

## Nedēļas ēdienkarte Grupa

5.-9.klase

| pirmdiena, 12.oktobris                            | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas  | Alerģēni |
|---------------------------------------------------|----------|------------|----------------|--------------|---------------|--------------|--------------|---------------|----------|
| <b>Pusdienas</b>                                  |          |            |                |              |               |              |              |               |          |
| Svaigu kāpostu zupa ar cūkgalu                    | 250      | 117        | 3.84           | 6.977        | 9.552         | 0.25         |              | 3.966         |          |
| Cūkgala saldā krējuma mērcē                       | 100      | 190        | 11.507         | 13.981       | 4.497         | 0.204        |              | 0.447         | 1;7;9    |
| Vārīta pasta - makaroni                           | 200      | 346        | 11.193         | 3.547        | 65.975        | 0.8          |              |               | 1.       |
| Kraukšķīgie dārzeņu salāti ar citronu eļļas mērci | 90       | 50         | 1.011          | 4.212        | 2.347         |              |              | 1.106         |          |
| Rudzu maize                                       | 20       | 52         | 1.72           | 0.28         | 10.04         |              |              | 1.1           | 1.       |
| Kefīrs                                            | 200      | 96         | 6.4            | 4.           | 9.            |              |              |               | 7.       |
| <b>kopā:</b>                                      |          | <b>851</b> | <b>35.67</b>   | <b>33.00</b> | <b>101.41</b> | <b>1.254</b> | <b>0</b>     | <b>6.619</b>  |          |
| <b>Otrā Izvēle</b>                                |          |            |                |              |               |              |              |               |          |
| Svaigu kāpostu zupa ar cūkgalu                    | 200      | 94         | 3.072          | 5.582        | 7.641         | 0.2          |              | 3.173         |          |
| Cūkgala saldā krējuma mērcē                       | 100      | 203        | 11.541         | 15.286       | 4.825         | 0.3          |              | 0.163         | 7.       |
| Vārīti rīsi                                       | 200      | 186        | 5.3            | 0.265        | 39.22         | 0.25         |              | 5.565         |          |
| Dārzeņu un lapu salāti dažādu zaļumu mērcē        | 100      | 75         | 1.03           | 6.713        | 3.013         |              |              | 0.941         | 10.      |
| Rudzu maize                                       | 60       | 155        | 5.16           | 0.84         | 30.12         |              |              | 3.3           | 1.       |
| Kefīrs                                            | 200      | 96         | 6.4            | 4.           | 9.            |              |              |               | 7.       |
| <b>kopā:</b>                                      |          | <b>809</b> | <b>32.50</b>   | <b>32.69</b> | <b>93.82</b>  | <b>0.750</b> | <b>0</b>     | <b>13.142</b> |          |
| <b>otrdiena, 13.oktobris</b>                      |          |            |                |              |               |              |              |               |          |
| <b>Pusdienas</b>                                  |          |            |                |              |               |              |              |               |          |
| Biešu zupa                                        | 250      | 78         | 1.79           | 2.7          | 11.335        | 1.           | 0.75         | 2.716         |          |
| Krējums skābs                                     | 20       | 40         | 0.52           | 4.           | 0.54          |              |              |               | 7.       |
| Plovs ar cūkgalu                                  | 300      | 423        | 17.368         | 18.309       | 47.31         | 1.2          |              | 4.178         |          |
| Kāpostu salāti ar papriku un eļļu                 | 100      | 73         | 1.283          | 5.204        | 5.207         | 0.3          | 1.5          | 2.885         |          |
| Kiršu dzēriens                                    | 200      | 88         | 0.33           | 0.09         | 20.9          |              |              | 0.41          |          |
| Rudzu maize                                       | 60       | 155        | 5.16           | 0.84         | 30.12         |              |              | 3.3           | 1.       |
| <b>kopā:</b>                                      |          | <b>857</b> | <b>26.45</b>   | <b>31.14</b> | <b>115.41</b> | <b>2.500</b> | <b>2.250</b> | <b>13.489</b> |          |
| <b>Otrā Izvēle</b>                                |          |            |                |              |               |              |              |               |          |
| Biešu zupa                                        | 250      | 78         | 1.79           | 2.7          | 11.335        | 1.           | 0.75         | 2.716         |          |
| Krējums skābs                                     | 10       | 20         | 0.26           | 2.           | 0.27          |              |              |               | 7.       |
| Makaroni ar malto cūkgalu                         | 300      | 298        | 17.863         | 16.916       | 18.426        | 0.6          |              | 6.968         |          |
| Krējums skābs                                     | 20       | 40         | 0.52           | 4.           | 0.54          |              |              |               | 7.       |
| Tomāti ar zaļumiem un eļļu                        | 100      | 38         | 1.169          | 2.229        | 2.975         |              |              | 1.178         |          |
