

## Nedēļas ēdienkarte

### Pamata

5.-9.klase

| pirmdiena, 21.septembris                          | Svars, g | Kcal        | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs        | Šķiedrvielas  | Alerģēni |
|---------------------------------------------------|----------|-------------|----------------|--------------|---------------|--------------|---------------|---------------|----------|
| <b>Brokastis</b>                                  |          |             |                |              |               |              |               |               |          |
| Mannā putra                                       | 250      | 189         | 8.819          | 3.844        | 29.656        | 0.25         | 0.25          | 0.031         | 1;7      |
| Ievārījums                                        | 20       | 28          | 0.2            | 0.02         | 7.8           |              |               |               |          |
| Siers                                             | 40       | 136         | 9.92           | 10.72        |               |              |               |               | 7.       |
| Sviests                                           | 10       | 75          | 0.06           | 8.25         | 0.44          |              |               |               | 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.       |
| Zāļu tēja                                         | 200      |             |                |              |               |              |               |               |          |
| <b>kopā:</b>                                      |          | <b>546</b>  | <b>22.36</b>   | <b>23.55</b> | <b>61.32</b>  | <b>0.250</b> | <b>0.250</b>  | <b>2.441</b>  |          |
| <b>Pusdienas</b>                                  |          |             |                |              |               |              |               |               |          |
| Ziedkāpostu zupa                                  | 200      | 80          | 2.759          | 4.372        | 7.33          | 0.2          |               | 4.39          | 9.       |
| Krējums skābs                                     | 10       | 20          | 0.26           | 2.           | 0.27          |              |               |               | 7.       |
| Vārīti griķi                                      | 250      | 276         | 6.188          | 1.32         | 59.895        | 0.25         |               | 2.64          |          |
| Sautēti cūkgaļas gabaliņi mērcē                   | 120      | 205         | 13.991         | 13.994       | 5.602         | 0.48         |               | 0.361         | 1;7      |
| Kraukšķīgie dārzeņu salāti ar citronu eļļas mērci | 120      | 66          | 1.347          | 5.616        | 3.13          |              |               | 1.475         |          |
| 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 ogu dzēriens bez cukura                     | 200      | 19          | 0.189          | 0.198        | 3.852         |              |               | 0.915         |          |
| <b>kopā:</b>                                      |          | <b>785</b>  | <b>28.09</b>   | <b>28.22</b> | <b>103.50</b> | <b>0.930</b> | <b>0</b>      | <b>12.191</b> |          |
| <b>Launags</b>                                    |          |             |                |              |               |              |               |               |          |
| Biezpiena masa                                    | 100      | 128         | 15.597         | 3.406        | 8.627         |              | 5.            |               | 7.       |
| Mīcītas ogas bez cukura                           | 20       | 8           | 0.196          | 0.068        | 1.526         |              |               | 0.488         |          |
| Maize ar sviestu                                  | 25       | 95          | 1.65           | 5.625        | 9.65          |              |               | 1.219         | 1;7      |
| Kakao dzēriens ar cukuru un pienu                 | 200      | 58          | 3.754          | 2.686        | 4.802         |              | 5.            | 0.851         | 7.       |
| Auglis                                            | 100      | 56          | 0.79           | 0.25         | 12.2          |              |               | 0.7           |          |
| <b>kopā:</b>                                      |          | <b>345</b>  | <b>21.99</b>   | <b>12.04</b> | <b>36.81</b>  | <b>0</b>     | <b>10.000</b> | <b>3.258</b>  |          |
| <b>Vakariņas</b>                                  |          |             |                |              |               |              |               |               |          |
| Rīsi ar dārzeņiem                                 | 300      | 309         | 5.38           | 9.637        | 50.429        | 0.9          |               | 4.124         |          |
| Gurķi ar krējumu                                  | 100      | 50          | 1.             | 4.16         | 1.98          |              |               | 0.4           | 7.       |
