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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** |

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| **Brokastis** |

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

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

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| --- |
| ***Sliņki varēniki ar krējumu (150/20 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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| --- |
| ***Dabiskā šnicele 72*** |

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

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

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| ***Ābolu kompots (200 g)...*** |

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| **Launags** |

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| ***Saldais salāts ar jogurtu (150 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)...*** |
| ***Gaļas salāti (ar gaļu) (100 g)...*** |

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

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

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

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| **2014.02.02.** |  |
| **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)...*** |

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| ***Biezpiena sieriņš Mazulis (1gab.)...*** |

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

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| ***Sviests (10 g)...*** |
| ***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)...*** |
| ***Cepelīni ar gaļu un krējumu (200/20 g)...*** |

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| ***Skābētu kāpostu salāti (50 g)...*** |

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| ***Sula (200 g)...*** |

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| **Launags** |

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| ***Augļi...*** |

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| ***Kukurūzas pārslas ar pienu (50/200 g)...*** |

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| **Vakariņas** |

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

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

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| ***Tēja ar cukuru (200 g)...*** |

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| **2014.02.03.** |  |
| **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 (30/30 g)...*** |

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| ***Griķu biezputra ar sviestu un pienu 200/10*** |

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

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

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| **Pusdienas** |

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

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

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| ***Kartupeļu biezenis (200 g)...*** |
| ***Kompots ar plūmēm (200 g)...*** |

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| --- |
| ***Kāpostu tīteņi ar mērci 164/80*** |

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

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| ***Rasoļniks ar gaļu un krējumu (250/12.5/5 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 / Rudzu maize (30/30 g)...*** |
| ***Gurķi marinēti (30 g)...*** |

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

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| ***Tefteļi (60 g)...*** |

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| ***Tēja ar cukuru (200 g)...*** |
| ***Vārīti makaroni 150*** |

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| **2014.02.04.** |  |
| **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 (30/30 g)...*** |

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

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| ***Mannas biezputra ar sīrupu 200/10*** |

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| ***Sviests (10 g)...*** |
| ***Vārīta ola (1 gab.)...*** |

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| **Pusdienas** |

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

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| ***Baltmaize / Rudzu maize (30/45 g)...*** |
| ***Burkānu salāti ar ķiplokiem (50g)*** |

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

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| ***Kartupeļu-burkānu biezenis 200*** |

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

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| ***Svaigi tomāti (50 g)...*** |

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| ***Vista ar mērci (150/50 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 (30 g)...*** |
| ***Biezpiena plācenīši ar krējumu (150/20 g)...*** |

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

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| ***Tēja ar cukuru (200 g)...*** |

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| **2014.02.05.** |  |
| **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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| ***Auzu pārslu biezputra ar sviestu (200/10 g)...*** |

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

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

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

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| **Pusdienas** |

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| ***Azu (100/250 g)...*** |

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| ***Baltmaize / Rudzu maize (30/20 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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| --- |
| ***Kartupeļu zupa ar zirnīšiem un gaļu (250/12.5 g)...*** |

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

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| ***Svaigi tomāti (100 g)...*** |

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| **Launags** |

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| ***Baltmaize ar šokolades krēmu 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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| **2014.02.06.** |  |
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| **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 (30/30 g)...*** |

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| ***Kafija 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 (30/20 g)...*** |

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

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| ***Gurķi marinēti (50 g)...*** |
| ***Plovs ar cūkgaļu 75/200*** |

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| ***Skābeņu zupa ar kartupeļiem un gaļu (250/12.5/5 g)...*** |

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| ***Skābeņu zupa ar kartupeļiem un gaļu (250/12.5/5 g)...*** |

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| ***Ābolu kompots (200 g)...*** |

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| **Launags** |

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| ***Pīrādziņi ar svaigiem kāpostiem (70 g)...*** |

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| **Vakariņas** |

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| ***Baltmaize / Rudzu maize (30/30 g)...*** |
| ***Kartupeļu sacepums ar aknām 240*** |

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

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| ***Tēja ar cukuru (200 g)...*** |

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| **2014.02.07.** |  |
| **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 / Rudzu maize (30/30 g)...*** |

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| --- |
| ***Maltā gaļa mērcē (50/50)*** |

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

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| ***Tēja ar cukuru (200 g)...*** |
| ***Vārīti makaroni 150*** |

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| **Pusdienas** |

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

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

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

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

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

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| ***Svaigu kāpostu salāti (100 g)...*** |

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| **Launags** |

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| ***Augļi...*** |

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| ***Baltmaize ar kaus. sieru 40/30*** |

