## Nedēļas ēdienkarte

## Grupa BD 1-2 bez piena, olas

Piezīme: bērniem, kuriem uzturā atļauts iekļaut sviestu, margarīns tiks aizstāts ar sviestu.

| Monday, 5.October | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alergēni |
|---|---|---|---|---|---|---|---|---|---|
| **Brokastis** | | | | | | | | | |
| Četru graudu putra ar rīsu pienu | 120 | 130 | 2.412 | 2.146 | 24.672 | 0.12 | | 2.15 | 1. |
| Ievārījums | 10 | 16 | 0.1 | 0.01 | 3.9 | | | | |
| Kliju maize | 15 | 39 | 1.815 | 0.405 | 7.095 | | | 0.87 | 1. |
| Margarīns sviestmaizēm | 10 | 72 | | 8. | | | | | |
| Zāļu tēja | 120 | | | | | | | | |
| **kopā:** | | **258** | **4.33** | **10.56** | **35.67** | **0.120** | **0** | **3.020** | |
| **Pusdienas** | | | | | | | | | |
| Vistas gaļas zupa | 120 | 68 | 4.118 | 3.297 | 5.338 | 0.48 | | 1.299 | |
| Maltās gaļas tomātu mērce | 70 | 103 | 5.784 | 8.025 | 1.849 | 0.28 | | 0.606 | |
| Vārīta pasta - makaroni | 80 | 136 | 4.477 | 1.419 | 26.39 | 0.32 | | | 1. |
| Ķīnas kāpostu un gurķu salāti | 60 | 25 | 0.758 | 1.919 | 1.561 | 0.18 | 0.3 | 0.534 | |
| Rudzu maize | 15 | 37 | 1.29 | 0.21 | 7.53 | | | 0.825 | 1. |
| Ābolu sulas dzēriens | 120 | 32 | 0.072 | | 7.992 | | | | |
| **kopā:** | | **401** | **16.50** | **14.87** | **50.66** | **1.260** | **0.300** | **3.264** | |
| **Launags** | | | | | | | | | |
| Sēklu maize | 15 | 43 | 1.575 | 0.96 | 7.065 | | | 0.645 | 1;11 |
| Margarīns sviestmaizēm | 5 | 36 | | 4. | | | | | |
| Tomāti | 15 | 3 | 0.15 | 0.03 | 0.39 | | | 0.15 | |
| Ābols vai bumbieris | 60 | 33 | 0.3 | 0.18 | 7.44 | | | 1.98 | |
| Zāļu tēja | 120 | | | | | | | | |
| **kopā:** | | **115** | **2.03** | **5.17** | **14.90** | **0** | **0** | **2.775** | |
| **Diena kopā:** | | **773** | **22.85** | **30.60** | **101.22** | **1.380** | **0.300** | **9.059** | |

| Tuesday, 6.October | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alergēni |
|---|---|---|---|---|---|---|---|---|---|
| **Brokastis** | | | | | | | | | |
| Rīsu zupa bez piena | 120 | 52 | 0.572 | 0.635 | 11.101 | 0.12 | | 0.109 | |
| Saldskābmaize | 20 | 45 | 1.26 | 0.2 | 9.6 | | | 0.9 | 1. |
| Margarīns sviestmaizēm | 10 | 72 | | 8. | | | | | |
| Vegāniskais siers Gouda | 15 | 45 | | 3.6 | 3.15 | | | | |
| **kopā:** | | **214** | **1.83** | **12.44** | **23.85** | **0.120** | **0** | **1.009** | |
| **Pusdienas** | | | | | | | | | |
| Dārzeņu zupa ar grūbām un cūkgaļu | 120 | 43 | 2.551 | 1.911 | 3.849 | 0.12 | | 0.827 | 1;9 |
| Cūkgaļas gulašs | 80 | 118 | 10.343 | 7.459 | 4.769 | 0.32 | | 0.337 | |
| Vārīti griķi | 100 | 110 | 2.475 | 0.528 | 23.958 | 0.1 | | 1.056 | |
| Biešu salāti | 50 | 42 | 0.712 | 2.548 | 4.04 | 0.1 | 0.05 | 1.188 | |
| Rudzu maize | 10 | 25 | 0.86 | 0.14 | 5.02 | | | 0.55 | 1. |
| Ūdens ar apelsīniem | 120 | 3 | 0.06 | 0.012 | 0.498 | | | 0.096 | |
| **kopā:** | | **341** | **17.00** | **12.60** | **42.13** | **0.640** | **0.050** | **4.054** | |
| **Launags** | | | | | | | | | |
| Rīsu biezputra ar rīsu pienu | 100 | 103 | 1.105 | 1.28 | 21.855 | 0.2 | | 0.21 | |
| Zemeņu mērce | 80 | 35 | 0.48 | 0.24 | 7.292 | | 4. | 0.96 | |
| Ābols vai bumbieris | 80 | 44 | 0.4 | 0.24 | 9.92 | | | 2.64 | |
| Zāļu tēja | 120 | | | | | | | | |
| **kopā:** | | **183** | **1.99** | **1.76** | **39.07** | **0.200** | **4.000** | **3.810** | |
| **Diena kopā:** | | **738** | **20.82** | **26.79** | **105.05** | **0.960** | **4.050** | **8.873** | |

