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| **2014.02.01.** | |  | | |
| **1** |
| **Daugavpils logopēdiskās internātpamatskolas -** | |

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| **attīstības centra ēdienkarte** | |
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| --- |
| **2014 .g. \_\_\_\_\_\_\_\_\_\_\_\_** |

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

|  |
| --- |
| **Brokastis** |

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

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

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

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

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

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

|  |
| --- |
| ***Dabiskā šnicele 72*** |

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

|  |
| --- |
| ***Vārīti kartupeļi 100 Gr.*** |

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

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

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

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

|  |
| --- |
| **Vakariņas** |

|  |  |
| --- | --- |
| ***Baltmaize / Rudzu maize (30/30 g)...*** | |
| ***Gaļas salāti (ar gaļu) (100 g)...*** |

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

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

|  |
| --- |
| ***Tēja ar cukuru (200 g)...*** |
| ***Zaļie zirnīši (konservēti) (30 g)...*** | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | **2014.02.02.** | |  | | | | **1** | | **Daugavpils logopēdiskās internātpamatskolas -** | |  |  |  | | --- | --- | | **attīstības centra ēdienkarte** | | |  |  |  | | --- | | **2014 .g. \_\_\_\_\_\_\_\_\_\_\_\_** |  |  |  | | --- | --- | | **Nosaukums** | **Netto svars** |  |  | | --- | | **Brokastis** |  |  | | --- | | ***Baltmaize ar sieru (30/20 g)...*** |  |  | | --- | | ***Biezpiena sieriņš Mazulis (1gab.)...*** |  |  | | --- | | ***Mannas biezputra ar džemu ( 200/20 g)...*** |  |  | | --- | | ***Sviests (10 g)...*** | | ***Tēja ar cukuru (200 g)...*** | |  |  | | --- | | **Pusdienas** |  |  | | --- | | ***Baltmaize / Rudzu maize (30/45 g)...*** |  |  |  | | --- | --- | | ***Biešu zupa ar krējumu un gaļu (250 /5/12.5 g)...*** | | | ***Cepelīni ar gaļu un krējumu (200/20 g)...*** |  |  | | --- | | ***Skābētu kāpostu salāti (50 g)...*** |  |  | | --- | | ***Sula (200 g)...*** |  |  | | --- | | **Launags** |  |  | | --- | | ***Augļi...*** |  |  | | --- | | ***Kukurūzas pārslas ar pienu (50/200 g)...*** |  |  | | --- | | **Vakariņas** |  |  | | --- | | ***Baltmaize (30 g)...*** | | ***Biezpiena plācenīši ar krējumu (150/20 g)...*** | |  |  | | --- | | ***Sviests (10 g)...*** |  |  | | --- | | ***Tēja ar cukuru (200 g)...*** |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | **2014.02.03.** | |  | | | | **1** | | **Daugavpils logopēdiskās internātpamatskolas -** | |  |  |  | | --- | --- | | **attīstības centra ēdienkarte** | | |  |  |  | | --- | | **2014 .g. \_\_\_\_\_\_\_\_\_\_\_\_** |  |  |  | | --- | --- | | **Nosaukums** | **Netto svars** |  |  | | --- | | **Brokastis** |  |  | | --- | | ***Baltmaize ar sieru (30/30 g)...