|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Grupa** | 1.-4.klase |  |  |  |  |  |  |  |  |
| Papildus 3x nedēļā LAD programma "Piens un Augļi skolai" (Pirmsskola un no 1.-9. klasei) | | | | | | | | | |
| **pirmdiena, 20.janvāris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Skābeņu zupa | 200 | 102 | 3.097 | 5.26 | 10.547 | 0.8 |  | 2.838 | 1;3;9 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |  |  |  | 7 |
| Cūkgaļas gulašs | 70 | 143 | 8.232 | 10.883 | 3.156 | 0.073 |  | 0.173 | 1;7 |
| Vārīti griķi | 150 | 166 | 3.712 | 0.792 | 35.937 | 0.15 |  | 1.584 |  |
| Marinētu gurķu salāti | 60 | 32 | 0.479 | 1.801 | 3.514 |  |  | 0.013 |  |
| Dzērveņu sīrupa dzēriens | 200 | 82 | 0.033 |  | 20.186 |  |  | 0.598 |  |
| Āboli | 100 | 54 | 0.3 | 0.6 | 11.4 |  |  | 2. |  |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 |  |  | 2.2 | 1 |
| **kopā:** |  | **702** | **19.55** | **21.90** | **105.09** | **1.023** | **0** | **9.406** |  |
|  |  |  |  |  |  |  |  |  |  |
| **otrdiena, 21.janvāris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Maltas cūkgaļas šnicele | 50 | 139 | 7.677 | 9.116 | 6.525 | 0.05 |  | 0.394 | 1;11;3;7 |
| Vārīti kartupeļi | 150 | 112 | 3.18 | 0.159 | 23.532 | 0.15 |  | 3.339 |  |
| Piena mērce ar baziliku | 50 | 56 | 1.622 | 3.508 | 4.474 | 0.2 |  | 0.013 | 7 |
| Kāpostu salāti ar zaļumiem un eļļu | 60 | 38 | 0.852 | 2.518 | 3.05 | 0.06 | 0.6 | 1.733 |  |
| Smalkmaizīte | 70 | 256 | 6.115 | 7.905 | 41.384 | 0.448 | 6.412 | 0.223 | 1;3 |
| Piens | 200 | 96 | 6.4 | 4. | 9. |  |  |  | 7 |
| Ūdens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 |  |  |  |  |
| **kopā:** |  | **699** | **25.92** | **27.27** | **88.29** | **0.908** | **7.012** | **5.702** |  |
|  |  |  |  |  |  |  |  |  |  |
| **trešdiena, 22.janvāris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Soļanka | 150 | 156 | 6.966 | 11.189 | 6.804 | 0.15 | 0.15 | 0.863 | 1 |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 |  |  |  | 7 |
| Maltās gaļas tomātu mērce | 70 | 103 | 5.785 | 8.025 | 1.83 | 0.28 |  | 0.606 |  |
| Vārīti rīsi | 150 | 170 | 3.366 | 0.297 | 38.462 | 0.15 |  | 0.693 |  |
| Biešu salāti ar krējumu | 60 | 43 | 1.033 | 2.303 | 4.638 | 0.3 |  | 1.267 | 7 |
| Upeņu sīrupa dzēriens | 200 | 80 | 0.033 |  | 19.953 |  |  | 0.598 |  |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 |  |  | 2.2 | 1 |
| Āboli | 100 | 54 | 0.3 | 0.6 | 11.4 |  |  | 2. |  |
| **kopā:** |  | **720** | **21.05** | **23.97** | **103.30** | **0.880** | **0.150** | **8.227** |  |
|  |  |  |  |  |  |  |  |  |  |
| **ceturtdiena, 23.janvāris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Biešu zupa ar kartupeļiem | 150 | 50 | 1.263 | 1.66 | 7.396 | 0.15 | 0.45 | 2.217 | 9 |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 |  |  |  | 7 |
| Cepta vistas gaļa | 70 | 173 | 15.22 | 11.419 | 1.448 | 0.07 |  | 0.109 |  |
| Vārīta pasta - makaroni | 140 | 278 | 0.784 | 4.34 | 50.4 | 0.56 |  | 2.38 | 1 |
| Sarkanā mērce | 40 | 27 | 0.477 | 1.242 | 3.491 | 0.04 | 0.04 | 0.345 | 9 |
| Kāpostu salāti ar burkāniem un eļļu | 60 | 33 | 0.799 | 1.918 | 3.104 | 0.06 | 0.6 | 1.8 |  |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 |  |  | 1.1 | 1 |
| Piens | 200 | 96 | 6.4 | 4. | 9. |  |  |  | 7 |
| Ūdens ar brūklenēm | 200 | 3 | 0.03 | 0.05 | 0.62 |  |  | 0.29 |  |
| **kopā:** |  | **722** | **26.82** | **25.91** | **85.63** | **0.880** | **1.090** | **8.241** |  |
|  |  |  |  |  |  |  |  |  |  |
| **piektdiena, 24.janvāris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Šķelto zirņu zupa | 150 | 108 | 5.801 | 4.334 | 11.206 | 0.15 |  | 4.076 | 9 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |  |  |  | 7 |
| Plovs ar vistas gaļu | 150 | 261 | 10.114 | 8.36 | 35.752 | 0.6 |  | 1.779 |  |
| Burkānu salāti ar sēkliņām | 70 | 103 | 1.609 | 8.957 | 4.07 | 0.21 | 1.05 | 2.451 |  |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 |  |  | 2.2 | 1 |
| Ābolu dzēriens | 200 | 51 | 0.178 | 0.352 | 11.621 |  | 5. | 1.16 |  |
| **kopā:** |  | **646** | **21.40** | **24.56** | **83.00** | **0.960** | **6.050** | **11.666** |  |