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| **Nedēļas ēdienkarte** |  |  |  |  |  |  |  |  |  |
| **Grupa** | 1.-4.klase |  |  |  |  |  |  |  |  |
| 3x nedēļā LAD programma "Piens un Augļi skolai", pirmsskolai un no 1.-9. klasei |  |  |  |  |
| Ēdienkartē iekļautais piens vai auglis tiek nodrošināts LAD programmas ietvaros tās darbības laikā |  |  |
| **pirmdiena, 12.maijs**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Skābeņu zupa | 150 | 77 | 2.322 | 3.945 | 7.91 | 0.6 |   | 2.129 | 1;3;9 |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |   |   |   | 7. |
| Sautēta cūkgaļa ar dārzeņiem tomātu mērcē | 70 | 130 | 6.922 | 10.387 | 2.292 | 0.211 |   | 0.645 | 1. |
| Vārīti rīsi | 150 | 170 | 3.366 | 0.297 | 38.462 | 0.15 |   | 0.693 |   |
| Burkānu salāti ar ziedkāpostiem un eļļas mērci | 60 | 51 | 0.765 | 4.327 | 2.404 | 0.06 | 0.06 | 1.916 |   |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 |   |   | 1.1 | 1. |
| Piens | 200 | 96 | 6.4 | 4. | 9. |   |   |   | 7. |
| Ūdens ar rabarberu garšu | 200 | 40 | 0.04 |   | 11.9 |   |   | 0.36 |   |
|  **kopā:** |  | **636** | **21.80** | **25.24** | **82.28** | **1.021** | **0.060** | **6.843** |  |
|  |  |  |  |  |  |  |  |  |  |
| **otrdiena, 13.maijs**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Vistas gaļas zupa ar dārzeņiem | 150 | 89 | 5.408 | 5.675 | 3.963 | 0.15 |   | 2.059 |   |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |   |   |   | 7. |
| Makaroni ar maltu cūkgaļu un dārzeņiem | 150 | 330 | 8.938 | 14.96 | 34.606 | 0.51 |   | 2.794 | 1;9 |
| Biešu salāti ar krējumu | 60 | 43 | 1.033 | 2.303 | 4.638 | 0.24 |   | 1.267 | 7. |
| Ūdens ar upeņu garšu | 200 | 48 | 0.02 |   | 12.02 |   |   | 0.36 |   |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 |   |   | 1.1 | 1. |
| Āboli | 100 | 54 | 0.3 | 0.6 | 11.4 |   |   | 2. |   |
|  **kopā:** |  | **637** | **17.68** | **25.82** | **76.94** | **0.900** | **0** | **9.580** |  |

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| **trešdiena, 14.maijs**  | **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 | 10 | 20 | 0.26 | 2. | 0.27 |   |   |   | 7. |
| Cūkgaļas strogonovs | 70 | 157 | 8.469 | 12.138 | 3.418 | 0.214 |   | 0.166 | 1;7 |
| Vārīti griķi | 150 | 166 | 3.712 | 0.792 | 35.937 | 0.15 |   | 1.584 |   |
| Svaigu kāpostu salāti ar āboliem un eļļu | 60 | 36 | 0.792 | 1.98 | 3.636 | 0.06 |   | 1.86 |   |
| 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 | 20 | 52 | 1.72 | 0.28 | 10.04 |   |   | 1.1 | 1. |
|  **kopā:** |  | **607** | **22.93** | **23.12** | **76.13** | **0.574** | **1.450** | **8.551** |  |
|  |  |  |  |  |  |  |  |  |  |
| **ceturtdiena, 15.maijs**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Vistas gaļas kotlete mājas gaumē | 50 | 133 | 8.779 | 9.313 | 3.53 | 0.05 |   | 0.199 | 1;3 |
| Kartupeļu biezputra | 170 | 144 | 4.602 | 1.619 | 26.88 | 0.17 |   | 3.57 | 7. |
| Burkānu salāti ar sēkliņām | 60 | 88 | 1.379 | 7.678 | 3.489 | 0.18 | 0.9 | 2.101 |   |
| 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 | 20 | 52 | 1.72 | 0.28 | 10.04 |   |   | 1.1 | 1. |
|  **kopā:** |  | **626** | **24.62** | **20.72** | **83.44** | **0.400** | **8.400** | **7.963** |  |

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| **piektdiena, 16.maijs**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Pelēko zirņu zupa | 150 | 77 | 5. | 2.721 | 7.961 | 0.3 |   | 2.132 | 9. |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |   |   |   | 7. |
| Plovs ar cūkgaļu | 150 | 302 | 11.497 | 12.429 | 36.099 | 0.6 |   | 1.779 |   |
| Marinēti gurķi | 60 | 16 | 0.48 | 0.12 | 3.6 |   |   |   |   |
| 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:** |  | **561** | **19.30** | **18.15** | **81.27** | **0.900** | **0** | **7.371** |  |