

# Nedēļas ēdienkarte

## Grupa

## 1.-4.klase

|                                                       | pirmdiena, 7.septembris | Svars, g   | Kcal         | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|-------------------------------------------------------|-------------------------|------------|--------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Pusdienas</b>                                      |                         |            |              |                |              |              |              |              |              |          |
| Galas zupa ar putraimiem un dārzeņiem                 | 150                     | 54         | 2.737        | 1.693          | 6.874        | 0.6          |              |              | 2.048        | 1;9      |
| Krējums skābs                                         | 5                       | 11         | 0.15         | 1.             | 0.22         |              |              |              |              | 7.       |
| Cūkgaļas strogonovs                                   | 80                      | 162        | 9.233        | 12.229         | 3.86         | 0.24         |              |              | 0.131        | 7.       |
| Vārīti rīsi                                           | 180                     | 204        | 4.039        | 0.356          | 46.154       | 0.18         |              |              | 0.832        |          |
| Kīnas kāpostu salāti ar dillēm un eļļu                | 50                      | 11         | 0.762        | 0.602          | 1.12         | 0.2          |              |              | 0.518        |          |
| Tomāti ar zaļumiem un krējumu                         | 50                      | 26         | 0.684        | 1.887          | 1.421        | 0.05         |              |              | 0.457        | 7.       |
| Skābā krējuma mārutku mērce                           | 10                      | 20         | 0.259        | 1.904          | 0.355        | 0.01         | 0.01         |              | 0.003        | 7.       |
| Kefīrs                                                | 200                     | 96         | 6.           | 4.             | 9.           |              |              |              |              | 7.       |
| <b>kopā:</b>                                          |                         | <b>584</b> | <b>23.86</b> | <b>23.67</b>   | <b>69.00</b> | <b>1.280</b> | <b>0.010</b> | <b>3.989</b> |              |          |
| <b>Otrā izvēle</b>                                    |                         |            |              |                |              |              |              |              |              |          |
| Vārīts kuskuss                                        |                         | 0          | 0            | 0              | 0            | 0            | 0            | 0            | 0            | 1.       |
| <b>Launags</b>                                        |                         |            |              |                |              |              |              |              |              |          |
| Auglis                                                | 50                      | 28         | 0.395        | 0.125          | 6.1          |              |              |              | 0.35         |          |
| Kakao dzēriens                                        | 200                     | 98         | 6.433        | 4.433          | 8.467        |              |              |              | 1.034        | 7.       |
| Cukurs baltais                                        | 2                       | 8          |              |                | 1.996        |              | 2.           |              |              |          |
| Saldskābmaize                                         | 40                      | 90         | 2.52         | 0.4            | 19.2         |              |              |              | 1.8          | 1.       |
| Sviests                                               | 5                       | 37         | 0.03         | 4.125          | 0.22         |              |              |              |              | 7.       |
| Siers                                                 | 20                      | 68         | 4.96         | 5.36           |              |              |              |              |              | 7.       |
| <b>kopā:</b>                                          |                         | <b>330</b> | <b>14.34</b> | <b>14.44</b>   | <b>35.98</b> | <b>0</b>     | <b>2.000</b> | <b>3.184</b> |              |          |
| <b>otrdiena, 8.septembris</b>                         |                         |            |              |                |              |              |              |              |              |          |
| <b>Pusdienas</b>                                      |                         |            |              |                |              |              |              |              |              |          |
| Vistas gaļas zupa ar rīsiem                           | 150                     | 131        | 6.816        | 6.522          | 11.164       | 0.15         |              |              | 0.943        |          |
| Krējums skābs                                         | 5                       | 11         | 0.15         | 1.             | 0.22         |              |              |              |              | 7.       |
| Cūkgaļas teftelis                                     | 70                      | 156        | 9.783        | 9.489          | 7.563        |              |              |              | 0.404        | 1;3;7    |
| Vārīti kartupeļi                                      | 180                     | 130        | 3.816        | 0.191          | 28.238       | 0.18         |              |              | 4.007        |          |
| Tomātu un piena mērce                                 | 30                      | 17         | 0.661        | 0.664          | 2.159        | 0.12         |              |              |              | 7.       |
| Burkānu salāti ar eļļu                                | 50                      | 35         | 0.48         | 2.596          | 2.554        | 0.1          | 0.25         |              | 1.728        |          |
| Kolrābji                                              | 50                      | 12         | 0.95         | 0.05           | 1.85         |              |              |              | 0.7          |          |
| Skābā krējuma ķiploku mērce                           | 10                      | 21         | 0.276        | 2.081          | 0.316        | 0.01         | 0.01         |              | 0.004        | 7.       |
| Ūdens ar cidonijām                                    | 200                     | 4          | 0.04         | 0.05           | 0.73         |              |              |              | 0.4          |          |
| Rudzu maize                                           | 20                      | 50         | 1.72         | 0.28           | 10.04        |              |              |              | 1.1          | 1.       |
| <b>kopā:</b>                                          |                         | <b>566</b> | <b>24.69</b> | <b>22.92</b>   | <b>64.83</b> | <b>0.560</b> | <b>0.260</b> | <b>9.286</b> |              |          |
| <b>Otrā izvēle</b>                                    |                         |            |              |                |              |              |              |              |              |          |
| Vārīti griķi                                          | 0                       | 0          | 0            | 0              | 0            | 0            | 0            | 0            | 0            |          |
| <b>Launags</b>                                        |                         |            |              |                |              |              |              |              |              |          |
| Rauga pankūka                                         | 120                     | 389        | 8.601        | 21.255         | 40.671       | 0.36         | 6.           |              | 0.047        | 1;3;7    |
| Krējums skābs                                         | 15                      | 32         | 0.45         | 3.             | 0.66         |              |              |              |              | 7.       |
| Zāļu tēja                                             | 200                     |            |              |                |              |              |              |              |              |          |
| <b>kopā:</b>                                          |                         | <b>421</b> | <b>9.05</b>  | <b>24.26</b>   | <b>41.33</b> | <b>0.360</b> | <b>6.000</b> | <b>0.047</b> |              |          |
| <b>trešdiena, 9.septembris</b>                        |                         |            |              |                |              |              |              |              |              |          |
| <b>Pusdienas</b>                                      |                         |            |              |                |              |              |              |              |              |          |
| Plovs ar vistas gaļu                                  | 220                     | 409        | 15.387       | 12.31          | 58.761       | 0.88         |              |              | 2.723        |          |
| Tomātu un gurķu salāti ar krējumu                     | 40                      | 24         | 0.496        | 2.064          | 0.92         | 0.04         |              |              | 0.24         | 7.       |
| Kīnas kāpostu un svaigu dārzeņu salāti ar eļļas mērci | 50                      | 18         | 0.621        | 1.236          | 1.268        |              |              |              | 0.605        |          |
| Piens                                                 | 150                     | 72         | 4.8          | 3.             | 6.75         |              |              |              |              | 7.       |
| Citronu biezpienkāms                                  | 50                      | 93         | 6.219        | 5.536          | 4.387        |              | 2.5          |              |              | 7.       |
| Ogu ķīselis                                           | 100                     | 99         | 0.32         | 0.102          | 23.644       |              | 5.           |              | 0.993        |          |
| <b>kopā:</b>                                          |                         | <b>715</b> | <b>27.84</b> | <b>24.25</b>   | <b>95.73</b> | <b>0.920</b> | <b>7.500</b> | <b>4.561</b> |              |          |
| <b>Otrā izvēle</b>                                    |                         |            |              |                |              |              |              |              |              |          |
| Dārzeņu un kabaču sautējums ar cūkgaļu                | 0                       | 0          | 0            | 0              | 0            | 0            | 0            | 0            | 0            |          |
| <b>Launags</b>                                        |                         |            |              |                |              |              |              |              |              |          |
| Pasta ar dārzeņiem                                    | 200                     | 329        | 1.953        | 10.214         | 49.429       | 0.2          |              |              | 4.088        | 1;9      |
| Siers                                                 | 30                      | 102        | 7.44         | 8.04           |              |              |              |              |              | 7.       |
| Zāļu tēja                                             | 200                     |            |              |                |              |              |              |              |              |          |
| <b>kopā:</b>                                          |                         | <b>431</b> | <b>9.39</b>  | <b>18.25</b>   | <b>49.43</b> | <b>0.200</b> | <b>0</b>     | <b>4.088</b> |              |          |

