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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Grupa** | 1.-4.klase |  |  |  |  |  |  |  |  |
| Neparedzētu apstākļu dēļ ēdienkarte var tikt mainīta | |  |  |  |  |  |  |  |  |
| **pirmdiena, 8.septembris** | **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 | 5 | 10 | 0.13 | 1. | 0.135 |  |  |  | 7. |
| Cūkgaļas strogonovs | 70 | 142 | 8.079 | 10.7 | 3.378 | 0.21 |  | 0.114 | 7. |
| Vārīti griķi | 150 | 166 | 3.712 | 0.792 | 35.937 | 0.15 |  | 1.584 |  |
| Kāpostu tomātu salāti ar eļļu | 60 | 31 | 0.818 | 1.922 | 2.492 | 0.18 | 0.12 | 1.586 |  |
| Piens | 200 | 96 | 6.4 | 4. | 9. |  |  |  | 7. |
| Ūdens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 |  |  |  |  |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 |  |  | 1.1 | 1. |
| **kopā:** |  | **576** | **23.25** | **22.70** | **69.21** | **1.140** | **0.120** | **6.513** |  |
|  |  |  |  |  |  |  |  |  |  |
| **otrdiena, 9.septembris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Dārzeņu un cūkgaļas sautējums | 200 | 175 | 11.244 | 8.708 | 12.672 | 0.2 |  | 4.556 |  |
| Gurķu salāti ar zaļumiem un eļļu | 60 | 19 | 0.42 | 1.33 | 1.205 | 0.06 |  | 0.369 |  |
| Cepumu - skābā krējuma deserts | 60 | 206 | 2.928 | 12.528 | 20.576 |  | 2.1 |  | 1;3;7 |
| Ogu ķīselis | 100 | 99 | 0.32 | 0.102 | 23.644 |  | 5. | 0.993 |  |
| Ūdens ar apelsīniem | 200 | 4 | 0.1 | 0.02 | 0.83 |  |  | 0.24 |  |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 |  |  | 1.1 | 1. |
| **kopā:** |  | **554** | **16.73** | **22.97** | **68.97** | **0.260** | **7.100** | **7.258** |  |

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| **trešdiena, 10.septembris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Soļanka ar cūkgaļu | 150 | 136 | 5.813 | 9.129 | 6.561 | 0.6 | 0.3 | 1.156 |  |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 |  |  |  | 7. |
| Siers | 30 | 102 | 7.44 | 8.04 |  |  |  |  | 7. |
| Vārīta pasta - makaroni | 150 | 298 | 0.84 | 4.65 | 54. | 0.6 |  | 2.55 | 1. |
| Ķīnas kāpostu un svaigu dārzeņu salāti ar eļļas mērci | 60 | 21 | 0.745 | 1.483 | 1.522 | 0.002 | 0.075 | 0.726 |  |
| Ūdens ar ogām | 200 | 4 | 0.08 | 0.04 | 0.55 |  |  |  |  |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 |  |  | 1.1 | 1. |
| **kopā:** |  | **623** | **16.77** | **24.62** | **72.81** | **1.202** | **0.375** | **5.532** |  |
|  |  |  |  |  |  |  |  |  |  |
| **ceturtdiena, 11.septembris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Biešu zupa ar kartupeļiem un gaļu | 150 | 60 | 2.167 | 2.639 | 6.809 | 0.15 | 0.495 | 2.282 |  |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 |  |  |  | 7. |
| Plovs ar vistas gaļu | 150 | 261 | 10.114 | 8.36 | 35.752 | 0.6 |  | 1.779 |  |
| Kāpostu salāti ar papriku un eļļu | 60 | 44 | 0.77 | 3.122 | 3.124 | 0.18 | 0.9 | 1.731 |  |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 |  |  | 1.1 | 1. |
| Piens | 200 | 96 | 6.4 | 4. | 9. |  |  |  | 7. |
| Ūdens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 |  |  |  |  |
| **kopā:** |  | **526** | **21.37** | **19.46** | **65.18** | **0.930** | **1.395** | **6.892** |  |

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| **piektdiena, 12.septembris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Vistas gaļas zupa ar rīsiem | 150 | 131 | 6.816 | 6.522 | 11.164 | 0.15 |  | 0.943 |  |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 |  |  |  | 7. |
| Vārīti cīsiņi (MK172) | 60 | 130 | 6.78 | 10.02 | 3.12 |  |  |  | 7. |
| Kartupeļu biezputra | 150 | 127 | 4.06 | 1.429 | 23.718 | 0.15 |  | 3.15 | 7. |
| Burkānu salāti ar eļļu | 60 | 43 | 0.576 | 3.115 | 3.064 | 0.12 | 0.3 | 2.074 |  |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 |  |  | 2.2 | 1. |
| Ūdens ar apelsīniem | 200 | 4 | 0.1 | 0.02 | 0.83 |  |  | 0.24 |  |
| **kopā:** |  | **547** | **21.90** | **22.67** | **62.11** | **0.420** | **0.300** | **8.607** |  |