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| **2013.10.08.** |  |
| **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 (30/20 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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| --- |
| ***Aprikožu kompots (200 g)...*** |

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| --- |
| ***Azu (100/250 g)...*** |
| ***Baltmaize / Rudzu maize (30/45 g)...*** |

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

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| ***Svaigi tomāti (50 g)...*** |

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| **Launags** |

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| ***Bulciņa ar rozīnēm ( 50g )*** |

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| **Vakariņas** |

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

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| ***Makaronu sacepums ar aknām 240*** |
| ***Svaigi gurķi (30 g)...*** |

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

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| ***Tēja ar cukuru (200 g)...*** |

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| **2013.10.09.** |  |
| **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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| ***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)*** |
| ***Kartupeļu biezenis (200 g)...*** |

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

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| ***Rozīņu kompots (200 g)...*** |

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| **Launags** |

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| ***Augļi...*** |

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

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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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| **2013.10.10.** |  |
| **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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| ***Kafija ar pienu (200 g)...*** |

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| ***Makaroni ar sieru (150/10/10 g)...*** |

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| ***Svaigi gurķi (30 g)...*** |
| ***Sviests (10 g)...*** |

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| ***Vārīta ola (1 gab.)...*** |

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| **Pusdienas** |

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

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

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| ***Svaigi tomāti (50 g)...*** |

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| ***Svaigu kāpostu zupa ar gaļu un krējumu (250/12.5/5 g)...*** |
| ***Vista ar mērci (150/50 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 pudiņš 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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| **2013.10.11.** |  |
| **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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| ***Rasoļniks ar gaļu un krējumu (250/12.5/5 g)...*** |

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| ***Salāti "Apetīte" (50 g)...*** |
| ***Vārīti makaroni (200 g)*** |

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| ***Zivju plācenīši mājas gaumē (100/5 g)*** |

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| ***Ābolu kompots (200 g)...*** |

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

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| **2013.10.12.** |  |
| **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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| ***Apelsīnu kompots (200 g)...*** |

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

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| ***Bifšteks (100g)...*** |
| ***Kartupeļu biezenis (200 g)...*** |

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| ***Kartupeļu zupa ar zirnīšiem un 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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| ***Baltmaize ar šokolades krēmu 40/30*** |

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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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| ***Dārzeņu salāts (100 g)...*** |

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

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

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| **2013.10.13.** |  |
| **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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| ***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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| ***Citronu kompots (200 g)...*** |
| ***Dabiskā šnicele ( 91/ 5g )*** |

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

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| ***Svaigi tomāti (50 g)...*** |

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| ***Vārīti kartupeļi 100 Gr.*** |

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| **Launags** |

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| ***Augļi...*** |

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

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| **2013.10.14.** |  |
| **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 (30/30 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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| --- |
| ***Apelsīnu kompots (200 g)...*** |

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

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| ***Kartupeļu biezenis (200 g)...*** |
| ***Salāti "Veselība" (majonēze) (100 g)...*** |

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

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| ***Vistas malt. kotlete (100 g)*** |

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| **Launags** |

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| ***Augļi...*** |

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

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| **Vakariņas** |

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| ***Makaronniks ar gaļu (235/5 g)...*** |
| ***Rudzumaize (30 g)...*** |

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| ***Svaigi tomāti (30 g)...*** |

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| ***Tēja ar cukuru (200 g)...*** |

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| **2013.10.15.** |  |
| **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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| ***Baltmaize / Rudzu maize (30/45 g)...*** |

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

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| ***Gurķi marinēti (50 g)...*** |
| ***Plovs ar cūkgaļu (100/200 g)...*** |

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

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| **Launags** |

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

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| **2013.10.16.** |  |
| **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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| ***Makaroni ar sieru (150/10/10 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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| ***Aprikožu kompots (200 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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| ***Kartupeļu biezenis (200 g)...*** |

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| ***Kotlete "Sevišķā" (100 g)*** |

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| ***Salāti "Vitamīns" (60 g)...*** |

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| **Launags** |

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| ***Jogurts (200 g)...*** |

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| ***Skolas bulciņa (45 g)...*** |

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| **Vakariņas** |

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

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| ***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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| **2013.10.17.** |  |
| **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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| ***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 (30/45 g)...*** |

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| ***Gaļas gulašs (100/50 g)...*** |
| ***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 (50 g)...*** |

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| ***Vārīti makaroni 150*** |

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| **Launags** |

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

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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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| ***Ķefīrs (200 g)...*** |

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| **2013.10.18.** |  |
| **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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| ***Cepta zivis -pangas. fileja (100 g)...*** |

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| ***Kartupeļu biezenis (200 g)...*** |
| ***Piena zupa ar miltu klimpām (250 g)...*** |

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

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

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

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| --- |
| ***Burkānu salāti ar krējumu (50 g)...*** |

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| --- |
| ***Cīsiņa vārīta 100*** |

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

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| ***Vārīti griķi (150 gr.)*** |

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| **2013.10.19.** |  |
| **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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| --- |
| ***Maltā gaļa mērcē (50/50)*** |

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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 makaroni 150*** |

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| **Pusdienas** |

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| --- |
| ***Baltmaize / Rudzu maize (30/45 g)...*** |
| ***Dabiskā šnicele 72*** |

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

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

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| ***Vārīti kartupeļi 100 Gr.*** |
| ***Ābolu kompots (200 g)...*** |

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| **Launags** |

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| ***Augļi...*** |
| ***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)...*** |

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| ***Kafija ar pienu (200 g)...*** |
| ***Raugas pankūkas ar rozīniem un krējumu(150/20 g)...*** |

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

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| **2013.10.20.** |  |
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| **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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| ***Sliņki varēniki ar krējumu (150/20 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 (30/45 g)...*** |

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| ***Biešu zupa ar krējumu un gaļu (250 /5/12.5 g)...*** |
| ***Liellopu gaļa ar plūmem (100/50 g)*** |

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| ***Svaigi tomāti (50 g)...*** |

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| ***Vārīti makaroni 150*** |

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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)...*** |