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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Nedēļas ēdienkarte** |  |  |  |  |  |  |  |  |  |
| **Grupa** | 10.-12.klase |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| **otrdiena, 22.aprīlis**  | **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. |
| Sautēta cūkgaļa ar dārzeņiem tomātu mērcē | 90 | 167 | 8.9 | 13.355 | 2.947 | 0.271 |   | 0.83 | 1. |
| Vārīti rīsi | 200 | 227 | 4.488 | 0.396 | 51.282 | 0.2 |   | 0.924 |   |
| Burkānu salāti ar ziedkāpostiem un eļļas mērci | 80 | 68 | 1.02 | 5.769 | 3.205 | 0.08 | 0.08 | 2.554 |   |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 |   |   | 2.2 | 1. |
| Piens | 200 | 96 | 6.4 | 4. | 9. |   |   |   | 7. |
| Ūdens ar rabarberu garšu | 200 | 40 | 0.04 |   | 11.9 |   |   | 0.36 |   |
|  **kopā:** |  | **850** | **28.42** | **32.66** | **111.87** | **1.551** | **0.080** | **10.416** |  |
|  |  |  |  |  |  |  |  |  |  |
| **trešdiena, 23.aprīlis**  | **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. |
| Cūkgaļas strogonovs | 90 | 202 | 10.889 | 15.606 | 4.395 | 0.275 |   | 0.214 | 1;7 |
| Vārīti griķi | 200 | 221 | 4.95 | 1.056 | 47.916 | 0.2 |   | 2.112 |   |
| Svaigu kāpostu salāti ar āboliem un eļļu | 80 | 48 | 1.056 | 2.64 | 4.848 | 0.08 |   | 2.48 |   |
| Piens | 200 | 96 | 6.4 | 4. | 9. |   |   |   | 7. |
| 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. |
|  **kopā:** |  | **804** | **29.41** | **28.90** | **105.27** | **0.805** | **1.750** | **12.325** |  |

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| **ceturtdiena, 24.aprīlis**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Vistas gaļas kotlete mājas gaumē | 70 | 186 | 12.291 | 13.038 | 4.941 | 0.07 |   | 0.279 | 1;3 |
| Kartupeļu biezputra | 200 | 169 | 5.414 | 1.905 | 31.624 | 0.2 |   | 4.2 | 7. |
| Burkānu salāti ar sēkliņām | 100 | 147 | 2.299 | 12.796 | 5.815 | 0.3 | 1.5 | 3.501 |   |
| Biezpiena masa | 50 | 64 | 7.798 | 1.703 | 4.314 |   | 2.5 |   | 7. |
| Ogu ķīselis | 100 | 99 | 0.32 | 0.102 | 23.644 |   | 5. | 0.993 |   |
| Ūdens ar cidoniju garšu | 200 | 47 | 0.02 | 0.02 | 11.54 |   |   |   |   |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 |   |   | 2.2 | 1. |
|  **kopā:** |  | **815** | **31.58** | **30.12** | **101.96** | **0.570** | **9.000** | **11.173** |  |
|  |  |  |  |  |  |  |  |  |  |
| **piektdiena, 25.aprīlis**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Pelēko zirņu zupa | 250 | 129 | 8.334 | 4.534 | 13.269 | 0.5 |   | 3.553 | 9. |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |   |   |   | 7. |
| Plovs ar cūkgaļu | 250 | 503 | 19.161 | 20.714 | 60.164 | 1. |   | 2.965 |   |
| Marinēti gurķi | 80 | 22 | 0.64 | 0.16 | 4.8 |   |   |   |   |
| 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:** |  | **819** | **30.46** | **28.29** | **111.84** | **1.500** | **0** | **9.978** |  |