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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Grupa** | 5.-9.klase |  |  |  |  |  |  |  |  |
| Neparedzētu apstākļu dēļ ēdienkarte var tikt mainīta |  |  |  |  |  |  |  |  |
| **pirmdiena, 8.septembris**  | **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. |
| Cūkgaļas strogonovs | 100 | 203 | 11.541 | 15.286 | 4.825 | 0.3 |   | 0.163 | 7. |
| Vārīti griķi | 200 | 221 | 4.95 | 1.056 | 47.916 | 0.2 |   | 2.112 |   |
| Kāpostu tomātu salāti ar eļļu | 80 | 41 | 1.091 | 2.563 | 3.323 | 0.24 | 0.16 | 2.114 |   |
| 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:** |  | **738** | **29.13** | **30.51** | **86.24** | **1.540** | **0.160** | **8.327** |  |
|  |  |  |  |  |  |  |  |  |  |
| **otrdiena, 9.septembris**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Dārzeņu un cūkgaļas sautējums | 250 | 219 | 14.055 | 10.885 | 15.84 | 0.25 |   | 5.695 |   |
| Gurķu salāti ar zaļumiem un eļļu | 80 | 25 | 0.56 | 1.773 | 1.607 | 0.08 |   | 0.492 |   |
| 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 | 60 | 155 | 5.16 | 0.84 | 30.12 |   |   | 3.3 | 1. |
|  **kopā:** |  | **708** | **23.12** | **26.15** | **92.62** | **0.330** | **7.100** | **10.720** |  |

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| **trešdiena, 10.septembris**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Soļanka ar cūkgaļu | 200 | 181 | 7.751 | 12.172 | 8.748 | 0.8 | 0.4 | 1.541 |   |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |   |   |   | 7. |
| Siers | 40 | 136 | 9.92 | 10.72 |   |   |   |   | 7. |
| Vārīta pasta - makaroni | 200 | 397 | 1.12 | 6.2 | 72. | 0.8 |   | 3.4 | 1. |
| Ķīnas kāpostu un svaigu dārzeņu salāti ar eļļas mērci | 80 | 29 | 0.994 | 1.977 | 2.029 | 0.002 | 0.1 | 0.969 |   |
| Ūdens ar ogām | 200 | 4 | 0.08 | 0.04 | 0.55 |   |   |   |   |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 |   |   | 2.2 | 1. |
|  **kopā:** |  | **871** | **23.57** | **33.67** | **103.68** | **1.602** | **0.500** | **8.110** |  |
|  |  |  |  |  |  |  |  |  |  |
| **ceturtdiena, 11.septembris**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Biešu zupa ar kartupeļiem un gaļu | 200 | 80 | 2.889 | 3.519 | 9.078 | 0.2 | 0.66 | 3.043 |   |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |   |   |   | 7. |
| Plovs ar vistas gaļu | 200 | 348 | 13.485 | 11.146 | 47.669 | 0.8 |   | 2.372 |   |
| 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. |
| Piens | 200 | 96 | 6.4 | 4. | 9. |   |   |   | 7. |
| Ūdens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 |   |   |   |   |
|  **kopā:** |  | **709** | **27.57** | **25.45** | **90.58** | **1.240** | **1.860** | **9.923** |  |

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| **piektdiena, 12.septembris**  | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Vistas gaļas zupa ar rīsiem | 200 | 174 | 9.088 | 8.696 | 14.885 | 0.2 |   | 1.257 |   |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |   |   |   | 7. |
| Vārīti cīsiņi (MK172) | 60 | 130 | 6.78 | 10.02 | 3.12 |   |   |   | 7. |
| Kartupeļu biezputra | 200 | 169 | 5.414 | 1.905 | 31.624 | 0.2 |   | 4.2 | 7. |
| Burkānu salāti ar eļļu | 80 | 57 | 0.768 | 4.154 | 4.086 | 0.16 | 0.4 | 2.765 |   |
| Rudzu maize | 60 | 155 | 5.16 | 0.84 | 30.12 |   |   | 3.3 | 1. |
| Ūdens ar apelsīniem | 200 | 4 | 0.1 | 0.02 | 0.83 |   |   | 0.24 |   |
|  **kopā:** |  | **709** | **27.57** | **27.64** | **84.94** | **0.560** | **0.400** | **11.762** |  |