

ĒDIENKARTE 3-6g. bērniem 2.nedēļa B/ Pavasara sezona (sk.progr.)

| Pirmdiena                     |                              |                       |       |       |       |                  |                            |                                   |         |       |       |      |                     |
|-------------------------------|------------------------------|-----------------------|-------|-------|-------|------------------|----------------------------|-----------------------------------|---------|-------|-------|------|---------------------|
| Ēdiena nosaukums              |                              |                       |       |       |       | Ēdiena nosaukums |                            |                                   |         |       |       |      |                     |
|                               | Gat.sv                       | Olbal.                | Tauki | Oglih | Kalor |                  | Gat.sv                     | Olbal.                            | Tauki   | Oglih | Kalor |      |                     |
| B1                            | 4graudu biezputra ar sviestu | 150/3                 | 6.4   | 5.3   | 26.2  | 168              | P4                         | Sīrupa dzēriens                   | 150     | 0.0   | 0.0   | 12.0 | 49                  |
| B2                            | Graudu maize ar tomātiem     | 15/4/20               | 2.0   | 4.8   | 7.2   | 81               | P5                         | Rudzu maize                       | 15      | 1.1   | 0.2   | 6.4  | 33                  |
| B3                            | Tēja liepziedu               | 150                   | 0.0   | 0.0   | 3.0   | 12               | P6                         | "Skolas" dārzeņis                 | 100     | 1.3   | 0.1   | 7.2  | 40                  |
| B4                            | Auglis(ābols)                | 100                   | 0.4   | 0.8   | 9.8   | 48               | L1                         | Kliju maize ar krēmsieru un gurķi | 15/15/1 | 2.2   | 3.8   | 8.0  | 77                  |
| P1                            | Skābeņu zupa ar olu, krējumu | 150/4/4               | 3.4   | 4.0   | 11.6  | 98               | L2                         | Tēja piparmētru                   | 150     | 0.0   | 0.0   | 3.0  | 12                  |
| P2                            | Plovs ar cūkgaļu             | 150                   | 9.1   | 7.2   | 32.6  | 255              | L3                         | "Skolas" piens                    | 200     | 6.0   | 4.0   | 9.0  | 96                  |
| P3                            | Gurķi, marinēti              | 50                    | 0.2   | 0.0   | 1.5   | 7                | KOPĀ:                      |                                   |         |       |       |      | 32.2 30.0 137.5 975 |
| Kopā: Brokastis(B)            |                              | E32%                  | 8.7   | 10.9  | 46.2  | 309              |                            |                                   |         |       |       |      |                     |
| Kopā: Pusdienas(P)            |                              | E49%                  | 15.2  | 11.4  | 71.3  | 482              |                            |                                   |         |       |       |      |                     |
| Kopā: Launags(L)              |                              | E19%                  | 8.2   | 7.8   | 20.0  | 185              |                            |                                   |         |       |       |      |                     |
| Pievienotais sāls 0.9 grami   |                              | Dārzeņi 233.9 grami   |       |       |       |                  | Siers, biezpiens 15 grami  |                                   |         |       |       |      |                     |
| Pievienotais cukurs 7.5 grami |                              | Kartupeļi 59.7 grami  |       |       |       |                  | Piena produkti 312.5 grami |                                   |         |       |       |      |                     |
| Augļi un ogas 100 grami       |                              | Gala un zivs 40 grami |       |       |       |                  |                            |                                   |         |       |       |      |                     |

