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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Grupa** | 10.-12.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 | | | | | | | |  |  |
| Neparedzētu apstākļu dēļ ēdienkarte var tikt mainīta | |  |  |  |  |  |  |  |  |
| **pirmdiena, 13.oktobris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Pupiņu zupa | 250 | 177 | 7.345 | 9.696 | 15.155 | 0.57 |  | 6.02 | 9. |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |  |  |  | 7. |
| Maltas cūkgaļas mērce | 100 | 160 | 11.491 | 10.089 | 5.818 | 0.4 |  | 0.545 | 1;7 |
| Vārīti griķi | 200 | 221 | 4.95 | 1.056 | 47.916 | 0.2 |  | 2.112 |  |
| Burkānu salāti ar sēkliņām | 80 | 117 | 1.839 | 10.237 | 4.652 | 0.24 | 1.2 | 2.801 |  |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 |  |  | 2.2 | 1. |
| Ūdens ar ogām | 200 | 4 | 0.08 | 0.04 | 0.55 |  |  |  |  |
| **kopā:** |  | **803** | **29.41** | **33.68** | **94.44** | **1.410** | **1.200** | **13.678** |  |
|  |  |  |  |  |  |  |  |  |  |
| **otrdiena, 14.oktobris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Vistas gaļas zupa ar dārzeņiem | 250 | 148 | 9.012 | 9.458 | 6.605 | 0.25 |  | 3.431 |  |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |  |  |  | 7. |
| Plovs ar cūkgaļu | 250 | 503 | 19.161 | 20.714 | 60.164 | 1. |  | 2.965 |  |
| Gurķu salāti ar zaļumiem un eļļu | 80 | 25 | 0.56 | 1.773 | 1.607 | 0.08 |  | 0.492 |  |
| 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:** |  | **856** | **34.25** | **34.81** | **99.60** | **1.330** | **0** | **10.428** |  |

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| **trešdiena, 15.oktobris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Vistas gaļas kotlete mājas gaumē | 70 | 214 | 11.155 | 15.594 | 6.487 | 0.28 |  | 0.468 | 1;3 |
| Vārīti kartupeļi | 200 | 149 | 4.24 | 0.212 | 31.376 | 0.2 |  | 4.452 |  |
| Piena mērce mājas gaumē | 75 | 64 | 2.455 | 4.02 | 4.8 | 0.752 |  | 0.224 | 1;7 |
| Svaigu kāpostu biešu salāti ar eļļas mērci | 80 | 45 | 1.102 | 2.539 | 4.33 | 0.08 | 0.4 | 2.248 |  |
| Auzu cepums | 40 | 159 | 3.55 | 5.446 | 23.811 |  | 6.66 | 0.821 | 1;3;7 |
| 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:** |  | **834** | **32.41** | **32.43** | **100.20** | **1.312** | **7.060** | **10.413** |  |
|  |  |  |  |  |  |  |  |  |  |
| **ceturtdiena, 16.oktobris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Borščs | 250 | 128 | 4.079 | 6.937 | 12.12 | 1. | 0.5 | 4.067 |  |
| Krējums skābs | 10 | 20 | 0.26 | 2. | 0.27 |  |  |  | 7. |
| Cūkgaļa saldā krējuma mērcē | 100 | 191 | 11.111 | 13.941 | 5.177 | 0.2 |  | 0.443 | 7;9 |
| Vārīti rīsi | 200 | 227 | 4.488 | 0.396 | 51.282 | 0.2 |  | 0.924 |  |
| Burkānu salāti ar ziedkāpostiem un eļļas mērci | 80 | 68 | 1.02 | 5.769 | 3.205 | 0.08 | 0.08 | 2.554 |  |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 |  |  | 2.2 | 1. |
| Piens | 200 | 96 | 6.4 | 4. | 9. |  |  |  | 7. |
| Ūdens ar apelsīniem | 200 | 4 | 0.1 | 0.02 | 0.83 |  |  | 0.24 |  |
| **kopā:** |  | **838** | **30.90** | **33.62** | **101.96** | **1.480** | **0.580** | **10.428** |  |
|  |  |  |  |  |  |  |  |  |  |
| **piektdiena, 17.oktobris** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
| **Pusdienas** |  |  |  |  |  |  |  |  |  |
| Dārzeņu un sakņu siera zupa | 250 | 147 | 5.36 | 9.254 | 10.334 |  |  | 3.355 | 7. |
| Makaroni ar maltu cūkgaļu un dārzeņiem | 250 | 505 | 14.838 | 19.921 | 57.442 | 1.6 |  | 4.506 | 1. |
| Svaigu dārzeņu salāti ar eļļas mērci | 90 | 45 | 0.969 | 3.761 | 2.159 | 0.045 | 0.27 | 0.843 |  |
| 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:** |  | **805** | **24.69** | **33.54** | **90.57** | **1.645** | **0.270** | **10.904** |  |