*** |  |  | | --- | | ***Griķu biezputra ar sviestu un pienu 200/10*** |  |  | | --- | | ***Kakao ar pienu (200 g)...*** |  |  | | --- | | ***Sviests (10 g)...*** |  |  | | --- | | **Pusdienas** |  |  | | --- | | ***Baltmaize / Rudzu maize (30/20 g)...*** |  |  | | --- | | ***Baltmaize / Rudzu maize (30/45 g)...*** |  |  | | --- | | ***Kartupeļu biezenis (200 g)...*** | | ***Kompots ar plūmēm (200 g)...*** | |  |  | | --- | | ***Kāpostu tīteņi ar mērci 164/80*** |  |  | | --- | | ***Rasoļniks ar gaļu un krējumu (250/12.5/5 g)...*** |  |  | | --- | | ***Rasoļniks ar gaļu un krējumu (250/12.5/5 g)...*** |  |  | | --- | | **Launags** |  |  | | --- | | ***Pīrādziņi ar džemu (70 g)...*** |  |  | | --- | | **Vakariņas** |  |  |  | | --- | --- | | ***Baltmaize / Rudzu maize (30/30 g)...*** | | | ***Gurķi marinēti (30 g)...*** |  |  | | --- | | ***Sviests (10 g)...*** |  |  | | --- | | ***Tefteļi (60 g)...*** |  |  |  | | --- | --- | | ***Tēja ar cukuru (200 g)...*** | | | ***Vārīti makaroni 150*** |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | **2014.02.04.** | |  | | | | **1** | | **Daugavpils logopēdiskās internātpamatskolas -** | |  |  |  | | --- | --- | | **attīstības centra ēdienkarte** | | |  |  |  | | --- | | **2014 .g. \_\_\_\_\_\_\_\_\_\_\_\_** |  |  |  | | --- | --- | | **Nosaukums** | **Netto svars** |  |  | | --- | | **Brokastis** |  |  | | --- | | ***Baltmaize ar sieru (30/30 g)...*** |  |  | | --- | | ***Kafija ar pienu (200 g)...*** |  |  | | --- | | ***Mannas biezputra ar sīrupu 200/10*** |  |  | | --- | | ***Sviests (10 g)...*** | | ***Vārīta ola (1 gab.)...*** | |  |  | | --- | | **Pusdienas** |  |  | | --- | | ***Baltmaize / Rudzu maize (30/20 g)...*** |  |  |  | | --- | --- | | ***Baltmaize / Rudzu maize (30/45 g)...*** | | | ***Burkānu salāti ar ķiplokiem (50g)*** |  |  | | --- | | ***Citronu kompots (200 g)...*** |  |  | | --- | | ***Kartupeļu-burkānu biezenis 200*** |  |  | | --- | | ***Skābētu kāpostu zupa ar kartupeļiem, gaļu un krējumu (250/12*** | | ***Skābētu kāpostu zupa ar kartupeļiem, gaļu un krējumu (250/12*** |  |  | | --- | | ***Svaigi tomāti (50 g)...*** |  |  | | --- | | ***Vista ar mērci (150/50 g)...*** |  |  | | --- | | **Launags** |  |  | | --- | | ***Augļi...*** |  |  | | --- | | ***Mājas bulciņa (50 g)...*** |  |  | | --- | | **Vakariņas** |  |  | | --- | | ***Baltmaize (30 g)...*** | | ***Biezpiena plācenīši ar krējumu (150/20 g)...*** | |  |  | | --- | | ***Sviests (10 g)...*** |  |  | | --- | | ***Tēja ar cukuru (200 g)...*** |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | **2014.02.05.** | |  | | | | **1** | | **Daugavpils logopēdiskās internātpamatskolas -** | |  |  |  | | --- | --- | | **attīstības centra ēdienkarte** | | |  |  |  | | --- | | **2014 .g. \_\_\_\_\_\_\_\_\_\_\_\_** |  |  |  | | --- | --- | | **Nosaukums** | **Netto svars** |  |  | | --- | | **Brokastis** |  |  | | --- | | ***Auzu pārslu biezputra ar sviestu (200/10 g)...*** |  |  | | --- | | ***Baltmaize ar sieru (30/30 g)...*** |  |  | | --- | | ***Kakao ar pienu (200 g)...*** |  |  | | --- | | ***Sviests (10 g)...*** |  |  | | --- | | **Pusdienas** |  |  | | --- | | ***Azu (100/250 g)...*** |  |  | | --- | | ***Baltmaize / Rudzu maize (30/20 g)...