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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, 26.maijs**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Pupiņu zupa | 150 | 125 | 3.766 | 7.846 | 10.09 | 0.366 |   | 3.93 | 9. |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |   |   |   | 7. |
| Cūkgaļas gulašs | 80 | 164 | 9.408 | 12.437 | 3.607 | 0.084 |   | 0.198 | 1;7 |
| Vārīti griķi | 150 | 166 | 3.712 | 0.792 | 35.937 | 0.15 |   | 1.584 |   |
| Kāpostu salāti ar papriku un eļļu | 60 | 44 | 0.77 | 3.122 | 3.124 | 0.18 | 0.9 | 1.731 |   |
| 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:** |  | **673** | **21.53** | **27.11** | **84.73** | **0.780** | **5.900** | **10.803** |  |
|  |  |  |  |  |  |  |  |  |  |
| **otrdiena, 27.maijs**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Kartupeļu un maltas cūkgaļas sautējums | 140 | 198 | 9.143 | 14.287 | 8.354 | 0.14 | 0.028 | 3.31 | 9. |
| Ķīnas kāpostu un gurķu salāti | 60 | 25 | 0.73 | 1.922 | 1.581 | 0.18 | 0.3 | 0.53 |   |
| 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 | 20 | 52 | 1.72 | 0.28 | 10.04 |   |   | 1.1 | 1. |
|  **kopā:** |  | **617** | **21.48** | **26.41** | **72.76** | **0.656** | **0.328** | **6.281** |  |

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| **trešdiena, 28.maijs**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Ziedkāpostu zupa | 150 | 59 | 1.905 | 3.259 | 5.346 | 0.15 |   | 3.101 | 9. |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |   |   |   | 7. |
| Cepts vistas giross | 60 | 214 | 14.558 | 16.719 | 0.342 | 0.05 |   |   | 10;3;7 |
| Vārīti rīsi | 150 | 170 | 3.366 | 0.297 | 38.462 | 0.15 |   | 0.693 |   |
| Piena mērce | 80 | 29 | 1.446 | 0.686 | 4.251 | 0.324 |   | 0.025 | 1;7 |
| Biešu salāti | 60 | 50 | 0.855 | 3.057 | 4.848 | 0.24 | 0.06 | 1.425 |   |
| 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:** |  | **687** | **24.45** | **26.90** | **86.86** | **0.914** | **0.060** | **8.704** |  |
|  |  |  |  |  |  |  |  |  |  |
| **ceturtdiena, 29.maijs**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Borščs | 150 | 77 | 2.447 | 4.162 | 7.272 | 0.6 | 0.3 | 2.44 |   |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |   |   |   | 7. |
| Cūkgaļa saldā krējuma mērcē | 70 | 133 | 7.778 | 9.758 | 3.624 | 0.14 |   | 0.31 | 7;9 |
| Vārīti kartupeļi | 150 | 112 | 3.18 | 0.159 | 23.532 | 0.15 |   | 3.339 |   |
| Burkānu salāti ar eļļu | 60 | 43 | 0.576 | 3.115 | 3.064 | 0.12 | 0.3 | 2.074 |   |
| Piens | 200 | 96 | 6.4 | 4. | 9. |   |   |   | 7. |
| 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:** |  | **579** | **22.38** | **23.49** | **68.34** | **1.010** | **0.600** | **9.263** |  |
|  |  |  |  |  |  |  |  |  |  |