs                  | 10       | 20          | 0.26               | 2.           | 0.27          |              |               |                 | 7.       |
| Kakao dzēriens                 | 200      | 98          | 6.433              | 4.433        | 8.467         |              |               | 1.034           | 7.       |
| Cukurs baltais                 | 5        | 20          |                    |              | 4.99          |              | 5.            |                 |          |
| <b>kopā:</b>                   |          | <b>514</b>  | <b>16.92</b>       | <b>26.44</b> | <b>51.85</b>  | <b>0.300</b> | <b>9.800</b>  | <b>1.494</b>    |          |
| <b>Vakariņas</b>               |          |             |                    |              |               |              |               |                 |          |
| Auglis                         | 100      | 56          | 0.79               | 0.25         | 12.2          |              |               | 0.7             |          |
| Sviestmaize ar sieru           | 45       | 158         | 6.55               | 9.905        | 10.5          |              |               | 0.76            | 1;7      |
| Griķu pārslu putra             | 200      | 188         | 7.52               | 3.712        | 31.43         | 0.2          | 1.            | 1.024           | 7.       |
| Zāļu tēja                      | 200      | 2           | 0.026              | 0.051        | 0.008         |              |               |                 |          |
| Cukurs baltais                 | 5        | 20          |                    |              | 4.99          |              | 5.            |                 |          |
| <b>kopā:</b>                   |          | <b>423</b>  | <b>14.89</b>       | <b>13.92</b> | <b>59.13</b>  | <b>0.200</b> | <b>6.000</b>  | <b>2.484</b>    |          |
| <b>Diena kopā:</b>             |          | <b>2007</b> | <b>69.76</b>       | <b>83.48</b> | <b>241.67</b> | <b>2.170</b> | <b>23.170</b> | <b>20.879</b>   |          |

Šrunt. vadīt. J. Miklaševiča Juf

Samagots: ārsta palīgs J. Jankovs