| Kiršu dzēriens                                    | 200      | 88         | 0.33           | 0.09         | 20.9          |              |              | 0.41          |          |
| Rudzu maize                                       | 60       | 155        | 5.16           | 0.84         | 30.12         |              |              | 3.3           | 1.       |
| <b>kopā:</b>                                      |          | <b>717</b> | <b>27.09</b>   | <b>28.78</b> | <b>84.57</b>  | <b>1.600</b> | <b>0.750</b> | <b>14.572</b> |          |
| <b>trešdiena, 14.oktobris</b>                     |          |            |                |              |               |              |              |               |          |
| <b>Pusdienas</b>                                  |          |            |                |              |               |              |              |               |          |
| Cūkgalas kotlete                                  | 80       | 211        | 14.427         | 14.728       | 4.817         | 0.32         |              | 0.671         | 1;3      |
| Kartupeļu biežputra                               | 230      | 194        | 6.226          | 2.191        | 36.368        | 0.46         |              | 4.83          | 7.       |
| Burkānu salāti ar sezama sēkliņām                 | 100      | 94         | 2.352          | 7.524        | 5.237         | 0.2          |              | 4.124         | 11.      |
| Rudzu maize                                       | 40       | 104        | 3.44           | 0.56         | 20.08         |              |              | 2.2           | 1.       |
| Persiku jogurta dzēriens                          | 200      | 140        | 5.504          | 2.828        | 23.046        |              |              | 0.702         | 7.       |
| Ūdens ar dzērveņu garšu                           | 200      | 49         | 0.02           |              | 12.16         |              |              | 0.36          |          |
| <b>kopā:</b>                                      |          | <b>793</b> | <b>31.97</b>   | <b>27.83</b> | <b>101.71</b> | <b>0.980</b> | <b>0</b>     | <b>12.887</b> |          |
| <b>Otrā Izvēle</b>                                |          |            |                |              |               |              |              |               |          |
| Cūkgalas kotlete                                  | 70       | 140        | 9.624          | 9.506        | 3.835         |              |              | 0.721         | 1;3;7    |
| Kausētā siera mērcē                               | 75       | 125        | 5.214          | 9.58         | 4.18          | 0.303        |              | 0.072         | 1;7;9    |
| Vārīti griķi                                      | 230      | 254        | 5.692          | 1.214        | 55.103        | 0.23         |              | 2.429         |          |
| Gurķu salāti ar zaļumiem un eļļu                  | 100      | 31         | 0.7            | 2.216        | 2.009         | 0.1          |              | 0.616         |          |
| Persiku jogurta dzēriens                          | 200      | 140        | 5.504          | 2.828        | 23.046        |              |              | 0.702         | 7.       |
| Ūdens ar dzērveņu garšu                           | 200      | 49         | 0.02           |              | 12.16         |              |              | 0.36          |          |
| Rudzu maize                                       | 40       | 99         | 3.44           | 0.56         | 20.08         |              |              | 2.2           | 1.       |
| <b>kopā:</b>                                      |          | <b>839</b> | <b>30.19</b>   | <b>25.90</b> | <b>120.41</b> | <b>0.633</b> | <b>0</b>     | <b>7.100</b>  |          |
| <b>ceturtdiena, 15.oktobris</b>                   |          |            |                |              |               |              |              |               |          |
| <b>Pusdienas</b>                                  |          |            |                |              |               |              |              |               |          |
| Frikadeļu zupa                                    | 200      | 99         | 4.917          | 3.177        | 12.239        | 0.2          |              | 2.156         | 9.       |
| Maltās gaļas tomātu mērce                         | 100      | 146        | 8.262          | 11.464       | 2.642         | 0.4          |              | 0.865         |          |
| Vārīta pasta                                      | 250      | 504        | 21.592         | 23.826       | 50.527        | 0.25         |              | 2.68          | 1;7;9    |
| Baltie redīsi ar gurķiem                          | 100      | 14         | 0.872          | 0.152        | 1.987         |              |              | 1.072         |          |
| Rudzu maize                                       | 40       | 104        | 3.44           | 0.56         | 20.08         |              |              | 2.2           | 1.       |
| Kefīrs                                            | 200      | 96         | 6.             | 4.           | 9.            |              |              |               | 7.       |
| <b>kopā:</b>                                      |          | <b>826</b> | <b>36.95</b>   | <b>32.72</b> | <b>93.97</b>  | <b>0.450</b> | <b>0</b>     | <b>8.108</b>  |          |
| <b>Otrā Izvēle</b>                                |          |            |                |              |               |              |              |               |          |
| Frikadeļu zupa                                    | 200      | 99         | 4.917          | 3.177        | 12.239        | 0.2          |              | 2.156         | 9.       |
| Krējums skābs                                     | 10       | 20         | 0.26           | 2.           | 0.27          |              |              |               | 7.       |



