

## Nedēļas ēdienkarte

### Pamata

5.-9.klase

|                                        | pirmdiena, 7.septembris | Svars, g    | Kcal         | Olbaltumvielas | Tauki         | Ogļhidrāti   | Sāls          | Cukurs        | Šķiedrvielas | Alergēni |
|----------------------------------------|-------------------------|-------------|--------------|----------------|---------------|--------------|---------------|---------------|--------------|----------|
| <b>Brokastis</b>                       |                         |             |              |                |               |              |               |               |              |          |
| Auzu pārslu putra                      | 250                     | 243         | 11.088       | 6.625          | 35.232        | 0.25         | 2.5           | 2.025         | 1.7          |          |
| Sviests                                | 5                       | 37          | 0.03         | 4.125          | 0.22          |              |               |               | 7.           |          |
| 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.       |
| Sviests                                | 10                      | 75          | 0.06         | 8.25           | 0.44          |              |               |               |              | 7.       |
| Siers                                  | 25                      | 85          | 6.2          | 6.7            |               |              |               |               |              | 7.       |
| Zāļu tēja                              | 200                     |             |              |                |               |              |               |               |              |          |
| <b>kopā:</b>                           |                         | <b>559</b>  | <b>20.74</b> | <b>26.42</b>   | <b>59.31</b>  | <b>0.250</b> | <b>2.500</b>  | <b>4.435</b>  |              |          |
| <b>Pusdienas</b>                       |                         |             |              |                |               |              |               |               |              |          |
| Dārzenu zupa                           | 250                     | 113         | 3.408        | 5.401          | 12.653        | 0.25         |               | 4.809         | 9.           |          |
| Krējums skābs                          | 10                      | 20          | 0.26         | 2              | 0.27          |              |               |               | 7.           |          |
| Maltas cūkgālas mērcē                  | 100                     | 156         | 8.6          | 12.674         | 1.964         | 0.1          |               | 0.332         |              |          |
| Vārīti griķi                           | 250                     | 276         | 6.188        | 1.32           | 59.895        | 0.25         |               | 2.64          |              |          |
| Kīnas kāpostu salāti ar dillēm un ellu | 120                     | 27          | 1.83         | 1.446          | 2.689         | 0.48         |               | 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                     | 47          | 0.312        | 0.272          | 10.422        |              | 5.            | 1.624         |              |          |
| <b>kopā:</b>                           |                         | <b>757</b>  | <b>23.96</b> | <b>23.83</b>   | <b>111.31</b> | <b>1.080</b> | <b>5.000</b>  | <b>13.057</b> |              |          |
| <b>Launags</b>                         |                         |             |              |                |               |              |               |               |              |          |
| Biezpiena plācenītis ar burkāniem      | 100                     | 177         | 13.117       | 6.546          | 16.213        | 0.3          | 3.3           | 0.691         | 1.3;7        |          |
| Ievārījums                             | 10                      | 14          | 0.1          | 0.01           | 3.9           |              |               |               |              |          |
| Zāļu tēja                              | 200                     |             |              |                |               |              |               |               |              |          |
| <b>kopā:</b>                           |                         | <b>191</b>  | <b>13.22</b> | <b>6.56</b>    | <b>20.11</b>  | <b>0.300</b> | <b>3.300</b>  | <b>0.691</b>  |              |          |
| <b>Vakariņas</b>                       |                         |             |              |                |               |              |               |               |              |          |
| Kefīrs                                 | 150                     | 72          | 4.5          | 3              | 6.75          |              |               |               | 7.           |          |
| Pasta ar cūkgālu saldā krējuma mērcē   | 250                     | 510         | 22.198       | 24.041         | 50.322        | 0.5          |               | 0.291         | 1.7          |          |
| Gurķi                                  | 100                     | 12          | 0.6          | 0.2            | 1.8           |              |               | 0.5           |              |          |
| Baltmaize                              | 20                      | 53          | 1.56         | 0.42           | 10.28         |              |               | 0.76          | 1.           |          |
| Sviests                                | 7                       | 52          | 0.042        | 5.775          | 0.308         |              |               |               | 7.           |          |
| <b>kopā:</b>                           |                         | <b>699</b>  | <b>28.90</b> | <b>33.44</b>   | <b>69.46</b>  | <b>0.500</b> | <b>0</b>      | <b>1.551</b>  |              |          |
| <b>Diena kopā:</b>                     |                         | <b>2207</b> | <b>86.81</b> | <b>90.25</b>   | <b>260.20</b> | <b>2.130</b> | <b>10.800</b> | <b>19.734</b> |              |          |
|                                        | otrdiena, 8.septembris  | Svars, g    | Kcal         | Olbaltumvielas | Tauki         | Ogļhidrāti   | Sāls          | Cukurs        | Šķiedrvielas | Alergēni |
| <b>Brokastis</b>                       |                         |             |              |                |               |              |               |               |              |          |