| Zāļu tēja                                         | 200      |             |                |              |               |              |               |               |          |
| Baltmaize                                         | 20       | 53          | 1.56           | 0.42         | 10.28         |              |               | 0.76          | 1.       |
| <b>kopā:</b>                                      |          | <b>412</b>  | <b>7.94</b>    | <b>14.22</b> | <b>62.69</b>  | <b>0.900</b> | <b>0</b>      | <b>5.284</b>  |          |
| <b>Diena kopā:</b>                                |          | <b>2088</b> | <b>80.38</b>   | <b>78.03</b> | <b>264.31</b> | <b>2.080</b> | <b>10.250</b> | <b>23.174</b> |          |
| otrdiena, 22.septembris                           | Svars, g | Kcal        | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs        | Šķiedrvielas  | Alerģēni |
| <b>Brokastis</b>                                  |          |             |                |              |               |              |               |               |          |
| Omlete                                            | 200      | 257         | 19.496         | 17.105       | 4.657         | 0.8          |               | 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                                             | 40       | 136         | 9.92           | 10.72        |               |              |               |               | 7.       |
| Zāļu tēja                                         | 200      |             |                |              |               |              |               |               |          |
| <b>kopā:</b>                                      |          | <b>586</b>  | <b>32.84</b>   | <b>36.80</b> | <b>28.52</b>  | <b>0.800</b> | <b>0</b>      | <b>2.463</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                                     | 10       | 20          | 0.26           | 2.           | 0.27          |              |               |               | 7.       |
| Vistas gaļas kotlete mājas gaumē                  | 80       | 244         | 12.749         | 17.822       | 7.413         | 0.32         |               | 0.534         | 1;3      |
| Kartupelu biežputra                               | 260      | 220         | 7.038          | 2.476        | 41.111        | 0.52         |               | 5.46          | 7.       |
| Burkānu salāti ar krējumu                         | 120      | 74          | 1.638          | 4.996        | 5.533         | 0.24         |               | 3.456         | 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.       |
| Dzēriens                                          | 200      | 16          |                |              | 4.            |              |               | 0.2           |          |
| <b>kopā:</b>                                      |          | <b>838</b>  | <b>27.74</b>   | <b>35.86</b> | <b>97.67</b>  | <b>2.094</b> | <b>0.750</b>  | <b>15.376</b> |          |
| <b>Launags</b>                                    |          |             |                |              |               |              |               |               |          |
| Biezpiena sierīņš                                 | 38       | 94          | 4.446          | 4.94         | 7.942         |              |               |               | 7.       |
| Baltmaize                                         | 20       | 53          | 1.56           | 0.42         | 10.28         |              |               | 0.76          | 1.       |
| Zāļu tēja                                         | 200      |             |                |              |               |              |               |               |          |
| <b>kopā:</b>                                      |          | <b>147</b>  | <b>6.01</b>    | <b>5.36</b>  | <b>18.22</b>  | <b>0</b>     | <b>0</b>      | <b>0.760</b>  |          |
| <b>Vakariņas</b>                                  |          |             |                |              |               |              |               |               |          |
| Rauga pankūka                                     | 200      | 472         | 12.285         | 16.527       | 67.389        |              | 1.            | 0.094         | 1;3;7    |
| Ievārījums                                        | 20       | 28          | 0.2            | 0.02         | 7.8           |              |               |               |          |
| Kakao dzēriens ar cukuru un pienu                 | 200      | 58          | 3.754          | 2.686        | 4.802         |              | 5.            | 0.851         | 7.       |
| Auglis                                            | 100      | 56          | 0.79           | 0.25         | 12.2          |              |               | 0.7           |          |
| <b>kopā:</b>                                      |          | <b>614</b>  | <b>17.03</b>   | <b>19.48</b> | <b>92.19</b>  | <b>0</b>     | <b>6.000</b>  | <b>1.645</b>  |          |
| <b>Diena kopā:</b>                                |          | <b>2185</b> | <b>83.61</b>   | <b>97.50</b> | <b>236.60</b> | <b>2.894</b> | <b>6.750</b>  | <b>20.244</b> |          |