# Daily

Anna Rūpina  
medicāle  
medicāle

|                                     |     |     |       |        |        |       |       |        |    |
|-------------------------------------|-----|-----|-------|--------|--------|-------|-------|--------|----|
| Maltās gaļas tomātu mērce           | 100 | 146 | 8.262 | 11.464 | 2.642  | 0.4   |       | 0.865  |    |
| Vārītās pērļu grūbas                | 200 | 184 | 5.335 | 0.77   | 39.05  | 0.2   |       | 2.53   | 1. |
| Kāpostu svaigu biešu salāti ar eļļu | 100 | 94  | 1.299 | 7.677  | 4.961  | 0.1   | 0.3   | 2.805  |    |
| Rudzu maize                         | 60  | 155 | 5.16  | 0.84   | 30.12  |       |       | 3.3    | 1. |
| Augļu un ogu dzēriens               | 200 | 47  | 0.312 | 0.272  | 10.422 |       | 5.    | 1.624  |    |
| kopā:                               |     | 746 | 25.55 | 26.20  | 99.70  | 0.900 | 5.300 | 13.280 |    |

| piektdiena, 16.oktobris                         | Svars, g | Kcal | Olbaltumvielas | Tauki  | Ogļhidrāti | Sāls  | Cukurs | Šķiedrvielas | Alerģēni |
|-------------------------------------------------|----------|------|----------------|--------|------------|-------|--------|--------------|----------|
| <b>Pusdienas</b>                                |          |      |                |        |            |       |        |              |          |
| Škelto zirņu zupa                               | 250      | 133  | 7.339          | 5.462  | 13.614     | 1.    |        | 2.965        | 4;9      |
| Krējums skābs                                   | 10       | 20   | 0.26           | 2.     | 0.27       |       |        |              | 7.       |
| Vistas gaļas kotlete                            | 80       | 185  | 12.183         | 13.482 | 3.152      |       |        | 0.335        | 1;7      |
| Kartupeļu biezenis                              | 250      | 186  | 5.3            | 0.265  | 39.22      | 0.25  |        | 5.565        |          |
| Tomātu un gurķu salāti ar krējumu               | 100      | 61   | 1.24           | 5.16   | 2.3        | 0.1   |        | 0.6          | 7.       |
| Jāņogu dzēriens                                 | 200      | 27   | 0.227          | 0.046  | 5.982      |       | 5.     | 0.7          |          |
| Rudzu maize                                     | 60       | 155  | 5.16           | 0.84   | 30.12      |       |        | 3.3          | 1.       |
| kopā:                                           |          | 767  | 31.71          | 27.26  | 94.66      | 1.350 | 5.000  | 13.465       |          |
| <b>Otrā izvēle</b>                              |          |      |                |        |            |       |        |              |          |
| Škelto zirņu zupa                               | 200      | 84   | 5.709          | 4.327  | 5.499      | 0.8   |        | 2.164        | 4;9      |
| Krējums skābs                                   | 10       | 20   | 0.26           | 2.     | 0.27       |       |        |              | 7.       |
| Vistas gaļas kotlete                            | 80       | 163  | 10.823         | 11.887 | 2.585      | 0.402 |        | 0.572        | 1;7      |
| Vārīti griķi                                    | 250      | 319  | 11.432         | 2.705  | 59.452     |       |        | 6.774        | 1.       |
| Zaļie lapu salāti ar dārzeņiem un krējuma mērci | 100      | 53   | 1.535          | 4.009  | 2.69       |       |        | 1.172        | 7.       |
| Jāņogu dzēriens                                 | 200      | 27   | 0.227          | 0.046  | 5.982      |       | 5.     | 0.7          |          |
| Rudzu maize                                     | 60       | 155  | 5.16           | 0.84   | 30.12      |       |        | 3.3          | 1.       |
| kopā:                                           |          | 821  | 35.15          | 25.81  | 106.60     | 1.202 | 5.000  | 14.682       |          |