| ceturtdiena, 10.septembris        | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|-----------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Pusdienas</b>                  |          |            |                |              |              |              |              |              |          |
| Laša zupa ar dārzeņiem            | 220      | 101        | 5.543          | 4.795        | 8.689        | 0.88         |              | 4.211        | 4.       |
| Krējums skābs                     | 5        | 11         | 0.15           | 1.           | 0.22         |              |              |              | 7.       |
| Maltas cūkgaļas mērce             | 100      | 160        | 11.491         | 10.089       | 5.818        | 0.4          |              | 0.545        | 1;7      |
| Vārīti rīsi                       | 180      | 204        | 4.039          | 0.356        | 46.154       | 0.18         |              | 0.832        |          |
| Ziedkāposti                       | 50       | 11         | 1.25           | 0.15         | 1.15         |              |              | 1.45         |          |
| Kāpostu salāti ar papriku un eļļu | 50       | 36         | 0.642          | 2.602        | 2.604        | 0.15         | 0.75         | 1.442        |          |
| Eļļas citrona mērce               | 5        | 41         | 0.005          | 4.504        | 0.272        | 0.005        | 0.25         | 0.001        |          |
| Ūdens ar laimu                    | 200      | 34         | 0.338          | 0.443        | 6.912        |              |              | 0.664        |          |
| <b>kopā:</b>                      |          | <b>598</b> | <b>23.46</b>   | <b>23.94</b> | <b>71.82</b> | <b>1.615</b> | <b>1.000</b> | <b>9.145</b> |          |
| <b>Otrā izvēle</b>                |          |            |                |              |              |              |              |              |          |
| Vārīts gaišais bulgurs            | 0        | 0          | 0              | 0            | 0            | 0            | 0            | 0            | 1.       |
| <b>Launags</b>                    |          |            |                |              |              |              |              |              |          |
| Zāļu tēja                         | 200      |            |                |              |              |              |              |              |          |
| Karstmaize ar desu un sieru       | 60       | 225        | 7.9            | 14.05        | 16.53        |              |              | 1.05         | 1;10;3;7 |
| <b>kopā:</b>                      |          | <b>225</b> | <b>7.90</b>    | <b>14.05</b> | <b>16.53</b> | <b>0</b>     | <b>0</b>     | <b>1.050</b> |          |
| <b>piektdiena, 11.septembris</b>  |          |            |                |              |              |              |              |              |          |
| <b>Pusdienas</b>                  |          |            |                |              |              |              |              |              |          |
| Rasolņiks                         | 150      | 107        | 1.543          | 6.213        | 11.115       | 0.6          | 0.75         | 2.032        | 9.       |
| Krējums skābs                     | 5        | 11         | 0.15           | 1.           | 0.22         |              |              |              | 7.       |
| Cepts vistas šķiņķītis            | 60       | 190        | 14.855         | 14.255       | 0.242        | 0.24         |              | 0.026        |          |
| Kartupeļu biezputra               | 150      | 127        | 4.06           | 1.429        | 23.718       | 0.3          |              | 3.15         | 7.       |
| Kāļu burkānu salāti ar krējumu    | 50       | 24         | 0.647          | 1.092        | 2.978        | 0.05         | 0.05         | 1.508        | 7.       |
| Tomāti                            | 50       | 9          | 0.5            | 0.1          | 1.3          |              |              | 0.5          |          |
| Rudzu maize                       | 20       | 50         | 1.72           | 0.28         | 10.04        |              |              | 1.1          | 1.       |
| Piens                             | 150      | 72         | 4.8            | 3.           | 6.75         |              |              |              | 7.       |
| <b>kopā:</b>                      |          | <b>590</b> | <b>28.28</b>   | <b>27.37</b> | <b>56.36</b> | <b>1.190</b> | <b>0.800</b> | <b>8.316</b> |          |
| <b>Otrā izvēle</b>                |          |            |                |              |              |              |              |              |          |
| Vārīti griķi                      | 0        | 0          | 0              | 0            | 0            | 0            | 0            | 0            |          |
| <b>Launags</b>                    |          |            |                |              |              |              |              |              |          |
| Ābolu pankūka                     | 100      | 250        | 6.816          | 13.337       | 25.415       | 0.2          | 3.2          | 0.307        | 1;3;7    |
| Mīcītas ogas ar cukuru            | 20       | 16         | 0.17           | 0.062        | 3.426        |              | 2.           | 0.394        |          |
| Zāļu tēja                         | 200      |            |                |              |              |              |              |              |          |
| Auglis                            | 100      | 56         | 0.79           | 0.25         | 12.2         |              |              | 0.7          |          |
| <b>kopā:</b>                      |          | <b>322</b> | <b>7.78</b>    | <b>13.65</b> | <b>41.04</b> | <b>0.200</b> | <b>5.200</b> | <b>1.401</b> |          |