*** |  |  | | --- | | ***Baltmaize / Rudzu maize (30/45 g)...*** | | ***Kartupeļu zupa ar zirnīšiem un gaļu (250/12.5 g)...*** | |  |  | | --- | | ***Kartupeļu zupa ar zirnīšiem un gaļu (250/12.5 g)...*** |  |  | | --- | | ***Kompots no bumbieriem (200 g)...*** |  |  | | --- | | ***Svaigi tomāti (100 g)...*** |  |  | | --- | | **Launags** |  |  | | --- | | ***Baltmaize ar šokolades krēmu 40/30*** |  |  | | --- | | **Vakariņas** |  |  | | --- | | ***Baltmaize (30 g)...*** | | ***Rauga pankūkas ar āboliem un krējumu (150/20 g)...*** | |  |  | | --- | | ***Sviests (10 g)...*** |  |  | | --- | | ***Tēja ar cukuru (200 g)...*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 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\_\_\_\_\_\_\_\_\_\_\_\_** |  |  |  | | --- | --- | | **Nosaukums** | **Netto svars** |  |  | | --- | | **Brokastis** |  |  | | --- | | ***Baltmaize ar sieru (30/30 g)...*** |  |  | | --- | | ***Kafija ar pienu (200 g)...*** |  |  | | --- | | ***Prosas biezputra ar sviestu (200/10 g)...*** |  |  | | --- | | ***Sviests (10 g)...*** |  |  | | --- | | **Pusdienas** |  |  | | --- | | ***Baltmaize / Rudzu maize (30/20 g)...*** |  |  | | --- | | ***Baltmaize / Rudzu maize (30/45 g)...*** |  |  | | --- | | ***Gurķi marinēti (50 g)...*** | | ***Plovs ar cūkgaļu 75/200*** | |  |  | | --- | | ***Skābeņu zupa ar kartupeļiem un gaļu (250/12.5/5 g)...*** |  |  | | --- | | ***Skābeņu zupa ar kartupeļiem un gaļu (250/12.5/5 g)...*** |  |  | | --- | | ***Ābolu kompots (200 g)...*** |  |  | | --- | | **Launags** |  |  | | --- | | ***Pīrādziņi ar svaigiem kāpostiem (70 g)...*** |  |  | | --- | | **Vakariņas** |  |  |  | | --- | --- | | ***Baltmaize / Rudzu maize (30/30 g)...*** | | | ***Kartupeļu sacepums ar aknām 240*** |  |  | | --- | | ***Sviests (10 g)...*** |  |  | | --- | | ***Tēja ar cukuru (200 g)...*** |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | **2014.02.07.** | |  | | | | **1** | | **Daugavpils logopēdiskās internātpamatskolas -** | |  |  |  | | --- | --- | | **attīstības centra ēdienkarte** | | |  |  |  | | --- | | **2014 .g. \_\_\_\_\_\_\_\_\_\_\_\_** |  |  |  | | --- | --- | | **Nosaukums** | **Netto svars** |  |  | | --- | | **Brokastis** |  |  | | --- | | ***Baltmaize / Rudzu maize (30/30 g)...*** |  |  | | --- | | ***Maltā gaļa mērcē (50/50)*** |  |  | | --- | | ***Sviests (10 g)...*** |  |  |  | | --- | --- | | ***Tēja ar cukuru (200 g)...*** | | | ***Vārīti makaroni 150*** |  |  | | --- | | **Pusdienas** |  |  | | --- | | ***Baltmaize / Rudzu maize (30/20 g)...*** |  |  | | --- | | ***Baltmaize / Rudzu maize (30/45 g)...*** | | ***Borščs ar kartupeļiem, gaļu, krējumu (250/12,5/5 g)*** | |  |  | | --- | | ***Borščs ar kartupeļiem, gaļu, krējumu (250/12,5/5 g)*** |  |  | | --- | | ***Cepta zivis - pangas. fileja (100 g)...*** |  |  |  | | --- | --- | | ***Kartupeļu biezenis (200 g)...*** | | | ***Sula (200 g)...*** |  |  | | --- | | ***Svaigu kāpostu salāti (100 g)...*** |  |  | | --- | | **Launags** |  |  | | --- | | ***Augļi...*** |  |  | | --- | | ***Baltmaize ar kaus. sieru 40/30*** |  |  | | --- | | ***Tēja ar cukuru (200 g)...*** |  |  | | --- | | **Vakariņas** |  |  | | --- | | ***Baltmaize (30 g)...