| Otrdiena                     |                             |                       |       |       |       |                             |        |                                   |       |       |       |     |                     |
|------------------------------|-----------------------------|-----------------------|-------|-------|-------|-----------------------------|--------|-----------------------------------|-------|-------|-------|-----|---------------------|
| Ēdiena nosaukums             |                             |                       |       |       |       | Ēdiena nosaukums            |        |                                   |       |       |       |     |                     |
|                              | Gat.sv                      | Olbal.                | Tauki | Oglhi | Kalor |                             | Gat.sv | Olbal.                            | Tauki | Oglhi | Kalor |     |                     |
| B1                           | Kviešu biezputra ar sviestu | 150/3                 | 5.1   | 4.2   | 24.9  | 158                         | P5     | Piens                             | 150   | 4.5   | 3.0   | 6.7 | 72                  |
| B2                           | Kliju maize ar sviestu      | 15/4                  | 1.3   | 3.6   | 7.1   | 68                          | P6     | Rudzu maize                       | 15    | 1.1   | 0.2   | 6.4 | 34                  |
| B3                           | Tēja augļu (bez cukura)     | 150                   | 0.0   | 0.0   | 0.0   | 0                           | L1     | Biezpiena saldā masa ar marmelādi | 90    | 10.0  | 5.1   | 9.4 | 134                 |
| P1                           | Vistas gaļas stroganovs     | 80                    | 6.4   | 9.5   | 4.0   | 122                         | L2     | Graudu maize ar sviestu           | 15/4  | 1.7   | 4.7   | 6.5 | 77                  |
| P2                           | Makaroni, vārīti            | 90                    | 2.3   | 3.4   | 24.3  | 148                         | L3     | Tēja liepziedu (bez cukura)       | 150   | 0.0   | 0.0   | 0.0 | 0                   |
| P3                           | Sv.kāpostu -zaļumu salāti   | 50                    | 1.0   | 4.1   | 3.4   | 51                          | L4     | Auglis(bumbieris)                 | 100   | 0.4   | 0.3   | 9.5 | 42                  |
| P4                           | Rabarberu uzpūtenis         | 90                    | 0.8   | 0.1   | 9.2   | 42                          |        |                                   |       |       |       |     |                     |
| Kopā: Brokastis(B)           |                             | E24%                  | 6.4   | 7.8   | 32.0  | 226                         |        |                                   |       |       |       |     |                     |
| Kopā: Pusdienas(P)           |                             | E49%                  | 16.1  | 20.2  | 54.1  | 467                         |        |                                   |       |       |       |     |                     |
| Kopā: Launags(L)             |                             | E27%                  | 12.2  | 10.1  | 25.4  | 253                         | KOPĀ:  |                                   |       |       |       |     | 34.7 38.1 111.4 946 |
| Pievienotais sāls 0.7 grami  |                             | Dārzeni 62 grami      |       |       |       |                             |        |                                   |       |       |       |     |                     |
| Pievienotais cukurs 10 grami |                             | Kartupeļi 0 grami     |       |       |       | Siers, biezpiens 67.5 grami |        |                                   |       |       |       |     |                     |
| Augļi un ogas 124.4 grami    |                             | Gala un zivs 40 grami |       |       |       | Piena produkti 268.4 grami  |        |                                   |       |       |       |     |                     |

| Trešdiena                     |                                 |                       |       |       |       |                            |        |                           |       |       |       |      |    |
|-------------------------------|---------------------------------|-----------------------|-------|-------|-------|----------------------------|--------|---------------------------|-------|-------|-------|------|----|
| Ēdiena nosaukums              |                                 |                       |       |       |       | Ēdiena nosaukums           |        |                           |       |       |       |      |    |
|                               | Gat.sv                          | Olbal.                | Tauki | Oglhi | Kalor |                            | Gat.sv | Olbal.                    | Tauki | Oglhi | Kalor |      |    |
| B1                            | Piena auzu pārslu zupa          | 180                   | 4.9   | 4.4   | 15.7  | 123                        | P5     | Karkadē dzēriens          | 150   | 0.0   | 0.0   | 3.0  | 12 |
| B2                            | Graudu maize ar krēmsieru       | 15/15                 | 2.6   | 4.8   | 7.0   | 83                         | P6     | Rudzu maize               | 15    | 1.1   | 0.2   | 6.4  | 34 |
| B3                            | "Skolas" dārzeņis               | 100                   | 1.3   | 0.1   | 7.2   | 40                         | L1     | Tostermaize ar ievārījumu | 20/15 | 1.8   | 0.8   | 20.2 | 96 |
| P1                            | Kāpostu-tomātu zupa ar krējumu  | 150/4                 | 3.2   | 2.7   | 5.8   | 60                         | L2     | "Skolas" piens            | 200   | 6.0   | 4.0   | 9.0  | 96 |
| P2                            | Cūkgaļas šņicele                | 60                    | 9.9   | 10.1  | 10.3  | 199                        |        |                           |       |       |       |      |    |
| P3                            | Kartupeļu biezenis              | 120                   | 2.6   | 2.8   | 16.4  | 103                        |        |                           |       |       |       |      |    |
| P4                            | Burkānu salāti ar ķiploku, eļļu | 50                    | 0.6   | 2.0   | 5.1   | 43                         |        |                           |       |       |       |      |    |
|                               | Kopā: Brokastis(B)              | E28%                  | 8.7   | 9.3   | 29.9  | 245                        |        |                           |       |       |       |      |    |
|                               | Kopā: Pusdienas(P)              | E51%                  | 17.4  | 17.7  | 47.0  | 452                        |        |                           |       |       |       |      |    |
|                               | Kopā: Launags(L)                | E22%                  | 7.8   | 4.8   | 29.2  | 192                        | KOPĀ:  |                           | 33.9  | 31.9  | 106.1 | 890  |    |
| Pievienotais sāls 0.6 grami   |                                 | Dārzeņi 207.7 grami   |       |       |       |                            |        |                           |       |       |       |      |    |
| Pievienotais cukurs 7.4 grami |                                 | Kartupeļi 119.4 grami |       |       |       | Siers, biezpiens 15 grami  |        |                           |       |       |       |      |    |
| Augļi un ogas 2.3 grami       |                                 | Gala un zivs 50 grami |       |       |       | Piena produkti 334.2 grami |        |                           |       |       |       |      |    |