## Nedēļas ēdienkarte

### Grupa

## 5.-9.klase

|                                                       | pirmdiena, 7.septembris    | Svars, g | Kcal   | Olbaltumvi<br>elas | Tauki  | Ogļhidrāti | Sāls  | Cukurs | Šķiedrvi<br>las | Alerģēni |
|-------------------------------------------------------|----------------------------|----------|--------|--------------------|--------|------------|-------|--------|-----------------|----------|
| Pusdienas                                             |                            |          |        |                    |        |            |       |        |                 |          |
| Gaļas zupa ar putrainiem un dārzeņiem                 | 200                        | 72       | 3.649  | 2.258              | 9.166  | 0.8        |       |        | 2.731           | 1;9      |
| Krējums skābs                                         | 5                          | 11       | 0.15   | 1.                 | 0.22   |            |       |        |                 | 7.       |
| Cūkgaļas strogonovs                                   | 100                        | 203      | 11.541 | 15.286             | 4.825  | 0.3        |       |        | 0.163           | 7.       |
| Vārīti rīsi                                           | 200                        | 227      | 4.488  | 0.396              | 51.282 | 0.2        |       |        | 0.924           |          |
| Ķīnas kāpostu salāti ar dillēm un eļļu                | 50                         | 11       | 0.762  | 0.602              | 1.12   | 0.2        |       |        | 0.518           |          |
| Tomāti ar zaļumiem un krējumu                         | 50                         | 26       | 0.684  | 1.887              | 1.421  | 0.05       |       |        | 0.457           | 7.       |
| Skābā krējuma mārrutku mērce                          | 10                         | 20       | 0.259  | 1.904              | 0.355  | 0.01       | 0.01  |        | 0.003           | 7.       |
| Rudzu maize                                           | 40                         | 99       | 3.44   | 0.56               | 20.08  |            |       |        | 2.2             | 1.       |
| Kefīrs                                                | 200                        | 96       | 6.     | 4.                 | 9.     |            |       |        |                 | 7.       |
| kopā:                                                 |                            | 764      | 30.97  | 27.89              | 97.47  | 1.560      | 0.010 |        | 6.996           |          |
| Otrā izvēle                                           |                            |          |        |                    |        |            |       |        |                 |          |
| Vārīts kuskuss                                        | 0                          | 0        | 0      | 0                  | 0      | 0          | 0     | 0      | 0               | 1.       |
|                                                       |                            |          |        |                    |        |            |       |        |                 |          |
|                                                       | otrdiena, 8.septembris     | Svars, g | Kcal   | Olbaltumvi<br>elas | Tauki  | Ogļhidrāti | Sāls  | Cukurs | Šķiedrvi<br>las | Alerģēni |
| Pusdienas                                             |                            |          |        |                    |        |            |       |        |                 |          |
| Vistas gaļas zupa ar rīsiem                           | 200                        | 174      | 9.088  | 8.696              | 14.885 | 0.2        |       |        | 1.257           |          |
| Krējums skābs                                         | 10                         | 21       | 0.3    | 2.                 | 0.44   |            |       |        |                 | 7.       |
| Cūkgaļas teftelis                                     | 80                         | 178      | 11.18  | 10.844             | 8.644  |            |       |        | 0.462           | 1;3;7    |
| Vārīti kartupeļi                                      | 200                        | 144      | 4.24   | 0.212              | 31.376 | 0.2        |       |        | 4.452           |          |
| Tomātu un piena mērce                                 | 50                         | 29       | 1.102  | 1.107              | 3.599  | 0.2        |       |        |                 | 7.       |
| Burkānu salāti ar eļļu                                | 50                         | 35       | 0.48   | 2.596              | 2.554  | 0.1        | 0.25  |        | 1.728           |          |
| Kolrābji                                              | 50                         | 12       | 0.95   | 0.05               | 1.85   |            |       |        | 0.7             |          |
| Skābā krējuma ķiploku mērce                           | 10                         | 21       | 0.276  | 2.081              | 0.316  | 0.01       | 0.01  |        | 0.004           | 7.       |
| Ēdens ar cidonijām                                    | 200                        | 4        | 0.04   | 0.05               | 0.73   |            |       |        | 0.4             |          |
| Rudzu maize                                           | 80                         | 198      | 6.88   | 1.12               | 40.16  |            |       |        | 4.4             | 1.       |
| kopā:                                                 |                            | 817      | 34.54  | 28.76              | 104.55 | 0.710      | 0.260 |        | 13.403          |          |
| Otrā izvēle                                           |                            |          |        |                    |        |            |       |        |                 |          |
| Vārīti griķi                                          | 0                          | 0        | 0      | 0                  | 0      | 0          | 0     | 0      | 0               |          |
|                                                       |                            |          |        |                    |        |            |       |        |                 |          |
|                                                       | trešdiena, 9.septembris    | Svars, g | Kcal   | Olbaltumvi<br>elas | Tauki  | Ogļhidrāti | Sāls  | Cukurs | Šķiedrvi<br>las | Alerģēni |
| Pusdienas                                             |                            |          |        |                    |        |            |       |        |                 |          |
| Plovs ar vistas gaļu                                  | 240                        | 447      | 16.786 | 13.429             | 64.103 | 0.96       |       |        | 2.97            |          |
| Tomātu un gurķu salāti ar krējumu                     | 50                         | 31       | 0.62   | 2.58               | 1.15   | 0.05       |       |        | 0.3             | 7.       |
| Ķīnas kāpostu un svaigu dārzeņu salāti ar eļļas mērci | 50                         | 18       | 0.621  | 1.236              | 1.268  |            |       |        | 0.605           |          |
| Eļļas citrona mērce                                   | 5                          | 41       | 0.005  | 4.504              | 0.272  | 0.005      | 0.25  |        | 0.001           |          |
| Piens                                                 | 200                        | 96       | 6.4    | 4.                 | 9.     |            |       |        |                 | 7.       |
| Saldskābmaize                                         | 60                         | 136      | 3.78   | 0.6                | 28.8   |            |       |        | 2.7             | 1.       |
| Citronu biezpienkrēms                                 | 50                         | 93       | 6.219  | 5.536              | 4.387  |            | 2.5   |        |                 | 7.       |
| Ogu ķīselis                                           | 100                        | 99       | 0.32   | 0.102              | 23.644 |            | 5.    |        | 0.993           |          |
| kopā:                                                 |                            | 959      | 34.75  | 31.99              | 132.62 | 1.015      | 7.750 |        | 7.569           |          |
| Otrā izvēle                                           |                            |          |        |                    |        |            |       |        |                 |          |
| Dārzeņu un kabaču sautējums ar cūkgaļu                | 0                          | 0        | 0      | 0                  | 0      | 0          | 0     | 0      | 0               |          |
|                                                       |                            |          |        |                    |        |            |       |        |                 |          |
|                                                       |                            |          |        |                    |        |            |       |        |                 |          |
|                                                       | ceturtdiena, 10.septembris | Svars, g | Kcal   | Olbaltumvi<br>elas | Tauki  | Ogļhidrāti | Sāls  | Cukurs | Šķiedrvi<br>las | Alerģēni |
| Pusdienas                                             |                            |          |        |                    |        |            |       |        |                 |          |
| Laša zupa ar dārzeņiem                                | 280                        | 128      | 7.055  | 6.103              | 11.059 | 1.12       |       |        | 5.359           | 4.       |
| Krējums skābs                                         | 5                          | 11       | 0.15   | 1.                 | 0.22   |            |       |        |                 | 7.       |
| Malta cūkgaļas mērce                                  | 120                        | 192      | 13.789 | 12.106             | 6.981  | 0.48       |       |        | 0.654           | 1;7      |
| Vārīti rīsi                                           | 200                        | 227      | 4.488  | 0.396              | 51.282 | 0.2        |       |        | 0.924           |          |
| Ziedkāposti                                           | 50                         | 11       | 1.25   | 0.15               | 1.15   |            |       |        | 1.45            |          |
| Kāpostu salāti ar papriku un eļļu                     | 50                         | 36       | 0.642  | 2.602              | 2.604  | 0.15       | 0.75  |        | 1.442           |          |
| Eļļas citrona mērce                                   | 5                          | 41       | 0.005  | 4.504              | 0.272  | 0.005      | 0.25  |        | 0.001           |          |
| Ēdens ar laimu                                        | 200                        | 34       | 0.338  | 0.443              | 6.912  |            |       |        | 0.664           |          |
| Rudzu maize                                           | 40                         | 99       | 3.44   | 0.56               | 20.08  |            |       |        | 2.2             | 1.       |
| kopā:                                                 |                            | 780      | 31.16  | 27.86              | 100.56 | 1.955      | 1.000 |        | 12.694          |          |
| Otrā izvēle                                           |                            |          |        |                    |        |            |       |        |                 |          |
| Vārīts gaišais bulgurs                                | 0                          | 0        | 0      | 0                  | 0      | 0          | 0     | 0      | 0               | 1.       |
|                                                       |                            |          |        |                    |        |            |       |        |                 |          |
|                                                       |                            |          |        |                    |        |            |       |        |                 |          |
|                                                       | piektdiena, 11.septembris  | Svars, g | Kcal   | Olbaltumvi<br>elas | Tauki  | Ogļhidrāti | Sāls  | Cukurs | Šķiedrvi<br>las | Alerģēni |
| Pusdienas                                             |                            |          |        |                    |        |            |       |        |                 |          |
| Rasolņiks                                             | 200                        | 143      | 2.058  | 8.284              | 14.82  | 0.8        | 1.    |        | 2.71            | 9.       |
| Krējums skābs                                         | 5                          | 11       | 0.15   | 1.                 | 0.22   |            |       |        |                 | 7.       |
| Cepts vistas šķiņķītis                                | 70                         | 222      | 17.331 | 16.631             | 0.283  | 0.28       |       |        | 0.03            |          |
| Kartupeļu biežputra                                   | 200                        | 169      | 5.414  | 1.905              | 31.624 | 0.4        |       |        | 4.2             | 7.       |
| Kāļu burkānu salāti ar krējumu                        | 50                         | 24       | 0.647  | 1.092              | 2.978  | 0.05       | 0.05  |        | 1.508           | 7.       |
| Tomāti                                                | 50                         | 9        | 0.5    | 0.1                | 1.3    |            |       |        | 0.5             |          |
| Rudzu maize                                           | 40                         | 99       | 3.44   | 0.56               | 20.08  |            |       |        | 2.2             | 1.       |
| Piens                                                 | 200                        | 96       | 6.4    | 4.                 | 9.     |            |       |        |                 | 7.       |
| kopā:                                                 |                            | 773      | 35.94  | 33.57              | 80.31  | 1.530      | 1.050 |        | 11.148          |          |
| Otrā izvēle                                           |                            |          |        |                    |        |            |       |        |                 |          |
| Vārīti griķi                                          | 0                          | 0        | 0      | 0                  | 0      | 0          | 0     | 0      | 0               |          |
|                                                       |                            |          |        |                    |        |            |       |        |                 |          |
|                                                       |                            |          |        |                    |        |            |       |        |                 |          |