| Zemnieku brokastis                     | 200                     | 242         | 11.334       | 12.035         | 21.32         | 0.2          |               | 3.03          | 3.7          |          |
| Krējums skābs                          | 15                      | 30          | 0.39         | 3              | 0.405         |              |               |               | 7.           |          |
| Baltmaize                              | 20                      | 53          | 1.56         | 0.42           | 10.28         |              |               | 0.76          | 1.           |          |
| Formas maize Lauku                     | 30                      | 66          | 1.8          | 0.3            | 13.14         |              |               | 1.65          | 1.           |          |
| Sviests                                | 10                      | 75          | 0.06         | 8.25           | 0.44          |              |               |               | 7.           |          |
| Zāļu tēja                              | 200                     |             |              |                |               |              |               |               |              |          |
| <b>kopā:</b>                           |                         | <b>466</b>  | <b>15.14</b> | <b>24.01</b>   | <b>45.59</b>  | <b>0.200</b> | <b>0</b>      | <b>5.440</b>  |              |          |
| <b>Pusdienas</b>                       |                         |             |              |                |               |              |               |               |              |          |
| Biešu zupa                             | 250                     | 80          | 2.105        | 2.766          | 11.578        | 0.25         |               | 3.695         | 9.           |          |
| Krējums skābs                          | 10                      | 20          | 0.26         | 2              | 0.27          |              |               |               | 7.           |          |
| Vārīti rīsi                            | 230                     | 261         | 5.161        | 0.455          | 58.974        | 0.23         |               | 1.063         |              |          |
| Vārīti cīsiņi (MK172)                  | 70                      | 151         | 7.91         | 11.69          | 3.64          |              |               |               | 7.           |          |
| Saldā krējuma mērcē ar kīpolku         | 75                      | 75          | 0.735        | 6.791          | 2.798         | 0.075        |               | 0.053         | 1.7          |          |
| Burkānu salāti ar ellu                 | 120                     | 85          | 1.152        | 6.23           | 6.128         | 0.24         | 0.6           | 4.147         |              |          |
| Dzēriens                               | 200                     | 16          |              |                | 4             |              |               | 0.2           |              |          |
| Baltmaize                              | 20                      | 53          | 1.56         | 0.42           | 10.28         |              |               | 0.76          | 1.           |          |
| Formas maize Lauku                     | 30                      | 66          | 1.8          | 0.3            | 13.14         |              |               | 1.65          | 1.           |          |
| <b>kopā:</b>                           |                         | <b>808</b>  | <b>20.68</b> | <b>30.65</b>   | <b>110.81</b> | <b>0.795</b> | <b>0.600</b>  | <b>11.568</b> |              |          |
| <b>Launags</b>                         |                         |             |              |                |               |              |               |               |              |          |
| Rudzu sviestmaize ar sieru             | 50                      | 170         | 7.14         | 9.835          | 12.77         |              |               | 1.375         | 1.7          |          |
| Kefīrs                                 | 200                     | 96          | 6            | 4              | 9             |              |               |               | 7.           |          |
| Banāni                                 | 100                     | 88          | 1.2          | 0.2            | 20            |              |               | 1.8           |              |          |
| <b>kopā:</b>                           |                         | <b>354</b>  | <b>14.34</b> | <b>14.04</b>   | <b>41.77</b>  | <b>0</b>     | <b>0</b>      | <b>3.175</b>  |              |          |
| <b>Vakariņas</b>                       |                         |             |              |                |               |              |               |               |              |          |
| Dārzenu ragū                           | 250                     | 157         | 4.469        | 5.376          | 22.471        |              |               | 5.916         | 9.           |          |
| Sautēti cūkgālas gabaliņi mērcē        | 100                     | 171         | 11.66        | 11.662         | 4.668         | 0.4          |               | 0.301         | 1.7          |          |
| Formas maize Lauku                     | 30                      | 66          | 1.8          | 0.3            | 13.14         |              |               | 1.65          | 1.           |          |
| Sviests                                | 5                       | 37          | 0.03         | 4.125          | 0.22          |              |               |               | 7.           |          |
| Zāļu tēja                              | 200                     |             |              |                |               |              |               |               |              |          |
| <b>kopā:</b>                           |                         | <b>431</b>  | <b>17.96</b> | <b>21.46</b>   | <b>40.50</b>  | <b>0.400</b> | <b>0</b>      | <b>7.867</b>  |              |          |
| <b>Diena kopā:</b>                     |                         | <b>2059</b> | <b>68.13</b> | <b>90.16</b>   | <b>238.66</b> | <b>1.395</b> | <b>0.600</b>  | <b>28.050</b> |              |          |
|                                        | trešdiena, 9.septembris | Svars, g    | Kcal         | Olbaltumvielas | Tauki         | Ogļhidrāti   | Sāls          | Cukurs        | Šķiedrvielas | Alergēni |