## Nedēļas ēdienkarte

### Pamata

5.-9.klase

| trešdiena, 23.septembris                       | Svars, g | Kcal        | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs        | Šķiedrvielas  | Alerģēni |
|------------------------------------------------|----------|-------------|----------------|--------------|---------------|--------------|---------------|---------------|----------|
| <b>Brokastis</b>                               |          |             |                |              |               |              |               |               |          |
| Trīs graudu pārslu putra                       | 250      | 218         | 9.6            | 4.58         | 32.774        | 0.25         | 0.5           | 4.8           | 1;7      |
| Baltmaize                                      | 20       | 53          | 1.56           | 0.42         | 10.28         |              |               | 0.76          | 1.       |
| Kliju maize                                    | 20       | 55          | 2.42           | 0.54         | 9.46          |              |               | 1.16          | 1.       |
| Sviests                                        | 10       | 75          | 0.06           | 8.25         | 0.44          |              |               |               | 7.       |
| "Pusžāveta desa "Zaļā dakšiņa""                | 30       | 67          | 5.61           | 4.62         | 0.66          |              |               |               |          |
| Zāļu tēja                                      | 200      |             |                |              |               |              |               |               |          |
| <b>kopā:</b>                                   |          | <b>467</b>  | <b>19.25</b>   | <b>18.41</b> | <b>53.61</b>  | <b>0.250</b> | <b>0.500</b>  | <b>6.720</b>  |          |
| <b>Pusdienas</b>                               |          |             |                |              |               |              |               |               |          |
| Borščs                                         | 250      | 128         | 4.079          | 6.937        | 12.12         | 1.           | 0.5           | 4.067         |          |
| Krējums skābs                                  | 10       | 20          | 0.26           | 2.           | 0.27          |              |               |               | 7.       |
| Cūkgaļas un dārzeņu sautējums ar saldo krējumu | 300      | 357         | 15.471         | 18.812       | 30.471        | 0.9          |               | 5.588         | 7.       |
| Tomāti ar zaļumiem un krējumu                  | 120      | 62          | 1.642          | 4.528        | 3.41          | 0.12         |               | 1.097         | 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>732</b>  | <b>25.12</b>   | <b>33.27</b> | <b>80.11</b>  | <b>2.020</b> | <b>5.500</b>  | <b>14.786</b> |          |
| <b>Launags</b>                                 |          |             |                |              |               |              |               |               |          |
| Piens                                          | 150      | 72          | 4.8            | 3.           | 6.75          |              |               |               | 7.       |
| Kēkss                                          | 75       | 289         | 3.075          | 13.05        | 39.3          |              |               |               | 1;3;7    |
| Auglis                                         | 100      | 56          | 0.79           | 0.25         | 12.2          |              |               | 0.7           |          |
| <b>kopā:</b>                                   |          | <b>417</b>  | <b>8.67</b>    | <b>16.30</b> | <b>58.25</b>  | <b>0</b>     | <b>0</b>      | <b>0.700</b>  |          |
| <b>Vakariņas</b>                               |          |             |                |              |               |              |               |               |          |
| Vārīti griķi                                   | 250      | 276         | 6.188          | 1.32         | 59.895        | 0.25         |               | 2.64          |          |
| Cūkgaļas bumbiņa ar dārzeņiem                  | 70       | 140         | 9.624          | 9.506        | 3.835         |              |               | 0.721         | 1;3;7    |
| Skābā krējuma mērce                            | 75       | 84          | 1.226          | 7.272        | 3.529         | 0.075        |               | 0.336         | 1;7;9    |
| Svaigu kāpostu salāti ar āboliem un eļļu       | 120      | 50          | 1.584          | 1.56         | 7.272         | 0.12         |               | 3.72          |          |
| Zāļu tēja ar cukuru                            | 200      | 20          |                |              | 4.99          |              | 5.            |               |          |
| Baltmaize                                      | 20       | 53          | 1.56           | 0.42         | 10.28         |              |               | 0.76          | 1.       |
| <b>kopā:</b>                                   |          | <b>623</b>  | <b>20.18</b>   | <b>20.08</b> | <b>89.80</b>  | <b>0.445</b> | <b>5.000</b>  | <b>8.177</b>  |          |
