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| **Nedēļas ēdienkarte** |  |  |  |  |  |  |  |  |  |
| **Grupa** | 5.-9.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 | 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. |
| 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 | 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:** |  | **772** | **25.93** | **31.06** | **99.19** | **1.351** | **0.080** | **8.606** |  |
|  |  |  |  |  |  |  |  |  |  |
| **otrdiena, 13.maijs**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Vistas gaļas zupa ar dārzeņiem | 200 | 119 | 7.21 | 7.566 | 5.284 | 0.2 |   | 2.745 |   |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |   |   |   | 7. |
| Makaroni ar maltu cūkgaļu un dārzeņiem | 200 | 440 | 11.917 | 19.947 | 46.141 | 0.68 |   | 3.726 | 1;9 |
| Biešu salāti ar krējumu | 80 | 58 | 1.377 | 3.071 | 6.184 | 0.32 |   | 1.689 | 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:** |  | **791** | **22.80** | **33.46** | **91.34** | **1.200** | **0** | **11.620** |  |

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| **trešdiena, 14.maijs**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Biešu zupa ar kartupeļiem | 200 | 67 | 1.684 | 2.213 | 9.861 | 0.2 | 0.6 | 2.956 | 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:** |  | **788** | **28.99** | **28.35** | **102.80** | **0.755** | **1.600** | **11.586** |  |
|  |  |  |  |  |  |  |  |  |  |
| **ceturtdiena, 15.maijs**  | **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 | 80 | 117 | 1.839 | 10.237 | 4.652 | 0.24 | 1.2 | 2.801 |   |
| 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:** |  | **786** | **31.12** | **27.57** | **100.80** | **0.510** | **8.700** | **10.473** |  |

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| **piektdiena, 16.maijs**  | **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 | 200 | 403 | 15.329 | 16.571 | 48.131 | 0.8 |   | 2.372 |   |
| 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:** |  | **719** | **26.62** | **24.15** | **99.81** | **1.300** | **0** | **9.385** |  |