| Ceturtdiena                   |                         |                       |       |        |       |                  |                           |                                 |         |        |       |      |                     |
|-------------------------------|-------------------------|-----------------------|-------|--------|-------|------------------|---------------------------|---------------------------------|---------|--------|-------|------|---------------------|
| Ēdiena nosaukums              |                         |                       |       |        |       | Ēdiena nosaukums |                           |                                 |         |        |       |      |                     |
|                               | Gat.sv                  | Olbal.                | Tauki | Oglihi | Kalor |                  | Gat.sv                    | Olbal.                          | Tauki   | Oglihi | Kalor |      |                     |
| B1                            | Omlete                  | 80                    | 7.3   | 8.3    | 1.4   | 113              | P4                        | Redīsu-lociņu salāti ar krējumu | 50      | 0.8    | 2.0   | 1.2  | 27                  |
| B2                            | Rudzu maize ar tomātiem | 15/4/15               | 1.3   | 3.5    | 7.0   | 67               | P5                        | Sīrupa dzēriens                 | 150     | 0.0    | 0.0   | 12.2 | 49                  |
| B3                            | Tēja piparmētru         | 150                   | 0.0   | 0.0    | 3.0   | 12               | P6                        | Rudzu maize                     | 15      | 1.1    | 0.2   | 6.4  | 34                  |
| B4                            | Auglis(ābols)           | 100                   | 0.4   | 0.8    | 9.8   | 48               | L1                        | Graudu maize ar sieru, gurķiem  | 15/4/15 | 5.2    | 8.8   | 6.9  | 130                 |
| P1                            | Dārzeņu zupa            | 150                   | 2.6   | 2.7    | 6.7   | 62               | L2                        | Cepumi                          | 30      | 2.0    | 3.8   | 20.9 | 126                 |
| P2                            | Kurzemes stroganovs     | 70                    | 6.5   | 7.2    | 2.5   | 122              | L3                        | Tēja liepziedu                  | 150     | 0.0    | 0.0   | 2.2  | 9                   |
| P3                            | Griķi ,vārīti           | 90                    | 4.4   | 1.3    | 24.6  | 130              | L4                        | "Skolas" dārzeņis               | 100     | 1.3    | 0.1   | 7.2  | 40                  |
| Kopā: Brokastis(B)            |                         | E25%                  | 9.0   | 12.6   | 21.2  | 240              | KOPĀ:                     |                                 |         |        |       |      | 32.9 38.6 111.9 967 |
| Kopā: Pusdienas(P)            |                         | E44%                  | 15.4  | 13.4   | 53.6  | 423              |                           |                                 |         |        |       |      |                     |
| Kopā: Launags(L)              |                         | E32%                  | 8.5   | 12.7   | 37.2  | 305              |                           |                                 |         |        |       |      |                     |
|                               |                         |                       |       |        |       |                  |                           |                                 |         |        |       |      |                     |
| Pievienotais sāls 0.75 grami  |                         | Dārzeņi 223.5 grami   |       |        |       |                  | Siers, biezpiens 15 grami |                                 |         |        |       |      |                     |
| Pievienotais cukurs 5.2 grami |                         | Kartupeļi 25.8 grami  |       |        |       |                  | Piena produkti 44.5 grami |                                 |         |        |       |      |                     |
| Augļi un ogas 100 grami       |                         | Gala un zivs 40 grami |       |        |       |                  |                           |                                 |         |        |       |      |                     |