| <b>Diena kopā:</b>                             |          | <b>2240</b> | <b>73.22</b>   | <b>88.06</b> | <b>281.78</b> | <b>2.715</b> | <b>11.000</b> | <b>30.383</b> |          |
| ceturtdiena, 24.septembris                     | Svars, g | Kcal        | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs        | Šķiedrvielas  | Alerģēni |
| <b>Brokastis</b>                               |          |             |                |              |               |              |               |               |          |
| Kukurūzas pārslu putra                         | 250      | 211         | 6.512          | 3.7          | 37.56         | 0.5          | 1.25          | 3.525         | 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.       |
| Tomāti                                         | 30       | 5           | 0.3            | 0.06         | 0.78          |              |               | 0.3           |          |
| Sviests                                        | 10       | 75          | 0.06           | 8.25         | 0.44          |              |               |               | 7.       |
| Zāļu tēja                                      | 200      |             |                |              |               |              |               |               |          |
| <b>kopā:</b>                                   |          | <b>447</b>  | <b>10.26</b>   | <b>16.86</b> | <b>62.42</b>  | <b>0.500</b> | <b>1.250</b>  | <b>6.235</b>  |          |
| <b>Pusdienas</b>                               |          |             |                |              |               |              |               |               |          |
| Frikadeļu zupa                                 | 250      | 247         | 12.128         | 15.372       | 14.759        | 0.25         |               | 3.179         | 3.       |
| Krējums skābs                                  | 5        | 10          | 0.13           | 1.           | 0.135         |              |               |               | 7.       |
| Vistas filejas karbonāde                       | 70       | 131         | 14.479         | 6.758        | 3.17          | 0.28         |               | 0.078         | 1;3      |
| Vārīta pasta - makaroni                        | 200      | 346         | 11.193         | 3.547        | 65.975        | 0.8          |               |               | 1.       |
| Kausētā siera mērce                            | 50       | 83          | 3.476          | 6.387        | 2.787         | 0.202        |               | 0.048         | 1;7;9    |
| Gurķi                                          | 120      | 15          | 0.72           | 0.24         | 2.16          |              |               | 0.6           |          |
| 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>998</b>  | <b>45.80</b>   | <b>34.30</b> | <b>122.83</b> | <b>1.532</b> | <b>5.000</b>  | <b>7.939</b>  |          |
| <b>Launags</b>                                 |          |             |                |              |               |              |               |               |          |
| Cepta maize ar āboliem un skābo krējumu        | 60       | 145         | 3.256          | 3.122        | 25.847        |              | 3.6           | 2.059         | 1;7      |
| Piens                                          | 200      | 96          | 6.4            | 4.           | 9.            |              |               |               | 7.       |
| <b>kopā:</b>                                   |          | <b>241</b>  | <b>9.66</b>    | <b>7.12</b>  | <b>34.85</b>  | <b>0</b>     | <b>3.600</b>  | <b>2.059</b>  |          |
| <b>Vakariņas</b>                               |          |             |                |              |               |              |               |               |          |
| Cepti kartupeļi ar olu                         | 250      | 388         | 9.439          | 24.388       | 31.954        | 0.5          |               | 4.708         | 3;7      |
| Krējums skābs                                  | 20       | 40          | 0.52           | 4.           | 0.54          |              |               |               | 7.       |
| Zāļu tēja ar cukuru                            | 200      | 20          |                |              | 4.99          |              | 5.            |               |          |
| Burkāni                                        | 50       | 13          | 0.5            | 0.1          | 2.4           |              |               | 1.8           |          |
| Baltmaize                                      | 20       | 53          | 1.56           | 0.42         | 10.28         |              |               | 0.76          | 1.       |
| Auglis                                         | 100      | 56          | 0.79           | 0.25         | 12.2          |              |               | 0.7           |          |
| <b>kopā:</b>                                   |          | <b>570</b>  | <b>12.81</b>   | <b>29.16</b> | <b>62.36</b>  | <b>0.500</b> | <b>5.000</b>  | <b>7.968</b>  |          |
| <b>Diena kopā:</b>                             |          | <b>2255</b> | <b>78.53</b>   | <b>87.43</b> | <b>282.46</b> | <b>2.532</b> | <b>14.850</b> | <b>24.201</b> |          |