**Brokastis**

|                    |     |            |              |              |              |              |              |              |    |
|--------------------|-----|------------|--------------|--------------|--------------|--------------|--------------|--------------|----|
| Kukurūzas putra    | 250 | 174        | 8.9          | 4.27         | 26.357       | 0.25         | 0.25         | 2.585        | 7. |
| Sviests            | 5   | 37         | 0.03         | 4.125        | 0.22         |              |              |              | 7. |
| Baltmaize          | 20  | 53         | 1.56         | 0.42         | 10.28        |              |              | 0.76         | 1. |
| Formas maize Lauku | 30  | 66         | 1.8          | 0.3          | 13.14        |              |              | 1.65         | 1. |
| Sviests            | 10  | 75         | 0.06         | 8.25         | 0.44         |              |              |              | 7. |
| Auglis             | 50  | 28         | 0.395        | 0.125        | 6.1          |              |              | 0.35         |    |
| Zāļu tēja          | 200 |            |              |              |              |              |              |              |    |
| <b>kopā:</b>       |     | <b>432</b> | <b>12.75</b> | <b>17.49</b> | <b>56.54</b> | <b>0.250</b> | <b>0.250</b> | <b>5.345</b> |    |

**Pusdienas**

|                                            |     |            |              |              |               |              |              |               |     |
|--------------------------------------------|-----|------------|--------------|--------------|---------------|--------------|--------------|---------------|-----|
| Pupu zupa ar cūkgalu                       | 250 | 177        | 7.345        | 9.696        | 15.155        | 0.25         |              | 6.02          | 9.  |
| Krējums skābs                              | 10  | 20         | 0.26         | 2.           | 0.27          |              |              |               | 7.  |
| Vistas gaļas bumbiņa ar rīsiem             | 80  | 181        | 10.265       | 9.85         | 12.092        |              |              | 0.501         | 1.3 |
| Kartupeļu biežputra                        | 230 | 194        | 6.226        | 2.191        | 36.368        | 0.46         |              | 4.83          | 7.  |
| Kāpostu salāti ar ābolu, puravu un krējumu | 120 | 68         | 1.813        | 3.898        | 6.166         | 0.96         |              | 2.852         | 7.  |
| Augļu un ogu dzēriens                      | 200 | 47         | 0.312        | 0.272        | 10.422        |              | 5.           | 1.624         |     |
| 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.  |
| <b>kopā:</b>                               |     | <b>805</b> | <b>29.58</b> | <b>28.63</b> | <b>103.89</b> | <b>1.670</b> | <b>5.000</b> | <b>18.237</b> |     |

