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| **2013.10.01.** |  |
| **1** |
| **Daugavpils logopēdiskās internātpamatskolas -**  |

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| **attīstības centra ēdienkarte** |
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| **2013 .g. \_\_\_\_\_\_\_\_\_\_\_\_** |

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

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| **Brokastis** |

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

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

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

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

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| **Pusdienas** |

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| --- |
| ***Aknu kotlete (100 g)...*** |

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| ***Aprikožu kompots (200 g)...*** |

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| ***Baltmaize / Rudzu maize (30/45 g)...*** |
| ***Kartupeļu zupa ar zirnīšiem un gaļu (250/12.5 g)...*** |

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| ***Salāti ar svaigiem tomātiem un saldiem pipariem (100 g)...*** |

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| ***Vārīti makaroni (200 g)*** |

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| **Launags** |

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| ***Augļi...*** |

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| ***Mājas bulciņa (50 g)...*** |

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| **Vakariņas** |

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| ***Baltmaize / Rudzu maize (30/30 g)...*** |
| ***Sakņu ragu ar gaļu (50/150 g)...*** |

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

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| ***Tēja ar cukuru (200 g)...*** |

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| **2013.10.02.** |  |
| **1** |
| **Daugavpils logopēdiskās internātpamatskolas -**  |

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| **attīstības centra ēdienkarte** |
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| **2013 .g. \_\_\_\_\_\_\_\_\_\_\_\_** |

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

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| **Brokastis** |

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

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

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

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| ***Vārīti kartupeļi ar biezpienu, krējumu, sviestu(150/100/15/5*** |

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| **Pusdienas** |

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

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

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| ***Kartupeļu biezenis (200 g)...*** |
| ***Rasoļniks ar gaļu un krējumu (250/12.5/5 g)...*** |

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| ***Salāti "Veselība" (majonēze) (100 g)...*** |

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| ***Ābolu kompots (200 g)...*** |

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| **Launags** |

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| ***Augļi...*** |

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| ***Baltmaize ar šokolades krēmu 40/30*** |

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| **Vakariņas** |

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| ***Baltmaize (30 g)...*** |
| ***Raugas pankūkas ar rozīniem un krējumu(150/20 g)...*** |

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

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| ***Tēja ar cukuru (200 g)...*** |

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| **2013.10.03.** |  |
| **1** |
| **Daugavpils logopēdiskās internātpamatskolas -**  |

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| **attīstības centra ēdienkarte** |
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| **2013 .g. \_\_\_\_\_\_\_\_\_\_\_\_** |

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

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| **Brokastis** |

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

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| ***Mannas biezputra ar džemu ( 200/20 g)...*** |

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

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| ***Tēja ar cukuru (200 g)...*** |

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| **Pusdienas** |

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

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| ***Citronu kompots (200 g)...*** |

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| ***Svaigi gurķi (50 g)...*** |
| ***Svaigu kāpostu zupa ar gaļu un krējumu (250/12.5/5 g)...*** |

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| ***Vista ar mērci (150/50 g)...*** |

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| ***Vārīti rīsi (200 g)...*** |

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| **Launags** |

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

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| **Vakariņas** |

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

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| ***Biezpiena sacepums ar krējumu (150/20 g)...*** |
| ***Sviests (10 g)...*** |

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| ***Tēja ar cukuru (200 g)...*** |
| ***2013.10.04.*** |  |
| **1** |
| **Daugavpils logopēdiskās internātpamatskolas -**  |

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| **attīstības centra ēdienkarte** |
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| **2013 .g. \_\_\_\_\_\_\_\_\_\_\_\_** |

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

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| **Brokastis** |

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

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

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

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

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| **Pusdienas** |

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

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

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| ***Kartupeļu zupa ar pupiņām un gaļu (250/12.5 g)...*** |
| ***Kompots ar plūmēm (200 g)...*** |

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| ***Salāti "Apetīte"(100 g)*** |

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| ***Zivju kotlete (100 g)...*** |

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| **Launags** |

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| ***Augļi...*** |

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

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| ***Tēja ar cukuru (200 g)...*** |

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| **Vakariņas** |

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

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

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| ***Svaigi tomāti (30 g)...*** |

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

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| ***Vārīti griķi (150 gr.)*** |

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| **2013.10.05.** |  |
| **1** |
| **Daugavpils logopēdiskās internātpamatskolas -**  |

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| **attīstības centra ēdienkarte** |
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| **2013 .g. \_\_\_\_\_\_\_\_\_\_\_\_** |

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

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| **Brokastis** |

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

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

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| ***Plānās pankūkas ar džemu 110/20*** |

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

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| **Pusdienas** |

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| ***Apelsīnu kompots (200 g)...*** |

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

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| ***Bifšteks (100g)...*** |
| ***Dārzeņu piena zupa (250 g)....*** |

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| ***Gurķi marinēti (50 g)...*** |

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| ***Vārīti kartupeļi ar sviestu (200/5g)...*** |

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| **Launags** |

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

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| ***Vafeles (30 g)...*** |

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| **Vakariņas** |

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| ***Baltmaize / Rudzu maize (30/30 g)...*** |
| ***Omlete ar sieru (115 g)...*** |

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

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| ***Tēja ar cukuru (200 g)...*** |

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| ***Vistas salāti (100 g)...*** |

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| **2013.10.06.** |  |
| **1** |
| **Daugavpils logopēdiskās internātpamatskolas -**  |

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| **attīstības centra ēdienkarte** |
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| **2013 .g. \_\_\_\_\_\_\_\_\_\_\_\_** |

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

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| **Brokastis** |

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

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

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

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| ***Tēja ar cukuru (200 g)...*** |

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| **Pusdienas** |

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

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

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| ***Plovs ar cūkgaļu (100/200 g)...*** |
| ***Sula (200 g)...*** |

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| ***Svaigi gurķi (50 g)...*** |

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| **Launags** |

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| ***Augļi...*** |
| ***Kukurūzas pārslas ar pienu (50/150 g)...*** |

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| **Vakariņas** |

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

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| ***Sliņki varēniki ar krējumu (150/20 g)...*** |
| ***Sviests (10 g)...*** |

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| ***Tēja ar cukuru (200 g)...*** |

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| **2013.10.07.** |  |
| **1** |
| **Daugavpils logopēdiskās internātpamatskolas -**  |

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| **attīstības centra ēdienkarte** |
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| **2013 .g. \_\_\_\_\_\_\_\_\_\_\_\_** |

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

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| **Brokastis** |

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

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

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

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

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| **Pusdienas** |

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

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

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| ***Cepelīni ar gaļu un krējumu (200/20 g)...*** |
| ***Skābētu kāpostu salāti (100 g)...*** |

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| ***Ābolu kompots (200 g)...*** |

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| **Launags** |

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

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| **Vakariņas** |

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

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| --- |
| ***Plānās pankūkas ar biezpienu un krējumu (200/20 g)...*** |
| ***Sviests (10 g)...*** |

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