*** | | ***Rīsu biezpiena sacepums ar krējumu 250/20*** | |  |  | | --- | | ***Sviests (10 g)...*** |  |  | | --- | | ***Tēja ar cukuru (200 g)...*** |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | **2014.02.08.** | |  | | | | **1** | | **Daugavpils logopēdiskās internātpamatskolas -** | |  |  |  | | --- | --- | | **attīstības centra ēdienkarte** | | |  |  |  | | --- | | **2014 .g. \_\_\_\_\_\_\_\_\_\_\_\_** |  |  |  | | --- | --- | | **Nosaukums** | **Netto svars** |  |  | | --- | | **Brokastis** |  |  | | --- | | ***Baltmaize (30 g)...*** |  |  | | --- | | ***Biezpiena sieriņš Mazulis (1gab.)...*** |  |  | | --- | | ***Kakao ar pienu (200 g)...*** |  |  |  | | --- | --- | | ***Piecgraudu pārslu biezputra ar sviestu 200/10*** | | | ***Sviests (10 g)...*** |  |  | | --- | | **Pusdienas** |  |  | | --- | | ***Apelsīnu kompots (200 g)...*** |  |  |  | | --- | --- | | ***Baltmaize / Rudzu maize (30/45 g)...*** | | | ***Gurķi marinēti (50 g)...*** |  |  | | --- | | ***Kartupeļu zupa ar rīsiem (250 g)...*** |  |  | | --- | | ***Vārīti kartupeļi ar sviestu (200/5g)...*** |  |  | | --- | | ***Zrazi (140 g)...*** |  |  | | --- | | **Launags** |  |  | | --- | | ***Augļi...*** |  |  | | --- | | ***Kukurūzas pārslas ar pienu (50/200 g)...*** |  |  | | --- | | **Vakariņas** |  |  | | --- | | ***Baltmaize (30 g)...*** |  |  | | --- | | ***Gaļas salāti (ar gaļu) (100 g)...*** |  |  | | --- | | ***Plānās pankūkas ar džemu 110/20*** |  |  | | --- | | ***Sviests (10 g)...*** | | ***Tēja ar cukuru (200 g)...*** | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | **2014.02.09.** | |  | | | | **1** | | **Daugavpils logopēdiskās internātpamatskolas -** | |  |  |  | | --- | --- | | **attīstības centra ēdienkarte** | | |  |  |  | | --- | | **2014 .g. \_\_\_\_\_\_\_\_\_\_\_\_** |  |  |  | | --- | --- | | **Nosaukums** | **Netto svars** |  |  | | --- | | **Brokastis** |  |  | | --- | | ***Baltmaize ar sieru (30/30 g)...*** |  |  | | --- | | ***Kafija ar pienu (200 g)...*** |  |  | | --- | | ***Rīsu biezputra ar sviestu ( 200/10 g)...*** |  |  | | --- | | ***Sviests (10 g)...*** |  |  | | --- | | **Pusdienas** |  |  | | --- | | ***Aprikožu kompots (200 g)...*** |  |  | | --- | | ***Baltmaize / Rudzu maize (30/45 g)...*** |  |  |  | | --- | --- | | ***Burkānu salati ar krējumu (100 g)...*** | | | ***Dārzeņu piena zupa (250 g)....*** |  |  | | --- | | ***Gaļas gulašs (100/50 g)...*** |  |  | | --- | | ***Vārīti makaroni 150*** |  |  | | --- | | **Launags** |  |  | | --- | | ***Cepumi...*** |  |  | | --- | | ***Saldais salāts ar jogurtu (150 g)...*** |  |  | | --- | | ***Tēja ar cukuru (200 g)...*** |  |  | | --- | | **Vakariņas** |  |  | | --- | | ***Baltmaize (30 g)...*** |  |  | | --- | | ***Kartupeļu biezpiena plācenīši ar krējumu 225/20*** |  |  | | --- | | ***Sviests (10 g)...*** |  |  | | --- | | ***Tēja ar cukuru (200 g)...*** |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | **2014.02.10.** | |  | | | | **1** | | **Daugavpils logopēdiskās internātpamatskolas -** | |  |  |  | | --- | --- | | **attīstības centra ēdienkarte** | | |  |  |  | | --- | | **2014 .g. \_\_\_\_\_\_\_\_\_\_\_\_** |  |  |  | | --- | --- | | **Nosaukums** | **Netto svars** |  |  | | --- | | **Brokastis** |  |  | | --- | | ***Baltmaize ar sieru (30/20 g)...