**Launags**

|                 |     |            |              |              |              |          |          |              |           |
|-----------------|-----|------------|--------------|--------------|--------------|----------|----------|--------------|-----------|
| Piens           | 200 | 96         | 6.4          | 4.           | 9.           |          |          |              | 7.        |
| Auglis          | 150 | 84         | 1.185        | 0.375        | 18.3         |          |          | 1.05         |           |
| Cepumi "Skolas" | 50  | 234        | 3.6          | 7.45         | 34.05        |          |          |              | 1.3;5.7;8 |
| <b>kopā:</b>    |     | <b>413</b> | <b>11.19</b> | <b>11.83</b> | <b>61.35</b> | <b>0</b> | <b>0</b> | <b>1.050</b> |           |

**Vakariņas**

|                               |     |             |              |              |               |              |              |               |     |
|-------------------------------|-----|-------------|--------------|--------------|---------------|--------------|--------------|---------------|-----|
| Pasta ar dārzeņiem            | 250 | 411         | 2.441        | 12.768       | 61.787        | 0.25         |              | 5.111         | 1.9 |
| Tomāti ar zālumiem un krējumu | 120 | 62          | 1.642        | 4.528        | 3.41          | 0.12         |              | 1.097         | 7.  |
| Siers                         | 20  | 68          | 4.96         | 5.36         |               |              |              |               | 7.  |
| Formas maize Lauku            | 30  | 66          | 1.8          | 0.3          | 13.14         |              |              | 1.65          | 1.  |
| Zāļu tēja                     | 200 |             |              |              |               |              |              |               |     |
| <b>kopā:</b>                  |     | <b>607</b>  | <b>10.84</b> | <b>22.96</b> | <b>78.34</b>  | <b>0.370</b> | <b>0</b>     | <b>7.858</b>  |     |
| <b>Diena kopā:</b>            |     | <b>2258</b> | <b>64.35</b> | <b>80.90</b> | <b>300.12</b> | <b>2.290</b> | <b>5.250</b> | <b>32.490</b> |     |