## Nedēļas ēdienkarte Grupa

## Bez glutēna

|                                                       | pirmdiena, 7.septembris    | Svars, g   | Kcal         | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls          | Cukurs        | Šķiedrvielas | Alerģēni |
|-------------------------------------------------------|----------------------------|------------|--------------|----------------|--------------|--------------|---------------|---------------|--------------|----------|
| <b>Pusdienas</b>                                      |                            |            |              |                |              |              |               |               |              |          |
| Dārzeņu zupa ar prosas putrainiem un cūkgaļu          | 150                        | 77         | 2.395        | 4.304          | 7.159        | 0.15         |               |               | 1.963        | 9.       |
| Krējums skābs                                         | 5                          | 11         | 0.15         | 1.             | 0.22         |              |               |               |              | 7.       |
| Cūkgaļas strogonovs, bez miltiem                      | 100                        | 146        | 10.932       | 10.356         | 2.156        | 0.1          |               |               | 0.232        |          |
| Vārti rīsi                                            | 180                        | 204        | 4.039        | 0.356          | 46.154       | 0.18         |               |               | 0.832        |          |
| Ķīnas kāpostu salāti ar dillēm un eļļu                | 50                         | 11         | 0.762        | 0.602          | 1.12         | 0.2          |               |               | 0.518        |          |
| Tomāti ar zaļumiem un krējumu                         | 50                         | 26         | 0.684        | 1.887          | 1.421        | 0.05         |               |               | 0.457        | 7.       |
| Bezglutēna maize                                      | 20                         | 44         | 0.058        | 0.646          | 9.46         | 0.2          |               |               |              |          |
| Kefīrs                                                | 200                        | 96         | 6.           | 4.             | 9.           |              |               |               |              | 7.       |
| <b>kopā:</b>                                          |                            | <b>614</b> | <b>25.02</b> | <b>23.15</b>   | <b>76.69</b> | <b>0.880</b> | <b>0</b>      | <b>4.002</b>  |              |          |
| <b>Launags</b>                                        |                            |            |              |                |              |              |               |               |              |          |
| Auglis                                                | 50                         | 28         | 0.395        | 0.125          | 6.1          |              |               |               | 0.35         |          |
| Kakao dzēriens                                        | 200                        | 98         | 6.433        | 4.433          | 8.467        |              |               |               | 1.034        | 7.       |
| Cukurs baltais                                        | 2                          | 8          |              |                | 1.996        |              | 2.            |               |              |          |
| Saldskābmaize                                         | 40                         | 90         | 2.52         | 0.4            | 19.2         |              |               |               | 1.8          | 1.       |
| Sviests                                               | 5                          | 37         | 0.03         | 4.125          | 0.22         |              |               |               |              | 7.       |
| Siers                                                 | 20                         | 68         | 4.96         | 5.36           |              |              |               |               |              | 7.       |
| <b>kopā:</b>                                          |                            | <b>330</b> | <b>14.34</b> | <b>14.44</b>   | <b>35.98</b> | <b>0</b>     | <b>2.000</b>  | <b>3.184</b>  |              |          |
|                                                       | otrdiena, 8.septembris     | Svars, g   | Kcal         | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls          | Cukurs        | Šķiedrvielas | Alerģēni |
| <b>Pusdienas</b>                                      |                            |            |              |                |              |              |               |               |              |          |
| Vistas gaļas zupa ar rīsiem                           | 150                        | 131        | 6.816        | 6.522          | 11.164       | 0.15         |               |               | 0.943        |          |
| Krējums skābs                                         | 5                          | 11         | 0.15         | 1.             | 0.22         |              |               |               |              | 7.       |
| Cūkgaļas bumbiņa ar ziedkāpostiem                     | 70                         | 169        | 10.959       | 11.326         | 5.852        |              |               |               | 0.693        |          |
| Vārti kartupeļi                                       | 180                        | 130        | 3.816        | 0.191          | 28.238       | 0.18         |               |               | 4.007        |          |
| Tomātu mērce                                          | 50                         | 28         | 0.678        | 1.128          | 3.642        | 0.05         |               |               | 0.613        |          |
| Burkānu salāti ar eļļu                                | 50                         | 35         | 0.48         | 2.596          | 2.554        | 0.1          | 0.25          |               | 1.728        |          |
| Kolrābji                                              | 50                         | 12         | 0.95         | 0.05           | 1.85         |              |               |               | 0.7          |          |
| Bezglutēna maize                                      | 20                         | 44         | 0.058        | 0.646          | 9.46         | 0.2          |               |               |              |          |
| <b>kopā:</b>                                          |                            | <b>560</b> | <b>23.91</b> | <b>23.46</b>   | <b>62.98</b> | <b>0.680</b> | <b>0.250</b>  | <b>8.684</b>  |              |          |
| <b>Launags</b>                                        |                            |            |              |                |              |              |               |               |              |          |
| Bezglutēna kūkss                                      | 70                         | 285        | 3.85         | 13.65          | 36.19        |              |               |               | 0.84         | 3.       |
| Svaigu dārzeņu asorti ar seleriju lakstiem            | 50                         | 9          | 0.466        | 0.108          | 1.536        |              |               |               | 1.194        | 9.       |
| Skābā krējuma ķiploku mērce                           | 20                         | 42         | 0.552        | 4.161          | 0.631        | 0.02         | 0.02          |               | 0.007        | 7.       |
| Zaļu tēja                                             | 200                        |            |              |                |              |              |               |               |              |          |
| <b>kopā:</b>                                          |                            | <b>336</b> | <b>4.87</b>  | <b>17.92</b>   | <b>38.36</b> | <b>0.020</b> | <b>0.020</b>  | <b>2.041</b>  |              |          |
|                                                       | trešdiena, 9.septembris    | Svars, g   | Kcal         | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls          | Cukurs        | Šķiedrvielas | Alerģēni |
| <b>Pusdienas</b>                                      |                            |            |              |                |              |              |               |               |              |          |
| Dārzeņu un kabaču sautējums ar cūkgaļu                | 220                        | 252        | 15.225       | 13.862         | 16.26        | 0.22         |               |               | 4.49         |          |
| Tomātu un gurķu salāti ar krējumu                     | 50                         | 31         | 0.62         | 2.58           | 1.15         | 0.05         |               |               | 0.3          | 7.       |
| Ķīnas kāpostu un svaigu dārzeņu salāti ar eļļas mērci | 50                         | 18         | 0.621        | 1.236          | 1.268        |              |               |               | 0.605        |          |
| Citronu biezenkrēms                                   | 50                         | 93         | 6.219        | 5.536          | 4.387        |              | 2.5           |               |              | 7.       |
| Ogu ķīselis                                           | 150                        | 148        | 0.48         | 0.153          | 35.466       |              | 7.5           |               | 1.49         |          |
| Bezglutēna saldskābmaize                              | 20                         | 44         | 0.82         | 0.74           | 7.6          |              |               |               | 1.78         | 10;6     |
| Piens                                                 | 150                        | 72         | 4.8          | 3.             | 6.75         |              |               |               |              | 7.       |
| <b>kopā:</b>                                          |                            | <b>657</b> | <b>28.79</b> | <b>27.11</b>   | <b>72.88</b> | <b>0.270</b> | <b>10.000</b> | <b>8.665</b>  |              |          |
| <b>Launags</b>                                        |                            |            |              |                |              |              |               |               |              |          |
| Vārti bezglutēna makaroni                             | 150                        | 218        | 2.258        | 3.682          | 43.575       | 0.15         |               |               | 0.788        |          |
| Siers                                                 | 30                         | 102        | 7.44         | 8.04           |              |              |               |               |              | 7.       |
| Zaļu tēja                                             | 200                        |            |              |                |              |              |               |               |              |          |
| <b>kopā:</b>                                          |                            | <b>320</b> | <b>9.70</b>  | <b>11.72</b>   | <b>43.58</b> | <b>0.150</b> | <b>0</b>      | <b>0.788</b>  |              |          |
|                                                       | ceturtdiena, 10.septembris | Svars, g   | Kcal         | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls          | Cukurs        | Šķiedrvielas | Alerģēni |
| <b>Pusdienas</b>                                      |                            |            |              |                |              |              |               |               |              |          |
| Laša zupa ar dārzeņiem                                | 220                        | 101        | 5.543        | 4.795          | 8.689        | 0.88         |               |               | 4.211        | 4.       |
| Krējums skābs                                         | 5                          | 11         | 0.15         | 1.             | 0.22         |              |               |               |              | 7.       |
| Maltais cūkgaļas mērce                                | 75                         | 117        | 6.45         | 9.506          | 1.473        | 0.075        |               |               | 0.249        |          |
| Vārti rīsi                                            | 180                        | 204        | 4.039        | 0.356          | 46.154       | 0.18         |               |               | 0.832        |          |
| Kāpostu salāti ar papriku un eļļu                     | 50                         | 36         | 0.642        | 2.602          | 2.604        | 0.15         | 0.75          |               | 1.442        |          |
| Ziedkāposti                                           | 50                         | 11         | 1.25         | 0.15           | 1.15         |              |               |               | 1.45         |          |
| Eļļas citrona mērce                                   | 5                          | 41         | 0.005        | 4.504          | 0.272        | 0.005        | 0.25          |               | 0.001        |          |
| Ūdens ar laimu                                        | 200                        | 34         | 0.338        | 0.443          | 6.912        |              |               |               | 0.664        |          |
| Bezglutēna maize ar saulespuķu sēklām                 | 20                         | 54         | 0.5          | 1.52           | 8.6          |              |               |               | 2.           |          |
| <b>kopā:</b>                                          |                            | <b>609</b> | <b>18.92</b> | <b>24.88</b>   | <b>76.07</b> | <b>1.290</b> | <b>1.000</b>  | <b>10.849</b> |              |          |
| <b>Launags</b>                                        |                            |            |              |                |              |              |               |               |              |          |
| Zaļu tēja                                             | 200                        |            |              |                |              |              |               |               |              |          |
| Bezglutēna karstmaize ar sieru un tomātiem            | 60                         | 167        | 1.77         | 10.933         | 15.321       |              |               |               | 0.1          | 10;3;7   |
| <b>kopā:</b>                                          |                            | <b>167</b> | <b>1.77</b>  | <b>10.93</b>   | <b>15.32</b> | <b>0</b>     | <b>0</b>      | <b>0.100</b>  |              |          |

