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| **2013.11.03.** |  |
| **3** |
| **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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| **Launags** |

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| ***Augļi...*** |

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

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

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| **Vakariņas** |

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| ***Baltmaize / Rudzu maize (30/30 g)...*** |
| ***Makaroni ar sieru (150/10/10 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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| **Ēdnīcas vadītāja** | **S.Steļmačonoka** |

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| **Ārste** | **I.Serova** |

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| **SASKAŅOTS** |

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| **Skolas direktore** | **M. Raičonoka** |

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| **2013.11.04.** |  |
| **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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| ***Auzu pārslu biezputra ar sviestu (200/10 g)...*** |

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| ***Baltmaize ar sieru (30/20 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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| ***Baltmaize / Rudzu maize (30/45 g)...*** |

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

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| ***Burkānu salāti ar ķiplokiem (50g)*** |
| ***Citronu kompots (200 g)...*** |

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

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

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| **Launags** |

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| ***Augļi...*** |

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| ***Bulciņa ar rozīnēm ( 50g )*** |

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| **Vakariņas** |

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| ***Baltmaize (30 g)...*** |
| ***Plānās pankūkas ar gaļu un krējumu (165/5/20 g)...*** |

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

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| ***Tēja ar cukuru (200 g)...*** |

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| **2013.11.05.** |  |
| **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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| ***Rīsu biezputra ar sviestu ( 200/10 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 (30/45 g)...*** |

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| ***Dārzeņu zupa ar pupiņām, gaļu, kr.(250/12.5/5)*** |
| ***Kompots ar plūmēm (200 g)...*** |

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| ***Svaigi tomāti (50 g)...*** |

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| **Launags** |

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

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| **Vakariņas** |

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

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| ***Sautēti svaigi kāposti (200g)*** |

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

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| ***Zrazi 70 g*** |

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| **2013.11.06.** |  |
| **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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| ***Biezpiens ar krējumu un cukuru (150/30/3 g)...*** |

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

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| ***Tēja ar cukuru (200 g)...*** |
| ***Vārīta ola (1 gab.)...*** |

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| **Pusdienas** |

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| ***Aknas pa-stroganovski (100/50 g)..*** |

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

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| --- |
| ***Kartupeļu zupa ar zivju frikadelem (250/20 g)...*** |

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

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| ***Vārīti makaroni 150*** |

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| **Launags** |

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| ***Augļi...*** |

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

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| **Vakariņas** |

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

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| ***Sakņu ragu ar gaļu (50/150 g)...*** |

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

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| ***Ķefīrs (200 g)...*** |

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| **2013.11.07.** |  |
| **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 (30/20 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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| ***Kotlete "Sevišķā" (100 g)*** |
| ***Rīsu zupa ar liellopu gaļu (250/12.5 g)...*** |

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| ***Salāti ar svaigiem tomātiem un saldiem pipariem (50 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)...*** |

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| ***Dārzeņu vinegrets (200 g)...*** |
| ***Siļķe (fileja eļļā) (75 g)...*** |

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

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| ***Tēja ar cukuru (200 g)...*** |

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| **2013.11.08.** |  |
| **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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| ***Griķu biezputra ar sviestu un pienu 200/10*** |

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| ***Kafija ar pienu (200 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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| ***Biešu un skābu kāpostu salāti 100 gr.*** |
| ***Cepta zivis - pangas. fileja (100 g)...*** |

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

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

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| **Launags** |

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| ***Augļi...*** |

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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 (30 g)...*** |

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| ***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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| **2013.11.09.** |  |
| **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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| ***Sliņki varēniki 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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| **Pusdienas** |

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

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

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| ***Dabiskā šnicele ( 91/ 5g )*** |
| ***Svaigi tomāti (50 g)...*** |

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| ***Svaigu kāpostu zupa ar gaļu un krējumu (250/12.5/5 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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| ***Manniks ar ķīseli (150/100 g)...*** |

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| **Vakariņas** |

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

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

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

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| ***Tēja ar cukuru (200 g)...*** |

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| **2013.11.10.** |  |
| **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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| ***Biezpiena sieriņš Mazulis (1gab.)...*** |

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

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| ***Omlete ar sieru (115 g)...*** |
| ***Sviests (10 g)...*** |

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| **Pusdienas** |

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

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| ***Cepelīni ar gaļu un krējumu (200/20 g)...*** |
| ***Kompots no bumbieriem (200 g)...*** |

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| ***Rīsu zupa ar liellopu gaļu (250/12.5 g)...*** |

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| ***Svaigu kāpostu salāti (50 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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| ***Makaronniks ar gaļu (235/5 g)...*** |

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| ***Svaigi gurķi (30 g)...*** |

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