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| **Grupa** | 10.-12.klase | |  |  |  |  |  |  |  |
| Neparedzētu apstākļu dēļ ēdienkarte var tikt mainīta | |  |  |  |  |  |  |  |  |
| **pirmdiena, 8.septembris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Skābeņu zupa | 250 | 128 | 3.871 | 6.576 | 13.184 | 1. |  | 3.548 | 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 | 40 | 104 | 3.44 | 0.56 | 20.08 |  |  | 2.2 | 1. |
| **kopā:** |  | **816** | **31.62** | **32.10** | **98.92** | **1.740** | **0.160** | **10.137** |  |
|  |  |  |  |  |  |  |  |  |  |
| **otrdiena, 9.septembris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Dārzeņu un cūkgaļas sautējums | 300 | 263 | 16.866 | 13.062 | 19.008 | 0.3 |  | 6.834 |  |
| 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 | 80 | 207 | 6.88 | 1.12 | 40.16 |  |  | 4.4 | 1. |
| **kopā:** |  | **804** | **27.65** | **28.61** | **105.83** | **0.380** | **7.100** | **12.959** |  |

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| **trešdiena, 10.septembris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Soļanka ar cūkgaļu | 250 | 227 | 9.688 | 15.216 | 10.935 | 1. | 0.5 | 1.926 |  |
| 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:** |  | **916** | **25.50** | **36.71** | **105.86** | **1.802** | **0.600** | **8.495** |  |
|  |  |  |  |  |  |  |  |  |  |
| **ceturtdiena, 11.septembris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Biešu zupa ar kartupeļiem un gaļu | 250 | 100 | 3.611 | 4.399 | 11.348 | 0.25 | 0.825 | 3.804 |  |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |  |  |  | 7. |
| Plovs ar vistas gaļu | 250 | 434 | 16.856 | 13.933 | 59.587 | 1. |  | 2.965 |  |
| 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:** |  | **816** | **31.66** | **29.12** | **104.77** | **1.490** | **2.025** | **11.277** |  |

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| **piektdiena, 12.septembris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Vistas gaļas zupa ar rīsiem | 250 | 218 | 11.359 | 10.87 | 18.607 | 0.25 |  | 1.571 |  |
| 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 | 80 | 207 | 6.88 | 1.12 | 40.16 |  |  | 4.4 | 1. |
| Ūdens ar apelsīniem | 200 | 4 | 0.1 | 0.02 | 0.83 |  |  | 0.24 |  |
| **kopā:** |  | **805** | **31.56** | **30.09** | **98.70** | **0.610** | **0.400** | **13.176** |  |