| piektdiena, 11.septembris             | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|---------------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Pusdienas</b>                      |          |            |                |              |              |              |              |              |          |
| Rasolņiks                             | 150      | 107        | 1.543          | 6.213        | 11.115       | 0.6          | 0.75         | 2.032        | 9.       |
| Krējums skābs                         | 5        | 11         | 0.15           | 1.           | 0.22         |              |              |              | 7.       |
| Cepts vistas šķiņķītis                | 60       | 190        | 14.855         | 14.255       | 0.242        | 0.24         |              | 0.026        |          |
| Kartupeļu biezputra                   | 180      | 152        | 4.873          | 1.714        | 28.462       | 0.36         |              | 3.78         | 7.       |
| Kāju burkānu salāti ar krējumu        | 50       | 24         | 0.647          | 1.092        | 2.978        | 0.05         | 0.05         | 1.508        | 7.       |
| Tomāti                                | 50       | 9          | 0.5            | 0.1          | 1.3          |              |              | 0.5          |          |
| Bezglutēna maize ar saulespuķu sēklām | 20       | 54         | 0.5            | 1.52         | 8.6          |              |              | 2.           |          |
| Kefīrs                                | 150      | 72         | 4.5            | 3.           | 6.75         |              |              |              | 7.       |
| <b>kopā:</b>                          |          | <b>619</b> | <b>27.57</b>   | <b>28.89</b> | <b>59.67</b> | <b>1.250</b> | <b>0.800</b> | <b>9.846</b> |          |
| <b>Launags</b>                        |          |            |                |              |              |              |              |              |          |
| Ābolu un ķirbju pankūka               | 100      | 225        | 5.338          | 12.197       | 23.445       | 0.1          | 2.           | 3.233        | 3.       |
| Mīcītas ogas ar cukuru                | 20       | 16         | 0.17           | 0.062        | 3.426        |              | 2.           | 0.394        |          |
| Zāļu tēja                             | 200      |            |                |              |              |              |              |              |          |
| Auglis                                | 100      | 56         | 0.79           | 0.25         | 12.2         |              |              | 0.7          |          |
| <b>kopā:</b>                          |          | <b>296</b> | <b>6.30</b>    | <b>12.51</b> | <b>39.07</b> | <b>0.100</b> | <b>4.000</b> | <b>4.327</b> |          |