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| ***Tēja ar cukuru (200 g)...*** |

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| **Vakariņas** |

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| ***Baltmaize (30 g)...*** |
| ***Rīsu biezpiena sacepums ar krējumu 250/20*** |

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

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| ***Tēja ar cukuru (200 g)...*** |

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| **2014.02.08.** |  |
| **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 (30 g)...*** |

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| ***Biezpiena sieriņš Mazulis (1gab.)...*** |

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

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| ***Piecgraudu pārslu biezputra ar sviestu 200/10*** |
| ***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)...*** |
| ***Gurķi marinēti (50 g)...*** |

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| ***Kartupeļu zupa ar rīsiem (250 g)...*** |

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

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| ***Zrazi (140 g)...*** |

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| **Launags** |

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| ***Augļi...*** |

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| ***Kukurūzas pārslas ar pienu (50/200 g)...*** |

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| **Vakariņas** |

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

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| ***Gaļas salāti (ar gaļu) (100 g)...*** |

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

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

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| **2014.02.09.** |  |
| **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 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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| ***Aprikožu kompots (200 g)...*** |

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

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| ***Burkānu salati ar krējumu (100 g)...*** |
| ***Dārzeņu piena zupa (250 g)....*** |

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| ***Gaļas gulašs (100/50 g)...*** |

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| ***Vārīti makaroni 150*** |

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| **Launags** |

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| ***Cepumi...*** |

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

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| ***Tēja ar cukuru (200 g)...*** |

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| **Vakariņas** |

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

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| --- |
| ***Kartupeļu biezpiena plācenīši ar krējumu 225/20*** |

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

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| ***Tēja ar cukuru (200 g)...*** |

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| **2014.02.10.** |  |
| **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)...*** |

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

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

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

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| **Pusdienas** |

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

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| --- |
| ***Baltmaize / Rudzu maize (30/45 g)...*** |
| ***Citronu kompots (200 g)...*** |

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| --- |
| ***Dārzeņu zupa ar pupiņām, gaļu, kr.(250/12.5/5)*** |

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| --- |
| ***Dārzeņu zupa ar pupiņām, gaļu, kr.(250/12.5/5)*** |

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| --- |
| ***Kartupeļu biezenis 100 gr*** |
| ***Kartupeļu biezenis 150 gr.*** |

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

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

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| **Launags** |

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| ***Pīrādziņi ar rīsiem un olu (75 g)...*** |

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| **Vakariņas** |

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

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| ***Plānās pankūkas ar biezpienu un krējumu (150/20 g)...*** |
| ***Sviests (10 g)...*** |

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| ***Tēja ar cukuru (200 g)...*** |

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| **2014.02.11.** |  |
| **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 (30/30 g)...*** |

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

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| ***Piecgraudu pārslu biezputra ar sviestu 200/10*** |

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

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| **Pusdienas** |

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

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

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| ***Gaļas gulašs (100/50 g)...*** |

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| ***Kompots ar plūmēm (200 g)...*** |

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| ***Skābētu kāpostu salāti (50 g)...*** |
| ***Vārīti makaroni 150*** |

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| **Launags** |

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| ***Jogurts (200 g)...*** |
| ***Mājas bulciņa (50 g)...*** |

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| **Vakariņas** |

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

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| --- |
| ***Cīsiņa vārīta 100*** |

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| --- |
| ***Dārzeņu vinegrets ar gurķiem (100 g)...*** |
| ***Sviests (10 g)...*** |

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

**2014.05.05.** |  |
| **3** |
| **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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| **Launags** |

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| ***Augļi...*** |

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| ***Baltmaize ar kaus. sieru 40/30*** |

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| ***Tēja ar cukuru (200 g)...*** |

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| **Vakariņas** |

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| ***Baltmaize (30 g)...*** |
| ***Kartupeļu pankūkas ar krējumu (150/20 g)...*** |

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

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

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

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

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

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| ***Kotlete "Sevišķā" (100 g)*** |

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

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

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| **Launags** |

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

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

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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)...*** |
| ***Vafeles (50 g)...*** |

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| **Pusdienas** |

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

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

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

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

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

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| **Launags** |

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

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| **Vakariņas** |

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

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

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

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| ***Tēja ar cukuru (200 g)...*** |

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

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

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

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

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

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

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

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| **Launags** |

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| ***Augļi...*** |

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

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

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

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

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| **Launags** |

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| ***Augļi...*** |

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| ***Bulciņa ar kanēli (50 g)...*** |

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| **Vakariņas** |

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

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

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| ***Tēja ar cukuru (200 g)...*** |