

# Nedēļas Ēdienkarte

Grupa

5.-9.klase

|  | Svars (g) | Enerģētis<br>kā vērtība<br>(kkal) | Olbaltumv<br>ielas | Tauki         | Ogļhidrāti     | Sāls         | Cukurs       | Šķiedrviel<br>as | Alerģēni |
|--|-----------|-----------------------------------|--------------------|---------------|----------------|--------------|--------------|------------------|----------|
| <b>pirmdiena, 9.septembris</b>         |           |                                   |                    |               |                |              |              |                  |          |
| <b>Pusdienas</b>                       |           |                                   |                    |               |                |              |              |                  |          |
| Biešu zupa ar kartupeļiem              | 200       | 52                                | 1.733              | 0.199         | 19.5969        | 0.001        | 0.0006       | 2.8062           | 9        |
| Krējums skābs                          | 10        | 20                                | 0.26               | 2.            | 0.27           | 0            | 0            | 0                | 7        |
| Mājas sautējums ar c.g. tomātu mērcē   | 300       | 425                               | 14.7435            | 19.0064       | 25.6407        | 0.0033       | 0            | 4.5444           |          |
| Kāpostu salāti ar papriku un eļļu      | 50        | 37                                | 0.6415             | 2.602         | 7.6035         | 0.0001       | 0.0008       | 1.4425           |          |
| Kefīrs                                 | 150       | 72                                | 4.5                | 3.            | 6.75           | 0            | 0            | 0                | 7        |
| Rudzu maize                            | 40        | 104                               | 3.44               | 0.56          | 20.08          | 0            | 0            | 2.2              | 1        |
| <i>Kopā:</i>                           |           | <i>709.918</i>                    | <i>25.318</i>      | <i>27.367</i> | <i>79.941</i>  | <i>0.004</i> | <i>0.001</i> | <i>10.993</i>    |          |
| <b>otrdiena, 10.septembris</b>         |           |                                   |                    |               |                |              |              |                  |          |
| <b>Pusdienas</b>                       |           |                                   |                    |               |                |              |              |                  |          |
| Soļanka                                | 200       | 214                               | 9.3066             | 15.5484       | 8.8746         | 0.0002       | 0.0002       | 1.151            | 1,7      |
| Krējums skābs                          | 5         | 10                                | 0.13               | 1.            | 0.135          | 0            | 0            | 0                | 7        |
| Vārīta pasta - makaroni                | 200       | 392                               | 12.3               | 6.8           | 69.9           | 0.0002       | 0            | 3.4              | 1        |
| Siers                                  | 20        | 68                                | 4.96               | 5.36          | 0              | 0            | 0            | 0                | 7        |
| Biešu salāti                           | 70        | 59                                | 0.9975             | 3.5665        | 5.6559         | 0.0001       | 0.0001       | 1.6625           |          |
| Augļu - ogu dzēriens                   | 200       | 14                                | 0.138              | 0.1           | 3.03           | 0            | 0.001        | 0.692            |          |
| Rudzu maize                            | 40        | 104                               | 3.44               | 0.56          | 20.08          | 0            | 0            | 2.2              | 1        |
| Āboli                                  | 100       | 54                                | 0.3                | 0.6           | 11.4           | 0            | 0            | 2.               |          |
| <i>Kopā:</i>                           |           | <i>914.727</i>                    | <i>31.572</i>      | <i>33.535</i> | <i>119.076</i> | <i>0.001</i> | <i>0.001</i> | <i>11.106</i>    |          |
| <b>trešdiena, 11.septembris</b>        |           |                                   |                    |               |                |              |              |                  |          |
| <b>Pusdienas</b>                       |           |                                   |                    |               |                |              |              |                  |          |
| Cūkgaļas kotlete                       | 70        | 212                               | 12.3242            | 16.9662       | 2.261          | 0.0003       | 0            | 0.2776           | 1,3      |
| Kartupeļu biežputra                    | 200       | 169                               | 5.414              | 1.905         | 31.624         | 0.0002       | 0            | 4.2              | 7        |