## Nedēļas ēdienkarte Grupa

## Bez laktozes

| pirmdiena, 7.septembris                               | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|-------------------------------------------------------|----------|------------|----------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Pusdienas</b>                                      |          |            |                |              |              |              |              |              |          |
| Gaļas zupa ar putrainiem un dārzeņiem                 | 150      | 54         | 2.737          | 1.693        | 6.874        | 0.6          |              | 2.048        | 1;9      |
| Bezlaktozes skābais krējums(20%)                      | 5        | 10         | 0.155          | 1.           | 0.16         |              |              |              | 7.       |
| Bezlaktozes cūkgaļas strogonovs                       | 80       | 180        | 9.304          | 13.827       | 4.759        | 0.24         |              | 0.185        | 7.       |
| Vārtīti rīsi                                          | 180      | 204        | 4.039          | 0.356        | 46.154       | 0.18         |              | 0.832        |          |
| Kīnas kāpostu salāti ar dillēm un eļļu                | 50       | 11         | 0.762          | 0.602        | 1.12         | 0.2          |              | 0.518        |          |
| Tomāti                                                | 50       | 9          | 0.5            | 0.1          | 1.3          |              |              | 0.5          |          |
| Bezlaktozes lakto                                     | 200      | 124        | 5.8            | 3.6          | 17.4         |              |              |              | 7.       |
| <b>kopā:</b>                                          |          | <b>593</b> | <b>23.30</b>   | <b>21.18</b> | <b>77.77</b> | <b>1.220</b> | <b>0</b>     | <b>4.083</b> |          |
| <b>Launags</b>                                        |          |            |                |              |              |              |              |              |          |
| Auglis                                                | 50       | 28         | 0.395          | 0.125        | 6.1          |              |              | 0.35         |          |
| Zāļu tēja                                             | 200      |            |                |              |              |              |              |              |          |
| Saldskābmaize                                         | 40       | 90         | 2.52           | 0.4          | 19.2         |              |              | 1.8          | 1.       |
| Margarīns sviestmaizēm                                | 2        | 14         |                | 1.6          |              |              |              |              |          |
| Vārīta vistas gaļa                                    | 30       | 58         | 6.481          | 3.43         | 0.021        | 0.03         |              | 0.008        |          |
| <b>kopā:</b>                                          |          | <b>191</b> | <b>9.40</b>    | <b>5.56</b>  | <b>25.32</b> | <b>0.030</b> | <b>0</b>     | <b>2.158</b> |          |
| otrdiena, 8.septembris                                | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
| <b>Pusdienas</b>                                      |          |            |                |              |              |              |              |              |          |
| Vistas gaļas zupa ar rīsiem                           | 150      | 131        | 6.816          | 6.522        | 11.164       | 0.15         |              | 0.943        |          |
| Bezlaktozes skābais krējums(20%)                      | 5        | 10         | 0.155          | 1.           | 0.16         |              |              |              | 7.       |
| Cūkgaļas teftelis                                     | 70       | 156        | 9.783          | 9.489        | 7.563        |              |              | 0.404        | 1;3;7    |
| Vārtīti kartupeļi                                     | 180      | 130        | 3.816          | 0.191        | 28.238       | 0.18         |              | 4.007        |          |
| Bezlaktozes piena mērce                               | 30       | 11         | 0.394          | 0.182        | 1.873        | 0.12         |              | 0.008        | 7.       |
| Burkānu salāti ar eļļu                                | 50       | 35         | 0.48           | 2.596        | 2.554        | 0.1          | 0.25         | 1.728        |          |
| Kolrābji                                              | 50       | 12         | 0.95           | 0.05         | 1.85         |              |              | 0.7          |          |
| Eļļas citrona mērce                                   | 5        | 41         | 0.005          | 4.504        | 0.272        | 0.005        | 0.25         | 0.001        |          |
| Ūdens ar cidonijām                                    | 200      | 4          | 0.04           | 0.05         | 0.73         |              |              | 0.4          |          |
| Rudzu maize                                           | 20       | 50         | 1.72           | 0.28         | 10.04        |              |              | 1.1          | 1.       |
| <b>kopā:</b>                                          |          | <b>579</b> | <b>24.16</b>   | <b>24.86</b> | <b>64.44</b> | <b>0.555</b> | <b>0.500</b> | <b>9.291</b> |          |
| <b>Launags</b>                                        |          |            |                |              |              |              |              |              |          |
| Bezlaktozes pankūkas                                  | 100      | 360        | 11.398         | 15.052       | 43.821       | 0.3          | 8.8          | 0.045        | 1;3;7    |
| Ievārījums                                            | 30       | 48         | 0.3            | 0.03         | 11.7         |              |              |              |          |
| Zāļu tēja                                             | 200      |            |                |              |              |              |              |              |          |
| <b>kopā:</b>                                          |          | <b>408</b> | <b>11.70</b>   | <b>15.08</b> | <b>55.52</b> | <b>0.300</b> | <b>8.800</b> | <b>0.045</b> |          |
| trešdiena, 9.septembris                               | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
| <b>Pusdienas</b>                                      |          |            |                |              |              |              |              |              |          |
| Dārzeņu un kabaču sautējums ar cūkgaļu                | 220      | 252        | 15.225         | 13.862       | 16.26        | 0.22         |              | 4.49         |          |
| Gurķu tomātu salāti ar eļļas mērci                    | 50       | 26         | 0.397          | 2.1          | 1.227        |              |              | 0.379        |          |
| Kīnas kāpostu un svaigu dārzeņu salāti ar eļļas mērci | 50       | 18         | 0.621          | 1.236        | 1.268        |              |              | 0.605        |          |
| Eļļas citrona mērce                                   | 5        | 41         | 0.005          | 4.504        | 0.272        | 0.005        | 0.25         | 0.001        |          |
| Saldskābmaize                                         | 40       | 90         | 2.52           | 0.4          | 19.2         |              |              | 1.8          | 1.       |
| Bezlaktozes biezpiena masa                            | 50       | 61         | 7.796          | 1.703        | 3.111        |              | 2.5          |              | 7.       |
| Ogu ķīselis                                           | 100      | 99         | 0.32           | 0.102        | 23.644       |              | 5.           | 0.993        |          |
| <b>kopā:</b>                                          |          | <b>587</b> | <b>26.88</b>   | <b>23.91</b> | <b>64.98</b> | <b>0.225</b> | <b>7.750</b> | <b>8.268</b> |          |
| <b>Launags</b>                                        |          |            |                |              |              |              |              |              |          |
| Pasta ar dārzeņiem                                    | 200      | 329        | 1.953          | 10.214       | 49.429       | 0.2          |              | 4.088        | 1;9      |
| Zāļu tēja                                             | 200      |            |                |              |              |              |              |              |          |
| Auglis                                                | 50       | 28         | 0.395          | 0.125        | 6.1          |              |              | 0.35         |          |
| <b>kopā:</b>                                          |          | <b>357</b> | <b>2.35</b>    | <b>10.34</b> | <b>55.53</b> | <b>0.200</b> | <b>0</b>     | <b>4.438</b> |          |
| ceturtdiena, 10.septembris                            | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
| <b>Pusdienas</b>                                      |          |            |                |              |              |              |              |              |          |
| Laša zupa ar dārzeņiem                                | 220      | 101        | 5.543          | 4.795        | 8.689        | 0.88         |              | 4.211        | 4.       |
| Bezlaktozes skābais krējums(20%)                      | 5        | 10         | 0.155          | 1.           | 0.16         |              |              |              | 7.       |
| Maltas cūkgaļas mērce                                 | 75       | 117        | 6.45           | 9.506        | 1.473        | 0.075        |              | 0.249        |          |
| Vārtīti rīsi                                          | 180      | 204        | 4.039          | 0.356        | 46.154       | 0.18         |              | 0.832        |          |
| Kāpostu salāti ar papriku un eļļu                     | 50       | 36         | 0.642          | 2.602        | 2.604        | 0.15         | 0.75         | 1.442        |          |
| Ziedkāposti                                           | 50       | 11         | 1.25           | 0.15         | 1.15         |              |              | 1.45         |          |
| Eļļas citrona mērce                                   | 10       | 82         | 0.01           | 9.007        | 0.544        | 0.01         | 0.5          | 0.003        |          |
| Ūdens ar laimu                                        | 200      | 34         | 0.338          | 0.443        | 6.912        |              |              | 0.664        |          |
| Rudzu maize                                           | 20       | 50         | 1.72           | 0.28         | 10.04        |              |              | 1.1          | 1.       |
| <b>kopā:</b>                                          |          | <b>645</b> | <b>20.15</b>   | <b>28.14</b> | <b>77.73</b> | <b>1.295</b> | <b>1.250</b> | <b>9.951</b> |          |
| <b>Launags</b>                                        |          |            |                |              |              |              |              |              |          |
| Zāļu tēja                                             | 200      |            |                |              |              |              |              |              |          |
| Olā panēta cepta baltmaize ar kanēli                  | 60       | 148        | 4.263          | 6.76         | 17.028       |              | 0.3          | 1.267        | 1;3;7    |
| <b>kopā:</b>                                          |          | <b>148</b> | <b>4.26</b>    | <b>6.76</b>  | <b>17.03</b> | <b>0</b>     | <b>0.300</b> | <b>1.267</b> |          |