*** |  |  | | --- | | ***Cepumi (50 g)...*** |  |  | | --- | | ***Mannas biezputra ar džemu ( 200/20 g)...*** |  |  | | --- | | ***Sviests (10 g)...*** | | ***Tēja ar cukuru (200 g)...*** | |  |  | | --- | | **Pusdienas** |  |  | | --- | | ***Baltmaize / Rudzu maize (30/20 g)...*** |  |  |  | | --- | --- | | ***Baltmaize / Rudzu maize (30/45 g)...*** | | | ***Citronu kompots (200 g)...*** |  |  | | --- | | ***Dārzeņu zupa ar pupiņām, gaļu, kr.(250/12.5/5)*** |  |  | | --- | | ***Dārzeņu zupa ar pupiņām, gaļu, kr.(250/12.5/5)*** |  |  | | --- | | ***Kartupeļu biezenis 100 gr*** | | ***Kartupeļu biezenis 150 gr.*** | |  |  | | --- | | ***Svaigi tomāti (50 g)...*** |  |  | | --- | | ***Vista ar mērci (150/50 g)...*** |  |  | | --- | | **Launags** |  |  | | --- | | ***Pīrādziņi ar rīsiem un olu (75 g)...*** |  |  | | --- | | **Vakariņas** |  |  | | --- | | ***Baltmaize (30 g)...*** |  |  |  | | --- | --- | | ***Plānās pankūkas ar biezpienu un krējumu (150/20 g)...*** | | | ***Sviests (10 g)...*** |  |  | | --- | | ***Tēja ar cukuru (200 g)...*** |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | **2014.02.11.** | |  | | | | **1** | | **Daugavpils logopēdiskās internātpamatskolas -** | |  |  |  | | --- | --- | | **attīstības centra ēdienkarte** | | |  |  |  | | --- | | **2014 .g. \_\_\_\_\_\_\_\_\_\_\_\_** |  |  |  | | --- | --- | | **Nosaukums** | **Netto svars** |  |  | | --- | | **Brokastis** |  |  | | --- | | ***Baltmaize ar sieru (30/30 g)...*** |  |  | | --- | | ***Kakao ar pienu (200 g)...*** |  |  | | --- | | ***Piecgraudu pārslu biezputra ar sviestu 200/10*** |  |  | | --- | | ***Sviests (10 g)...*** |  |  | | --- | | **Pusdienas** |  |  | | --- | | ***Baltmaize / Rudzu maize (30/20 g)...*** |  |  | | --- | | ***Baltmaize / Rudzu maize (30/45 g)...*** |  |  | | --- | | ***Biešu zupa ar krējumu un gaļu (250 /5/12.5 g)...*** | | ***Biešu zupa ar krējumu un gaļu (250 /5/12.5 g)...*** |  |  | | --- | | ***Gaļas gulašs (100/50 g)...*** |  |  | | --- | | ***Kompots ar plūmēm (200 g)...*** |  |  |  | | --- | --- | | ***Skābētu kāpostu salāti (50 g)...*** | | | ***Vārīti makaroni 150*** |  |  | | --- | | **Launags** |  |  | | --- | | ***Jogurts (200 g)...*** | | ***Mājas bulciņa (50 g)...*** | |  |  | | --- | | **Vakariņas** |  |  | | --- | | ***Baltmaize / Rudzu maize (30/30 g)...*** |  |  | | --- | | ***Cīsiņa vārīta 100*** |  |  |  | | --- | --- | | ***Dārzeņu vinegrets ar gurķiem (100 g)...*** | | | ***Sviests (10 g)...*** |  |  | | --- | | ***Tēja ar cukuru (200 g)...*** |   **2014.05.05.** | |  | | | | **3** | | **Daugavpils logopēdiskās internātpamatskolas -** | |  |  |  | | --- | --- | | **attīstības centra ēdienkarte** | | |  |  |  | | --- | | **2014 .g. \_\_\_\_\_\_\_\_\_\_\_\_** |  |  |  | | --- | --- | | **Nosaukums** | **Netto svars** |  |  | | --- | | **Launags** |  |  | | --- | | ***Augļi...*** |  |  | | --- | | ***Baltmaize ar kaus. sieru 40/30*** |  |  | | --- | | ***Tēja ar cukuru (200 g)...*** |  |  | | --- | | **Vakariņas** |  |  | | --- | | ***Baltmaize (30 g)...*** | | ***Kartupeļu pankūkas ar krējumu (150/20 g)...*** | |  |  | | --- | | ***Sviests (10 g)...*** |  |  | | --- | | ***Ķefīrs (200 g)...*** | | **S.Steļmačonoka** |

