|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Grupa** | 10.-12.klase |  |  |  |  |  |  |  |
| Papildus 3x nedēļā LAD programma "Piens un Augļi skolai" (Pirmsskola un no 1.-9. klasei) |
| **pirmdiena, 16.decembris**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Dārzeņu zupa | 250 | 115 | 3.431 | 4.939 | 13.997 | 1.5 |   | 4.535 | 9 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |   |   |   | 7 |
| Cūkgaļas strogonovs | 90 | 202 | 10.889 | 15.606 | 4.395 | 0.275 |   | 0.214 | 1;7 |
| Vārīta pasta - makaroni | 160 | 318 | 0.896 | 4.96 | 57.6 | 0.64 |   | 2.72 | 1 |
| Skābu kāpostu salāti ar eļļu | 80 | 29 | 1.154 | 1.831 | 1.025 | 0.08 | 0.24 | 1.703 |   |
| Augļu un ogu dzēriens | 200 | 31 | 0.312 | 0.272 | 6.43 |   | 1. | 1.624 |   |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 |   |   | 2.2 | 1 |
| Piens | 200 | 96 | 6.4 | 4. | 9. |   |   |   | 7 |
| Āboli | 100 | 54 | 0.3 | 0.6 | 11.4 |   |   | 2. |   |
|  **kopā:** |  | **968** | **27.08** | **34.77** | **124.20** | **2.495** | **1.240** | **14.996** |  |
|  |  |  |  |  |  |  |  |  |  |
| **otrdiena, 17.decembris**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Skābu kāpostu zupa | 250 | 113 | 3.516 | 7.371 | 7.742 | 0.25 | 5. | 2.527 |   |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |   |   |   | 7 |
| Sautēta cūkgaļa ar dārzeņiem | 100 | 168 | 10.083 | 12.335 | 4.121 | 0.1 |   | 0.929 |   |
| Vārīti griķi | 220 | 243 | 5.445 | 1.162 | 52.708 | 0.22 |   | 2.323 |   |
| Biešu salāti ar eļļu | 80 | 57 | 1.197 | 2.483 | 7.462 | 0.16 | 0.8 | 1.989 |   |
| Jāņogu dzēriens | 200 | 29 | 0.447 | 0.086 | 5.944 |   | 4. | 1.4 |   |
| Rudzu maize | 80 | 207 | 6.88 | 1.12 | 40.16 |   |   | 4.4 | 1 |
| Āboli | 100 | 54 | 0.3 | 0.6 | 11.4 |   |   | 2. |   |
|  **kopā:** |  | **891** | **28.13** | **27.16** | **129.81** | **0.730** | **9.800** | **15.568** |  |
|  |  |  |  |  |  |  |  |  |  |
| **trešdiena, 18.decembris**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Risotto ar vistas gaļu | 230 | 320 | 15.498 | 13.335 | 33.835 | 0.345 |   | 4.726 | 9 |
| Kāpostu svaigu biešu salāti ar eļļu | 80 | 75 | 1.039 | 6.142 | 3.969 | 0.08 | 0.24 | 2.244 |   |
| Flamerī krēms | 40 | 82 | 1.664 | 6.606 | 3.828 | 0.02 | 0.82 | 0.003 | 1;7 |
| Jāņogu ķīselis | 80 | 45 | 0.173 | 0.031 | 10.67 |   | 8. | 0.504 |   |
| Piens | 200 | 96 | 6.4 | 4. | 9. |   |   |   | 7 |
| Ūdens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 |   |   |   |   |
| Rudzu maize | 80 | 207 | 6.88 | 1.12 | 40.16 |   |   | 4.4 | 1 |
|  **kopā:** |  | **828** | **31.72** | **31.29** | **101.78** | **0.445** | **9.060** | **11.877** |  |
|  |  |  |  |  |  |  |  |  |  |
| **ceturtdiena, 19.decembris**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Vistas gaļas zupa ar ziedkāpostiem | 250 | 154 | 8.575 | 9.389 | 8.778 | 1. |   | 2.446 |   |
| Cūkgaļas kotlete | 70 | 211 | 12.324 | 16.966 | 2.261 | 0.28 |   | 0.278 | 1;3 |
| Kartupeļu biezputra | 200 | 169 | 5.414 | 1.905 | 31.624 | 0.2 |   | 4.2 | 7 |
| Burkānu salāti ar krējumu | 80 | 50 | 1.092 | 3.331 | 3.689 | 0.16 |   | 2.304 | 7 |
| Dzērveņu sīrupa dzēriens | 200 | 82 | 0.033 |   | 20.186 |   |   | 0.598 |   |
| Rudzu maize | 80 | 207 | 6.88 | 1.12 | 40.16 |   |   | 4.4 | 1 |
|  **kopā:** |  | **873** | **34.32** | **32.71** | **106.70** | **1.640** | **0** | **14.226** |  |
|  |  |  |  |  |  |  |  |  |  |
| **piektdiena, 20.decembris**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Dārzeņu un sakņu siera zupa | 200 | 195 | 6.956 | 13.706 | 10.461 | 0.4 |   | 3.889 | 7;9 |
| Makaroni ar maltu cūkgaļu un dārzeņiem | 200 | 440 | 11.917 | 19.947 | 46.141 | 0.68 |   | 3.726 | 1;9 |
| Svaigu kāpostu salāti ar āboliem un eļļu | 80 | 48 | 1.056 | 2.64 | 4.848 | 0.08 |   | 2.48 |   |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 |   |   | 2.2 | 1 |
| Upeņu sīrupa dzēriens | 200 | 80 | 0.033 |   | 19.953 |   |   | 0.598 |   |
|  **kopā:** |  | **867** | **23.40** | **36.85** | **101.48** | **1.160** | **0** | **12.893** |  |