| piektdiena, 11.septembris        | Svars, g | Kcal       | Olbaltumvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs        | Šķiedrvielas | Alerģēni |
|----------------------------------|----------|------------|----------------|--------------|--------------|--------------|---------------|--------------|----------|
| <b>Pusdienas</b>                 |          |            |                |              |              |              |               |              |          |
| Rasolņiks                        | 140      | 100        | 1.441          | 5.798        | 10.374       | 0.56         | 0.7           | 1.897        | 9.       |
| Bezlaktozes skābais krējums(20%) | 5        | 10         | 0.155          | 1.           | 0.16         |              |               |              | 7.       |
| Cepts vistas šķiņķītis           | 50       | 159        | 12.379         | 11.88        | 0.202        | 0.2          |               | 0.022        |          |
| Bezlaktozes kartupeļu biežputra  | 150      | 126        | 4.064          | 1.245        | 23.758       | 0.15         |               | 3.15         | 7.       |
| Kāju salāti ar ziedkāpostiem     | 50       | 84         | 1.011          | 7.643        | 2.51         |              |               | 0.966        | 10;3;7   |
| Tomāti                           | 50       | 9          | 0.5            | 0.1          | 1.3          |              |               | 0.5          |          |
| Rudzu maize                      | 40       | 99         | 3.44           | 0.56         | 20.08        |              |               | 2.2          | 1.       |
| Ūdens ar upenēm                  | 150      | 3          | 0.098          | 0.015        | 0.458        |              |               | 0.51         |          |
| <b>kopā:</b>                     |          | <b>589</b> | <b>23.09</b>   | <b>28.24</b> | <b>58.84</b> | <b>0.910</b> | <b>0.700</b>  | <b>9.245</b> |          |
| <b>Launags</b>                   |          |            |                |              |              |              |               |              |          |
| Bezlaktozes pankūkas             | 100      | 360        | 11.398         | 15.052       | 43.821       | 0.3          | 8.8           | 0.045        | 1;3;7    |
| Mīcītas ogas ar cukuru           | 20       | 16         | 0.17           | 0.062        | 3.426        |              | 2.            | 0.394        |          |
| Zāļu tēja                        | 200      |            |                |              |              |              |               |              |          |
| Auglis                           | 100      | 56         | 0.79           | 0.25         | 12.2         |              |               | 0.7          |          |
| <b>kopā:</b>                     |          | <b>431</b> | <b>12.36</b>   | <b>15.36</b> | <b>59.45</b> | <b>0.300</b> | <b>10.800</b> | <b>1.139</b> |          |

## Nedēļas ēdienkarte Grupa

## Veģetārā

| pirmdiena, 7.septembris                               | Svars, g | Kcal       | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvi<br>las | Alerģēni |
|-------------------------------------------------------|----------|------------|--------------------|--------------|--------------|--------------|--------------|-----------------|----------|
| <b>Pusdienas</b>                                      |          |            |                    |              |              |              |              |                 |          |
| Itāļu grūbu zupa                                      | 150      | 67         | 2.177              | 3.274        | 7.174        | 0.6          |              | 2.478           | 1;9      |
| Krējums skābs                                         | 5        | 11         | 0.15               | 1.           | 0.22         |              |              |                 | 7.       |
| Baltās pupiņas krējuma mērcē                          | 100      | 92         | 5.323              | 3.101        | 10.666       | 0.2          |              | 0.078           | 1;7      |
| Vārti griķi                                           | 200      | 221        | 4.95               | 1.056        | 47.916       | 0.2          |              | 2.112           |          |
| Sviests                                               | 10       | 75         | 0.06               | 8.25         | 0.44         |              |              |                 | 7.       |
| Kīnas kāpostu salāti ar dillēm un eļļu                | 50       | 11         | 0.762              | 0.602        | 1.12         | 0.2          |              | 0.518           |          |
| Tomāti ar zaļumiem un krējumu                         | 50       | 26         | 0.684              | 1.887        | 1.421        | 0.05         |              | 0.457           | 7.       |
| Rudzu maize                                           | 40       | 99         | 3.44               | 0.56         | 20.08        |              |              | 2.2             | 1.       |
| Kefīrs                                                | 200      | 96         | 6.                 | 4.           | 9.           |              |              |                 | 7.       |
| <b>kopā:</b>                                          |          | <b>697</b> | <b>23.55</b>       | <b>23.73</b> | <b>98.04</b> | <b>1.250</b> | <b>0</b>     | <b>7.843</b>    |          |
| <b>Launags</b>                                        |          |            |                    |              |              |              |              |                 |          |
| Auglis                                                | 50       | 28         | 0.395              | 0.125        | 6.1          |              |              | 0.35            |          |
| Kakao dzēriens                                        | 200      | 98         | 6.433              | 4.433        | 8.467        |              |              | 1.034           | 7.       |
| Cukurs baltais                                        | 2        | 8          |                    |              | 1.996        |              | 2.           |                 |          |
| Saldskābmaize                                         | 40       | 90         | 2.52               | 0.4          | 19.2         |              |              | 1.8             | 1.       |
| Sviests                                               | 5        | 37         | 0.03               | 4.125        | 0.22         |              |              |                 | 7.       |
| Siers                                                 | 20       | 68         | 4.96               | 5.36         |              |              |              |                 | 7.       |
| <b>kopā:</b>                                          |          | <b>330</b> | <b>14.34</b>       | <b>14.44</b> | <b>35.98</b> | <b>0</b>     | <b>2.000</b> | <b>3.184</b>    |          |
| otrdiena, 8.septembris                                | Svars, g | Kcal       | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvi<br>las | Alerģēni |
| <b>Pusdienas</b>                                      |          |            |                    |              |              |              |              |                 |          |
| Kabaču pupiņu zupa ar dārzeņiem                       | 200      | 86         | 3.371              | 4.064        | 8.923        | 0.2          |              | 3.656           | 9.       |
| Krējums skābs                                         | 5        | 11         | 0.15               | 1.           | 0.22         |              |              |                 | 7.       |
| Spinātu un rīsu kotlete                               | 70       | 93         | 3.188              | 3.384        | 12.555       | 0.56         |              | 1.477           | 1;11;3   |
| Vārti kartupeļi                                       | 180      | 130        | 3.816              | 0.191        | 28.238       | 0.18         |              | 4.007           |          |
| Tomātu un piena mērce                                 | 50       | 29         | 1.102              | 1.107        | 3.599        | 0.2          |              |                 | 7.       |
| Burkānu salāti ar eļļu                                | 50       | 35         | 0.48               | 2.596        | 2.554        | 0.1          | 0.25         | 1.728           |          |
| Kolrābji                                              | 50       | 12         | 0.95               | 0.05         | 1.85         |              |              | 0.7             |          |
| Eļļas citrona mērce                                   | 5        | 41         | 0.005              | 4.504        | 0.272        | 0.005        | 0.25         | 0.001           |          |
| Saldskābmaize                                         | 40       | 90         | 2.52               | 0.4          | 19.2         |              |              | 1.8             | 1.       |
| Ūdens ar cidonijām                                    | 200      | 4          | 0.04               | 0.05         | 0.73         |              |              | 0.4             |          |
| <b>kopā:</b>                                          |          | <b>531</b> | <b>15.62</b>       | <b>17.35</b> | <b>78.14</b> | <b>1.245</b> | <b>0.500</b> | <b>13.769</b>   |          |
| <b>Launags</b>                                        |          |            |                    |              |              |              |              |                 |          |
| Rauga pankūka                                         | 120      | 389        | 8.601              | 21.255       | 40.671       | 0.36         | 6.           | 0.047           | 1;3;7    |
| Krējums skābs                                         | 15       | 32         | 0.45               | 3.           | 0.66         |              |              |                 | 7.       |
| Zāļu tēja                                             | 200      |            |                    |              |              |              |              |                 |          |
| <b>kopā:</b>                                          |          | <b>421</b> | <b>9.05</b>        | <b>24.26</b> | <b>41.33</b> | <b>0.360</b> | <b>6.000</b> | <b>0.047</b>    |          |
| trešdiena, 9.septembris                               | Svars, g | Kcal       | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvi<br>las | Alerģēni |
| <b>Pusdienas</b>                                      |          |            |                    |              |              |              |              |                 |          |
| Kabaču tomātu un sviesta pupiņu sautējums             | 250      | 193        | 5.272              | 14.474       | 10.628       | 1.           |              | 4.143           |          |
| Tomātu un gurķu salāti ar krējumu                     | 50       | 31         | 0.62               | 2.58         | 1.15         | 0.05         |              | 0.3             | 7.       |
| Kīnas kāpostu un svaigu dārzeņu salāti ar eļļas mērci | 50       | 18         | 0.621              | 1.236        | 1.268        |              |              | 0.605           |          |
| Piens                                                 | 150      | 72         | 4.8                | 3.           | 6.75         |              |              |                 | 7.       |
| Citronu biezpienkāms                                  | 50       | 93         | 6.219              | 5.536        | 4.387        |              | 2.5          |                 | 7.       |
| Ogu ķīselis                                           | 100      | 99         | 0.32               | 0.102        | 23.644       |              | 5.           | 0.993           |          |
| Saldskābmaize                                         | 80       | 181        | 5.04               | 0.8          | 38.4         |              |              | 3.6             | 1.       |
| <b>kopā:</b>                                          |          | <b>686</b> | <b>22.89</b>       | <b>27.73</b> | <b>86.23</b> | <b>1.050</b> | <b>7.500</b> | <b>9.641</b>    |          |
| <b>Launags</b>                                        |          |            |                    |              |              |              |              |                 |          |
| Pasta ar dārzeņiem                                    | 200      | 329        | 1.953              | 10.214       | 49.429       | 0.2          |              | 4.088           | 1;9      |
| Siers                                                 | 30       | 102        | 7.44               | 8.04         |              |              |              |                 | 7.       |
| Zāļu tēja                                             | 200      |            |                    |              |              |              |              |                 |          |
| <b>kopā:</b>                                          |          | <b>431</b> | <b>9.39</b>        | <b>18.25</b> | <b>49.43</b> | <b>0.200</b> | <b>0</b>     | <b>4.088</b>    |          |
| ceturtdiena, 10.septembris                            | Svars, g | Kcal       | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvi<br>las | Alerģēni |
| <b>Pusdienas</b>                                      |          |            |                    |              |              |              |              |                 |          |
| Kirbju biezenzupa                                     | 150      | 94         | 1.581              | 6.52         | 7.107        | 0.6          |              | 2.519           | 7.       |
| Baltmaizes grauzdiņi                                  | 10       | 28         | 0.78               | 0.41         | 5.14         | 0.01         |              | 0.38            | 1.       |
| Apceptas dzeltenās sviesta pupiņas                    | 100      | 96         | 2.714              | 6.627        | 6.197        | 0.7          |              | 2.063           | 11;9     |
| Vārti rīsi                                            | 180      | 204        | 4.039              | 0.356        | 46.154       | 0.18         |              | 0.832           |          |
| Saldā krējuma mērce ar ķiploku                        | 50       | 50         | 0.49               | 4.528        | 1.865        | 0.05         |              | 0.035           | 1;7      |
| Kāpostu salāti ar papriku un eļļu                     | 50       | 36         | 0.642              | 2.602        | 2.604        | 0.15         | 0.75         | 1.442           |          |
| Ziedkāposti                                           | 50       | 11         | 1.25               | 0.15         | 1.15         |              |              | 1.45            |          |
| Eļļas citrona mērce                                   | 5        | 41         | 0.005              | 4.504        | 0.272        | 0.005        | 0.25         | 0.001           |          |
| Ūdens ar laimu                                        | 200      | 34         | 0.338              | 0.443        | 6.912        |              |              | 0.664           |          |
| Kliju maize                                           | 20       | 52         | 2.42               | 0.54         | 9.46         |              |              | 1.16            | 1.       |
| <b>kopā:</b>                                          |          | <b>647</b> | <b>14.26</b>       | <b>26.68</b> | <b>86.86</b> | <b>1.695</b> | <b>1.000</b> | <b>10.546</b>   |          |
| <b>Launags</b>                                        |          |            |                    |              |              |              |              |                 |          |
| Biezpiens ar krējumu                                  | 60       | 64         | 10.416             | 1.47         | 2.322        |              |              |                 | 7.       |
| Mīcītas ogas bez cukura                               | 50       | 21         | 0.49               | 0.17         | 3.815        |              |              | 1.22            |          |
| Saldskābmaize                                         | 40       | 90         | 2.52               | 0.4          | 19.2         |              |              | 1.8             | 1.       |
| Sviests                                               | 5        | 37         | 0.03               | 4.125        | 0.22         |              |              |                 | 7.       |
| Auglis                                                | 100      | 56         | 0.79               | 0.25         | 12.2         |              |              | 0.7             |          |
| Zāļu tēja                                             | 200      |            |                    |              |              |              |              |                 |          |
| <b>kopā:</b>                                          |          | <b>269</b> | <b>14.25</b>       | <b>6.42</b>  | <b>37.76</b> | <b>0</b>     | <b>0</b>     | <b>3.720</b>    |          |