| ceturttdiena, 10.septembris       | Svars, g | Kcal        | Olbaltumvielas | Tauki         | Ogļhidrāti    | Sāls         | Cukurs        | Šķiedrvielas  | Alerģēni |
|-----------------------------------|----------|-------------|----------------|---------------|---------------|--------------|---------------|---------------|----------|
| <b>Brokastis</b>                  |          |             |                |               |               |              |               |               |          |
| Olu kultenis                      | 200      | 294         | 21.072         | 20.341        | 4.913         | 0.2          |               | 0.053         | 3.7      |
| Baltmaize                         | 20       | 53          | 1.56           | 0.42          | 10.28         |              |               | 0.76          | 1.       |
| Formas maize Lauku                | 30       | 66          | 1.8            | 0.3           | 13.14         |              |               | 1.65          | 1.       |
| Sviests                           | 10       | 75          | 0.06           | 8.25          | 0.44          |              |               |               | 7.       |
| Siers                             | 20       | 68          | 4.96           | 5.36          |               |              |               |               | 7.       |
| Zāļu tēja                         | 200      |             |                |               |               |              |               |               |          |
| <b>kopā:</b>                      |          | <b>555</b>  | <b>29.45</b>   | <b>34.67</b>  | <b>28.77</b>  | <b>0.200</b> | <b>0</b>      | <b>2.463</b>  |          |
| <b>Pusdienas</b>                  |          |             |                |               |               |              |               |               |          |
| Vistas gaļas zupa ar makaroniem   | 250      | 168         | 11.354         | 12.099        | 3.306         | 0.25         |               | 1.492         | 1.3      |
| Cūkgāļas gulašs                   | 100      | 204         | 11.76          | 15.547        | 4.509         | 0.1          |               | 0.247         | 1.7      |
| Vārīti rīsi                       | 230      | 261         | 5.161          | 0.455         | 58.974        | 0.23         |               | 1.063         |          |
| Biešu un ābolu salāti             | 120      | 84          | 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      | 16          |                |               | 4.            |              |               | 0.2           |          |
| <b>kopā:</b>                      |          | <b>852</b>  | <b>33.13</b>   | <b>32.63</b>  | <b>105.06</b> | <b>0.940</b> | <b>0.600</b>  | <b>8.196</b>  |          |
| <b>Launags</b>                    |          |             |                |               |               |              |               |               |          |
| Pankūka mājas gaumē               | 100      | 362         | 11.398         | 15.444        | 43.664        | 0.7          | 8.8           | 0.045         | 1.3.7    |
| Ievārījums                        | 20       | 28          | 0.2            | 0.02          | 7.8           |              |               |               |          |
| Auglis                            | 100      | 56          | 0.79           | 0.25          | 12.2          |              |               | 0.7           |          |
| Zāļu tēja                         | 200      |             |                |               |               |              |               |               |          |
| <b>kopā:</b>                      |          | <b>446</b>  | <b>12.39</b>   | <b>15.71</b>  | <b>63.66</b>  | <b>0.700</b> | <b>8.800</b>  | <b>0.745</b>  |          |
| <b>Vakariņas</b>                  |          |             |                |               |               |              |               |               |          |
| Kartupeļu plācenītis ar biezpienu | 120      | 210         | 8.834          | 8.239         | 24.651        |              | 2.4           | 1.828         | 1.3.7    |
| Krējums skābs                     | 30       | 60          | 0.78           | 6.            | 0.81          |              |               |               | 7.       |
| Baltmaize                         | 20       | 53          | 1.56           | 0.42          | 10.28         |              |               | 0.76          | 1.       |
| Sviests                           | 5        | 37          | 0.03           | 4.125         | 0.22          |              |               |               | 7.       |
| Zāļu tēja ar cukuru               | 200      | 20          |                |               | 4.99          |              | 5.            |               |          |
| <b>kopā:</b>                      |          | <b>381</b>  | <b>11.20</b>   | <b>18.78</b>  | <b>40.95</b>  | <b>0</b>     | <b>7.400</b>  | <b>2.588</b>  |          |
| <b>Diena kopā:</b>                |          | <b>2234</b> | <b>86.18</b>   | <b>101.80</b> | <b>238.45</b> | <b>1.840</b> | <b>16.800</b> | <b>13.992</b> |          |

| piektdiena, 11.septembris         | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|-----------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Brokastis</b>                  |          |            |                |              |              |              |              |              |          |
| Prosas biežputra                  | 250      | 224        | 9.398          | 5.011        | 35.782       | 0.25         | 1.25         | 1.472        | 7.       |
| Sviests                           | 5        | 37         | 0.03           | 4.125        | 0.22         |              |              |              | 7.       |
| Baltmaize                         | 20       | 53         | 1.56           | 0.42         | 10.28        |              |              | 0.76         | 1.       |
| Formas maize Lauku                | 30       | 66         | 1.8            | 0.3          | 13.14        |              |              | 1.65         | 1.       |
| Sviests                           | 10       | 75         | 0.06           | 8.25         | 0.44         |              |              |              | 7.       |
| Tomāti                            | 30       | 5          | 0.3            | 0.06         | 0.78         |              |              | 0.3          |          |
| Kakao dzēriens ar cukuru un pienu | 200      | 58         | 3.754          | 2.686        | 4.802        |              | 5            | 0.851        | 7.       |
| <b>kopā:</b>                      |          | <b>518</b> | <b>16.90</b>   | <b>20.85</b> | <b>65.44</b> | <b>0.250</b> | <b>6.250</b> | <b>5.033</b> |          |
| <b>Pusdienas</b>                  |          |            |                |              |              |              |              |              |          |
| Dārzeņu - marinētu gurķu zupa     | 250      | 145        | 2.698          | 7.846        | 15.918       | 1.014        | 0.75         | 3.316        | 1.9      |
| Krējums skābs                     | 5        | 10         | 0.13           | 1.           | 0.135        |              |              |              | 7.       |
| Zivju kotlete mājas gaumē         | 70       | 174        | 13.705         | 11.432       | 3.958        | 0.07         |              | 0.306        | 1.3.4.7  |