## Nedēļas ēdienkarte

### Pamata

5.-9.klase

| piektdiena, 25.septembris         | Svars, g | Kcal        | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs        | Šķiedrvielas  | Alerģēni |
|-----------------------------------|----------|-------------|----------------|--------------|---------------|--------------|---------------|---------------|----------|
| <b>Brokastis</b>                  |          |             |                |              |               |              |               |               |          |
| Prosas biezputra                  | 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.       |
| 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.       |
| Gurķi                             | 30       | 4           | 0.18           | 0.06         | 0.54          |              |               | 0.15          |          |
| Zāļu tēja                         | 200      |             |                |              |               |              |               |               |          |
| <b>kopā:</b>                      |          | <b>459</b>  | <b>13.03</b>   | <b>18.17</b> | <b>60.40</b>  | <b>0.250</b> | <b>1.250</b>  | <b>4.032</b>  |          |
| <b>Pusdienas</b>                  |          |             |                |              |               |              |               |               |          |
| Zivju dārzeņu zupa ar grūbām      | 250      | 133         | 8.32           | 4.313        | 14.855        | 0.5          |               | 2.97          | 1;4      |
| Krējums skābs                     | 10       | 20          | 0.26           | 2.           | 0.27          |              |               |               | 7.       |
| Cūkgaļas mājas kotlete            | 100      | 188         | 15.64          | 9.942        | 8.482         |              |               | 0.936         | 1;3      |
| Vārīti rīsi                       | 250      | 284         | 5.61           | 0.495        | 64.103        | 0.25         |               | 1.155         |          |
| Saldā krējuma mērce ar ķiploku    | 75       | 75          | 0.735          | 6.791        | 2.798         | 0.075        |               | 0.053         | 1;7      |
| Balto redīsu salāti ar gurķiem    | 120      | 37          | 1.             | 2.588        | 2.324         | 0.24         |               | 1.211         |          |
| Augļu un ogu dzēriens             | 200      | 47          | 0.312          | 0.272        | 10.422        |              | 5.            | 1.624         |          |
| Baltmaize                         | 40       | 105         | 3.12           | 0.84         | 20.56         |              |               | 1.52          | 1.       |
| Formas maize Lauku                | 30       | 66          | 1.8            | 0.3          | 13.14         |              |               | 1.65          | 1.       |
| <b>kopā:</b>                      |          | <b>955</b>  | <b>36.80</b>   | <b>27.54</b> | <b>136.95</b> | <b>1.065</b> | <b>5.000</b>  | <b>11.119</b> |          |
| <b>Launags</b>                    |          |             |                |              |               |              |               |               |          |
| Karstmaize ar sieru               | 60       | 225         | 8.82           | 13.88        | 15.9          |              |               | 1.05          | 1;10;3;7 |
| Kakao dzēriens ar cukuru un pienu | 200      | 58          | 3.754          | 2.686        | 4.802         |              | 5.            | 0.851         | 7.       |
| <b>kopā:</b>                      |          | <b>282</b>  | <b>12.57</b>   | <b>16.57</b> | <b>20.70</b>  | <b>0</b>     | <b>5.000</b>  | <b>1.901</b>  |          |
| <b>Vakariņas</b>                  |          |             |                |              |               |              |               |               |          |
| Dārzeņu sakņu sautējums           | 300      | 186         | 7.668          | 3.82         | 29.466        | 0.3          |               | 10.798        |          |
| Krējums skābs                     | 50       | 101         | 1.3            | 10.          | 1.35          |              |               |               | 7.       |
| 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 ar cukuru               | 200      | 20          |                |              | 4.99          |              | 5.            |               |          |
| <b>kopā:</b>                      |          | <b>447</b>  | <b>10.83</b>   | <b>22.37</b> | <b>49.39</b>  | <b>0.300</b> | <b>5.000</b>  | <b>12.448</b> |          |
| <b>Diena kopā:</b>                |          | <b>2143</b> | <b>73.23</b>   | <b>84.64</b> | <b>267.44</b> | <b>1.615</b> | <b>16.250</b> | <b>29.500</b> |          |

Sastādīja: J. Jānsone

Jānsone