| piektdiena, 11.septembris      | Svars, g | Kcal       | Olbaltumvi<br>elas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvi<br>las | Alerģēni |
|--------------------------------|----------|------------|--------------------|--------------|--------------|--------------|--------------|-----------------|----------|
| <b>Pusdienas</b>               |          |            |                    |              |              |              |              |                 |          |
| Rasoļņiks                      | 150      | 107        | 1.543              | 6.213        | 11.115       | 0.6          | 0.75         | 2.032           | 9.       |
| Krējums skābs                  | 5        | 11         | 0.15               | 1.           | 0.22         |              |              |                 | 7.       |
| Biezpiena kotlete              | 70       | 134        | 12.669             | 4.609        | 10.272       | 0.14         | 0.35         | 0.116           | 1;3;7    |
| Kartupeļu biezputra            | 180      | 152        | 4.873              | 1.714        | 28.462       | 0.36         |              | 3.78            | 7.       |
| Kāļu burkānu salāti ar krējumu | 50       | 24         | 0.647              | 1.092        | 2.978        | 0.05         | 0.05         | 1.508           | 7.       |
| Tomāti                         | 50       | 9          | 0.5                | 0.1          | 1.3          |              |              | 0.5             |          |
| Rudzu maize                    | 20       | 50         | 1.72               | 0.28         | 10.04        |              |              | 1.1             | 1.       |
| Kefīrs                         | 150      | 72         | 4.5                | 3.           | 6.75         |              |              |                 | 7.       |
| <b>kopā:</b>                   |          | <b>559</b> | <b>26.60</b>       | <b>18.01</b> | <b>71.14</b> | <b>1.150</b> | <b>1.150</b> | <b>9.036</b>    |          |
| <b>Launags</b>                 |          |            |                    |              |              |              |              |                 |          |
| Ābolu pankūka                  | 100      | 250        | 6.816              | 13.337       | 25.415       | 0.2          | 3.2          | 0.307           | 1;3;7    |
| Mīcītas ogas ar cukuru         | 20       | 16         | 0.17               | 0.062        | 3.426        |              | 2.           | 0.394           |          |
| Zāļu tēja                      | 200      |            |                    |              |              |              |              |                 |          |
| Auglis                         | 100      | 56         | 0.79               | 0.25         | 12.2         |              |              | 0.7             |          |
| <b>kopā:</b>                   |          | <b>322</b> | <b>7.78</b>        | <b>13.65</b> | <b>41.04</b> | <b>0.200</b> | <b>5.200</b> | <b>1.401</b>    |          |