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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, 26.maijs**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Pupiņu zupa | 200 | 167 | 5.021 | 10.461 | 13.453 | 0.488 |   | 5.24 | 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 | 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:** |  | **805** | **25.46** | **32.58** | **101.56** | **1.022** | **6.200** | **13.242** |  |
|  |  |  |  |  |  |  |  |  |  |
| **otrdiena, 27.maijs**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Kartupeļu un maltas cūkgaļas sautējums | 200 | 283 | 13.061 | 20.41 | 11.934 | 0.2 | 0.04 | 4.729 | 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 | 40 | 104 | 3.44 | 0.56 | 20.08 |   |   | 2.2 | 1. |
|  **kopā:** |  | **762** | **27.36** | **33.45** | **86.91** | **0.776** | **0.440** | **8.977** |  |

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| **trešdiena, 28.maijs**  | **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 giross | 70 | 250 | 16.985 | 19.506 | 0.399 | 0.058 |   |   | 10;3;7 |
| Vārīti rīsi | 200 | 227 | 4.488 | 0.396 | 51.282 | 0.2 |   | 0.924 |   |
| 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** | **28.92** | **31.89** | **103.13** | **1.102** | **0.080** | **10.444** |  |
|  |  |  |  |  |  |  |  |  |  |
| **ceturtdiena, 29.maijs**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Borščs | 200 | 102 | 3.263 | 5.549 | 9.696 | 0.8 | 0.4 | 3.254 |   |
| 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 | 40 | 104 | 3.44 | 0.56 | 20.08 |   |   | 2.2 | 1. |
|  **kopā:** |  | **727** | **27.28** | **27.65** | **90.19** | **1.320** | **0.800** | **13.025** |  |
|  |  |  |  |  |  |  |  |  |  |