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| **2014.05.06.** | |  | | |
| **1** |
| **Daugavpils logopēdiskās internātpamatskolas -** | |

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| **attīstības centra ēdienkarte** | |
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| **2014 .g. \_\_\_\_\_\_\_\_\_\_\_\_** |

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

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| --- |
| **Brokastis** |

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

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

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

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

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

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

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

|  |  |
| --- | --- |
| ***Baltmaize / Rudzu maize (30/45 g)...*** | |
| ***Kartupeļu biezenis (200 g)...*** |

|  |
| --- |
| ***Kotlete "Sevišķā" (100 g)*** |

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

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

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

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

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| --- |
| **Vakariņas** |

|  |
| --- |
| ***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)...*** |

|  |  |  |  |  |
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| **2014.05.07.** | |  | | |
| **1** |
| **Daugavpils logopēdiskās internātpamatskolas -** | |

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| **attīstības centra ēdienkarte** | |
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| **2014 .g. \_\_\_\_\_\_\_\_\_\_\_\_** |

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

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| --- |
| **Brokastis** |

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

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

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

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

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| **Pusdienas** |

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

|  |  |
| --- | --- |
| ***Baltmaize / Rudzu maize (30/45 g)...*** | |
| ***Gurķi marinēti (50 g)...*** |

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

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

|  |
| --- |
| ***Kompots ar plūmēm (200 g)...*** |
| ***Sautēta vista ar dārzeniem 100/250*** | |

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

|  |  |
| --- | --- |
| ***Bulciņa ar rozīnēm ( 50g )*** | |
| ***Jogurts (200 g)...*** |

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| --- |
| **Vakariņas** |

|  |
| --- |
| ***Aknu kotlete 50 g*** |

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

|  |  |
| --- | --- |
| ***Burkānu salāti ar ķiplokiem (50g)*** | |
| ***Sviests (10 g)...*** |

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

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

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| **2014.05.08.** | |  | | |
| **1** |
| **Daugavpils logopēdiskās internātpamatskolas -** | |

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| **attīstības centra ēdienkarte** | |
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| **2014 .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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| --- |
| ***Omlete ar sieru (115 g)...*** |

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| --- | --- |
| ***Svaigi tomāti (50 g)...*** | |
| ***Sviests (10 g)...*** |

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| **Pusdienas** |

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

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

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

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

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

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| --- |
| ***Kotlete "Jahnija" (100/60 g)...*** |

|  |
| --- |
| ***Svaigu kāpostu salāti (50 g)...*** |

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

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| --- |
| ***Augļi...*** |

|  |
| --- |
| ***Baltmaize ar karameļu pildījumu 40/30*** |

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| --- |
| **Vakariņas** |

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| --- |
| ***Baltmaize (30 g)...*** |
| ***Rauga pankūkas ar āboliem 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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| **2014.05.09.** | |  | | |
| **1** |
| **Daugavpils logopēdiskās internātpamatskolas -** | |

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| **attīstības centra ēdienkarte** | |
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| **2014 .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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| --- |
| ***Maltā gaļa mērcē (50/50)*** |

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

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

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| --- |
| ***Vārīti makaroni 150*** |

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

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| --- |
| ***Auksta biešu zupa ar sīpollok. un dillēm (250 g)...*** |
| ***Auksta biešu zupa ar sīpollok. un dillēm (250 g)...*** |

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

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

|  |  |
| --- | --- |
| ***Cepta zivis - pangas. fileja (100 g)...*** | |
| ***Salāti "Apetīte"(100 g)*** |

|  |
| --- |
| ***Sulas dzēriens (200 g)...*** |

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

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

|  |
| --- |
| ***Augļi...*** |

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| --- |
| ***Bulciņa ar kanēli (50 g)...*** |

|  |
| --- |
| **Vakariņas** |

|  |
| --- |
| ***Baltmaize (30 g)...*** |
| ***Biezpiena sacepums ar krējumu (150/20 g)...*** | |

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

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