|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Grupa** | 10.-12.klase |  |  |  |  |  |  |  |
| Papildus 3x nedēļā LAD programma "Piens un Augļi skolai" (Pirmsskola un no 1.-9. klasei) |
| **pirmdiena, 3.marts**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Pupiņu zupa | 250 | 209 | 6.276 | 13.076 | 16.816 | 0.61 |   | 6.55 | 9. |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |   |   |   | 7. |
| Cūkgaļas gulašs | 90 | 184 | 10.584 | 13.992 | 4.058 | 0.094 |   | 0.222 | 1;7 |
| Vārīti griķi | 200 | 221 | 4.95 | 1.056 | 47.916 | 0.2 |   | 2.112 |   |
| Kāpostu salāti ar papriku un eļļu | 80 | 58 | 1.026 | 4.163 | 4.166 | 0.24 | 1.2 | 2.308 |   |
| Rudzu maize | 60 | 155 | 5.16 | 0.84 | 30.12 |   |   | 3.3 | 1. |
| Ābolu dzēriens | 200 | 51 | 0.178 | 0.352 | 11.621 |   | 5. | 1.16 |   |
|  **kopā:** |  | **899** | **28.43** | **35.48** | **114.97** | **1.144** | **6.200** | **15.652** |  |
|  |  |  |  |  |  |  |  |  |  |
| **otrdiena, 4.marts**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Kartupeļu un maltas cūkgaļas sautējums | 240 | 340 | 15.673 | 24.492 | 14.321 | 0.24 | 0.048 | 5.674 | 9. |
| Ķīnas kāpostu un gurķu salāti | 80 | 34 | 0.973 | 2.562 | 2.108 | 0.24 | 0.4 | 0.707 |   |
| Smalkmaizīte | 70 | 196 | 3.463 | 5.921 | 31.628 | 0.336 |   | 0.981 | 1;3 |
| Ūdens ar dzērveņu garšu | 200 | 49 | 0.02 |   | 12.16 |   |   | 0.36 |   |
| Piens | 200 | 96 | 6.4 | 4. | 9. |   |   |   | 7. |
| Rudzu maize | 60 | 155 | 5.16 | 0.84 | 30.12 |   |   | 3.3 | 1. |
|  **kopā:** |  | **870** | **31.69** | **37.82** | **99.34** | **0.816** | **0.448** | **11.022** |  |
|  |  |  |  |  |  |  |  |  |  |
| **trešdiena, 5.marts**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Ziedkāpostu zupa | 200 | 78 | 2.539 | 4.345 | 7.128 | 0.2 |   | 4.135 | 9. |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |   |   |   | 7. |
| Cepts vistas šķiņķītis | 70 | 227 | 22.371 | 15.126 | 0.283 | 0.28 |   | 0.03 |   |
| Vārīti rīsi | 220 | 250 | 4.937 | 0.436 | 56.41 | 0.22 |   | 1.016 |   |
| Piena mērce | 80 | 29 | 1.446 | 0.686 | 4.251 | 0.324 |   | 0.025 | 1;7 |
| Biešu salāti | 80 | 67 | 1.14 | 4.076 | 6.464 | 0.32 | 0.08 | 1.9 |   |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 |   |   | 1.1 | 1. |
| Ūdens ar rabarberu garšu | 200 | 40 | 0.04 |   | 11.9 |   |   | 0.36 |   |
| Āboli | 100 | 54 | 0.3 | 0.6 | 11.4 |   |   | 2. |   |
|  **kopā:** |  | **816** | **34.75** | **27.55** | **108.15** | **1.344** | **0.080** | **10.566** |  |
|  |  |  |  |  |  |  |  |  |  |
| **ceturtdiena, 6.marts**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Borščs | 250 | 128 | 4.079 | 6.937 | 12.12 | 1. | 0.5 | 4.067 |   |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |   |   |   | 7. |
| Cūkgaļa saldā krējuma mērcē | 80 | 153 | 8.889 | 11.153 | 4.142 | 0.16 |   | 0.354 | 7;9 |
| Vārīti kartupeļi | 200 | 149 | 4.24 | 0.212 | 31.376 | 0.2 |   | 4.452 |   |
| Burkānu salāti ar eļļu | 80 | 57 | 0.768 | 4.154 | 4.086 | 0.16 | 0.4 | 2.765 |   |
| Piens | 200 | 96 | 6.4 | 4. | 9. |   |   |   | 7. |
| Ūdens ar cidoniju garšu | 200 | 47 | 0.02 | 0.02 | 11.54 |   |   |   |   |
| Rudzu maize | 60 | 155 | 5.16 | 0.84 | 30.12 |   |   | 3.3 | 1. |
|  **kopā:** |  | **804** | **29.82** | **29.32** | **102.65** | **1.520** | **0.900** | **14.938** |  |
|  |  |  |  |  |  |  |  |  |  |
| **piektdiena, 7.marts**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Maltās gaļas zupa | 250 | 178 | 7.22 | 9.495 | 15.6 | 0.25 |   | 4.134 | 9. |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |   |   |   | 7. |
| Pasta ar sieru | 230 | 463 | 19.864 | 21.92 | 46.485 | 0.23 |   | 2.466 | 1;3;7;9 |
| Kāpostu salāti ar zaļumiem un eļļu | 80 | 51 | 1.136 | 3.357 | 4.067 | 0.08 | 0.8 | 2.311 |   |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 |   |   | 2.2 | 1. |
| Ūdens ar upeņu garšu | 200 | 48 | 0.02 |   | 12.02 |   |   | 0.36 |   |
|  **kopā:** |  | **864** | **31.94** | **37.33** | **98.52** | **0.560** | **0.800** | **11.471** |  |