# Daily

|                                |     |      |        |        |        |       |        |        |     |
|--------------------------------|-----|------|--------|--------|--------|-------|--------|--------|-----|
| Vārīti griķi                   | 210 | 232  | 5.198  | 1.109  | 50.312 | 0.21  |        | 2.218  |     |
| Saldā krējuma mērce ar ķiploku | 50  | 50   | 0.49   | 4.528  | 1.865  | 0.05  |        | 0.035  | 1.7 |
| Gurķi ar krējumu               | 120 | 60   | 1.2    | 4.992  | 2.376  |       |        | 0.48   | 7.  |
| Jānogu dzēriens                | 200 | 27   | 0.227  | 0.046  | 5.982  |       | 5.     | 0.7    |     |
| Baltmaize                      | 20  | 53   | 1.56   | 0.42   | 10.28  |       |        | 0.76   | 1.  |
| Formas maize Lauku             | 30  | 66   | 1.8    | 0.3    | 13.14  |       |        | 1.65   | 1.  |
| kopā:                          |     | 816  | 27.01  | 31.67  | 103.97 | 1.344 | 5.750  | 9.465  |     |
| <b>Launags</b>                 |     |      |        |        |        |       |        |        |     |
| Biezpiens ar krējumu           | 100 | 107  | 17.36  | 2.45   | 3.87   |       |        |        | 7.  |
| Ievārījums                     | 20  | 28   | 0.2    | 0.02   | 7.8    |       |        |        |     |
| Baltmaize                      | 20  | 53   | 1.56   | 0.42   | 10.28  |       |        | 0.76   | 1.  |
| Sviests                        | 5   | 37   | 0.03   | 4.125  | 0.22   |       |        |        | 7.  |
| Zāļu tēja                      | 200 |      |        |        |        |       |        |        |     |
| kopā:                          |     | 225  | 19.15  | 7.02   | 22.17  | 0     | 0      | 0.760  |     |
| <b>Vakariņas</b>               |     |      |        |        |        |       |        |        |     |
| Plovs ar cūkgalu               | 250 | 353  | 14.473 | 15.258 | 39.425 | 1.    |        | 3.482  |     |
| Baltie redīsi ar burkāniem     | 100 | 20   | 1.05   | 0.15   | 3.45   |       |        | 2.6    |     |
| Formas maize Lauku             | 30  | 66   | 1.8    | 0.3    | 13.14  |       |        | 1.65   | 1.  |
| Auglis                         | 100 | 56   | 0.79   | 0.25   | 12.2   |       |        | 0.7    |     |
| Zāļu tēja ar cukuru            | 200 | 20   |        |        | 4.99   |       | 5.     |        |     |
| kopā:                          |     | 514  | 18.11  | 15.96  | 73.21  | 1.000 | 5.000  | 8.432  |     |
| Diena kopā:                    |     | 2073 | 81.17  | 75.50  | 264.79 | 2.594 | 17.000 | 23.690 |     |

Saukuma  
J. Tihonova

Jamajot

