|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Grupa** | 10.-12.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 | 250 | 128 | 3.871 | 6.576 | 13.184 | 1. |  | 3.548 | 1;3;9 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |  |  |  | 7 |
| Cūkgaļas gulašs | 110 | 225 | 12.937 | 17.101 | 4.96 | 0.115 |  | 0.272 | 1;7 |
| Vārīti griķi | 230 | 254 | 5.692 | 1.214 | 55.103 | 0.23 |  | 2.429 |  |
| Marinētu gurķu salāti | 80 | 42 | 0.638 | 2.402 | 4.686 |  |  | 0.017 |  |
| 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:** |  | **908** | **27.17** | **30.45** | **129.87** | **1.345** | **0** | **11.064** |  |
|  |  |  |  |  |  |  |  |  |  |
| **otrdiena, 21.janvāris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Maltas cūkgaļas šnicele | 70 | 194 | 10.748 | 12.762 | 9.135 | 0.07 |  | 0.552 | 1;11;3;7 |
| Vārīti kartupeļi | 200 | 149 | 4.24 | 0.212 | 31.376 | 0.2 |  | 4.452 |  |
| Piena mērce ar baziliku | 50 | 56 | 1.622 | 3.508 | 4.474 | 0.2 |  | 0.013 | 7 |
| Kāpostu salāti ar zaļumiem un eļļu | 80 | 51 | 1.136 | 3.357 | 4.067 | 0.08 | 0.8 | 2.311 |  |
| 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:** |  | **805** | **30.33** | **31.80** | **99.76** | **0.998** | **7.212** | **7.551** |  |
|  |  |  |  |  |  |  |  |  |  |
| **trešdiena, 22.janvāris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Soļanka | 200 | 208 | 9.289 | 14.918 | 9.073 | 0.2 | 0.2 | 1.151 | 1 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |  |  |  | 7 |
| Maltās gaļas tomātu mērce | 80 | 118 | 6.612 | 9.171 | 2.091 | 0.32 |  | 0.692 |  |
| Vārīti rīsi | 200 | 227 | 4.488 | 0.396 | 51.282 | 0.2 |  | 0.924 |  |
| Biešu salāti ar krējumu | 80 | 58 | 1.377 | 3.071 | 6.184 | 0.4 |  | 1.689 | 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:** |  | **868** | **25.80** | **30.72** | **120.33** | **1.120** | **0.200** | **9.254** |  |
|  |  |  |  |  |  |  |  |  |  |
| **ceturtdiena, 23.janvāris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Biešu zupa ar kartupeļiem | 250 | 83 | 2.105 | 2.766 | 12.326 | 0.25 | 0.75 | 3.695 | 9 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |  |  |  | 7 |
| Cepta vistas gaļa | 70 | 173 | 15.22 | 11.419 | 1.448 | 0.07 |  | 0.109 |  |
| Vārīta pasta - makaroni | 170 | 338 | 0.952 | 5.27 | 61.2 | 0.68 |  | 2.89 | 1 |
| Sarkanā mērce | 40 | 27 | 0.477 | 1.242 | 3.491 | 0.04 | 0.04 | 0.345 | 9 |
| Kāpostu salāti ar burkāniem un eļļu | 80 | 44 | 1.066 | 2.557 | 4.139 | 0.08 | 0.8 | 2.4 |  |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 |  |  | 2.2 | 1 |
| Piens | 200 | 96 | 6.4 | 4. | 9. |  |  |  | 7 |
| Ūdens ar brūklenēm | 200 | 3 | 0.03 | 0.05 | 0.62 |  |  | 0.29 |  |
| **kopā:** |  | **888** | **29.95** | **29.86** | **112.57** | **1.120** | **1.590** | **11.929** |  |
|  |  |  |  |  |  |  |  |  |  |
| **piektdiena, 24.janvāris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Šķelto zirņu zupa | 250 | 179 | 9.668 | 7.223 | 18.677 | 0.25 |  | 6.794 | 9 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |  |  |  | 7 |
| Plovs ar vistas gaļu | 200 | 348 | 13.485 | 11.146 | 47.669 | 0.8 |  | 2.372 |  |
| Burkānu salāti ar sēkliņām | 80 | 117 | 1.839 | 10.237 | 4.652 | 0.24 | 1.2 | 2.801 |  |
| 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:** |  | **819** | **28.87** | **31.52** | **102.97** | **1.290** | **6.200** | **15.327** |  |