| Ķīnas kāpostu salāti ar dillēm un eļļu | 100       | 65                                | 1.525              | 5.705         | 2.74           | 0.0001       | 0.0005       | 1.035            |          |
| Jogurta zemeņu kokteiļis               | 200       | 157                               | 6.                 | 3.28          | 25.33          | 0            | 0.01         | 0.8              | 7        |
| Rudzu maize                            | 40        | 104                               | 3.44               | 0.56          | 20.08          | 0            | 0            | 2.2              | 1        |
| Upeņu sīrupa dzēriens                  | 200       | 80                                | 0.0332             | 0             | 19.9532        | 0            | 0            | 0.5976           |          |
| <i>Kopā:</i>                           |           | <i>786.193</i>                    | <i>28.736</i>      | <i>28.416</i> | <i>101.988</i> | <i>0.001</i> | <i>0.011</i> | <i>9.11</i>      |          |
| <b>ceturtdiena, 12.septembris</b>      |           |                                   |                    |               |                |              |              |                  |          |
| <b>Pusdienas</b>                       |           |                                   |                    |               |                |              |              |                  |          |
| Zivju zupa                             | 230       | 74                                | 6.8013             | 0.9793        | 9.1512         | 0.0002       | 0            | 2.9975           | 4,9      |
| Krējums skābs                          | 20        | 40                                | 0.52               | 4.            | 0.54           | 0            | 0            | 0                | 7        |
| Krāsni cepti vistas gabaliņi           | 70        | 174                               | 17.8961            | 11.3591       | 0.0483         | 0.0001       | 0            | 0.0186           |          |
| Vārīti rīsi                            | 150       | 170                               | 3.366              | 0.297         | 38.4615        | 0.0001       | 0            | 0.693            |          |
| Sarkanā mērce                          | 50        | 34                                | 0.5963             | 1.5525        | 4.3641         | 0            | 0            | 0.4308           | 9        |
| Kāpostu salāti ar sarkanajiem redīsiem | 100       | 58                                | 1.388              | 3.188         | 5.784          | 0.0007       | 0.002        | 2.646            |          |
| Druvas klona rupjmaize                 | 60        | 128                               | 3.48               | 0.66          | 27.            | 0            | 0            | 2.82             | 1        |
| Ābolu dzēriens                         | 200       | 32                                | 0.1782             | 0.3516        | 6.8308         | 0            | 0.0002       | 1.16             |          |
| <i>Kopā:</i>                           |           | <i>705.898</i>                    | <i>27.431</i>      | <i>25.956</i> | <i>89.864</i>  | <i>0.001</i> | <i>0.002</i> | <i>12.488</i>    |          |
| <b>piektdiena, 13.septembris</b>       |           |                                   |                    |               |                |              |              |                  |          |
| <b>Pusdienas</b>                       |           |                                   |                    |               |                |              |              |                  |          |
| Buljons ar makaroniem                  | 200       | 112                               | 4.5709             | 2.5808        | 17.4281        | 0.0001       | 0            | 1.1219           | 1,3      |
| Vistas gaļas frikasē                   | 100       | 197                               | 11.1031            | 15.9323       | 2.2247         | 0.0001       | 0            | 1.1751           | 1,7      |
| Vārīti griķi                           | 160       | 177                               | 3.96               | 0.8448        | 38.3328        | 0.0002       | 0            | 1.6896           |          |
| Burkānu salāti ar sēkliņām             | 70        | 104                               | 1.6093             | 8.9572        | 4.0705         | 0.0002       | 0.0011       | 2.4507           |          |
| Cidoniju- ābolu dzēriens               | 200       | 84                                | 0.155              | 0.245         | 20.018         | 0            | 0.016        | 1.345            |          |
| Rudzu maize                            | 40        | 104                               | 3.44               | 0.56          | 20.08          | 0            | 0            | 2.2              | 1        |
| <i>Kopā:</i>                           |           | <i>781.407</i>                    | <i>31.634</i>      | <i>25.552</i> | <i>104.471</i> | <i>0.001</i> | <i>0.017</i> | <i>8.26</i>      |          |