| Piektdiena                     |                               |                        |       |       |       |                  |                                                             |                                   |         |       |       |      |                     |
|--------------------------------|-------------------------------|------------------------|-------|-------|-------|------------------|-------------------------------------------------------------|-----------------------------------|---------|-------|-------|------|---------------------|
| Ēdiena nosaukums               |                               |                        |       |       |       | Ēdiena nosaukums |                                                             |                                   |         |       |       |      |                     |
|                                | Gat.sv                        | Olbal.                 | Tauki | Oglih | Kalor |                  | Gat.sv                                                      | Olbal.                            | Tauki   | Oglih | Kalor |      |                     |
| B1                             | Mannā biezputra ar ievārījumu | 150/15                 | 5.1   | 3.2   | 31.0  | 174              | P5                                                          | Biešu salāti ar eļļu              | 60      | 0.9   | 3.6   | 5.3  | 57                  |
| B2                             | Graudu maize ar gurķiem       | 15/4/15                | 1.8   | 4.7   | 6.9   | 79               | P6                                                          | Sīrupa dzēriens                   | 150     | 0.0   | 0.0   | 12.0 | 49                  |
| B3                             | "Skolas" piens                | 200                    | 6.0   | 4.0   | 9.0   | 96               | P7                                                          | Rudzu maize                       | 15      | 1.1   | 0.2   | 6.4  | 34                  |
| P1                             | Zemnieku zupa ar krējumu      | 150/4                  | 2.7   | 3.9   | 9.0   | 84               | L1                                                          | Saldskābmaize ar desu (70% gaļas) | 15/4/20 | 3.7   | 5.7   | 7.9  | 99                  |
| P2                             | Cepta zivs fileja             | 60                     | 8.0   | 5.6   | 4.3   | 95               | L2                                                          | Tomāti ,svaigi                    | 30      | 0.3   | 0.1   | 1.1  | 6                   |
| P3                             | Kartupeļi, vārīti             | 120                    | 2.5   | 0.1   | 18.3  | 87               | L3                                                          | Tēja liepziedu                    | 150     | 0.0   | 0.0   | 3.0  | 12                  |
| P4                             | Piena mērce                   | 30                     | 0.8   | 1.1   | 2.5   | 23               | L4                                                          | Auglis(banāns)                    | 100     | 1.2   | 0.2   | 20.0 | 88                  |
| Kopā: Brokastis(B)             |                               | E36%                   | 12.9  | 12.0  | 46.9  | 349              | KOPĀ:                                                       |                                   |         |       |       |      | 34.2 32.4 136.5 982 |
| Kopā: Pusdienas(P)             |                               | E44%                   | 16.0  | 14.5  | 57.6  | 428              |                                                             |                                   |         |       |       |      |                     |
| Kopā: Launags(L)               |                               | E21%                   | 5.3   | 6.0   | 32.0  | 206              |                                                             |                                   |         |       |       |      |                     |
| Pievienotais sāls 0.85 grami   |                               | Dārzeņi 124 grami      |       |       |       |                  | Siers, biezpiens 0 grami<br>Piena produkti 321 grami        |                                   |         |       |       |      |                     |
| Pievienotais cukurs 4.5 grami  |                               | Kartupeļi 168.2 grami  |       |       |       |                  |                                                             |                                   |         |       |       |      |                     |
| Augļi un ogas 100 grami        |                               | Gaļa un zivs 75 grami  |       |       |       |                  |                                                             |                                   |         |       |       |      |                     |
| Pievienotais sāls 3.8 grami    |                               | Dārzeņi 851.1 grami    |       |       |       |                  | Siers, biezpiens 112.5 grami<br>Piena produkti 1280.6 grami |                                   |         |       |       |      |                     |
| Pievienotais cukurs 34.6 grami |                               | Kartupeļi 373.1 grami  |       |       |       |                  |                                                             |                                   |         |       |       |      |                     |
| Augļi un ogas 426.7 grami      |                               | Gaļa un zivs 245 grami |       |       |       |                  |                                                             |                                   |         |       |       |      |                     |

Ēdienkarte var mainīties neparedzētu iemeslu dēļ.

Dokuments sagatavots elektroniski un derīgs bez paraksta.