| Wednesday, 7.October | Svars, g | Kcal | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alergēni |
|---|---|---|---|---|---|---|---|---|---|
| **Brokastis** | | | | | | | | | |
| Kukurūzas biezputra ar rīsu pienu | 120 | 117 | 2.119 | 1.915 | 23.522 | 0.24 | | 1.579 | |
| Ievārījums | 10 | 16 | 0.1 | 0.01 | 3.9 | | | | |
| Kliju maize | 10 | 26 | 1.21 | 0.27 | 4.73 | | | 0.58 | 1. |
| Margarīns sviestmaizēm | 5 | 36 | | 4. | | | | | |
| Gurķi | 15 | 2 | 0.09 | 0.03 | 0.27 | | | 0.075 | |
| Zāļu tēja | 120 | | | | | | | | |
| **kopā:** | | **197** | **3.52** | **6.23** | **32.42** | **0.240** | **0** | **2.234** | |
| **Pusdienas** | | | | | | | | | |
| Boršč̌s | 120 | 61 | 1.958 | 3.33 | 5.818 | 0.48 | 0.24 | 1.952 | |

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Cūkgaļas kotlete bez miltiem | 70 | 226 | 13.358 | 16.24 | 6.509 | | | 0.091 | |
| Vārīti kartupeļi | 90 | 65 | 1.908 | 0.095 | 14.119 | 0.09 | | 2.003 | |
| Baltā mērce | 30 | 23 | 0.038 | 0.423 | 4.782 | 0.03 | | | |
| Burkānu salāti ar eļļu | 60 | 43 | 0.576 | 3.115 | 3.064 | 0.12 | 0.3 | 2.074 | |
| Ūdens ar citronu | 120 | 2 | 0.042 | 0.036 | 0.192 | | | | |
| **kopā:** | | **419** | **17.88** | **23.24** | **34.48** | **0.720** | **0.540** | **6.120** | |
| **Launags** | | | | | | | | | |
| Rīsu dzēriena kokteilis ar zemenēm un banāniem | 200 | 126 | 0.938 | 1.924 | 25.89 | | | 1.344 | |
| Banāni | 60 | 52 | 0.72 | 0.12 | 12. | | | 1.08 | |
| **kopā:** | | **178** | **1.66** | **2.04** | **37.89** | **0** | **0** | **2.424** | |
| **Diena kopā:** | | **795** | **23.06** | **31.51** | **104.80** | **0.960** | **0.540** | **10.778** | |

| **Thursday, 8.October** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
|---|---|---|---|---|---|---|---|---|---|
| **Brokastis** | | | | | | | | | |
| Auzu pārslu biezputra ar rīsu pienu | 120 | 132 | 2.501 | 2.755 | 24.25 | 0.24 | | 1.037 | 1. |
| Ievārījums | 10 | 16 | 0.1 | 0.01 | 3.9 | | | | |
| Sēklu maize | 10 | 29 | 1.05 | 0.64 | 4.71 | | | 0.43 | 1;11 |
| Margarīns sviestmaizēm | 5 | 36 | | 4. | | | | | |
| Zāļu tēja | 120 | | | | | | | | |
| **kopā:** | | **213** | **3.65** | **7.41** | **32.86** | **0.240** | **0** | **1.467** | |
| **Pusdienas** | | | | | | | | | |
| Dārzeņu biezeņzupa | 120 | 80 | 0.995 | 6.173 | 5.246 | 0.12 | | 1.931 | |
| Baltmaizes grauzdiņi | 10 | 28 | 0.78 | 0.41 | 5.14 | 0.01 | | 0.38 | 1. |
| Plovs ar vistas gaļu | 150 | 286 | 10.68 | 8.429 | 41.437 | 0.6 | | 1.857 | |
| Kāpostu tomātu salāti ar eļļu | 50 | 25 | 0.682 | 1.602 | 2.077 | 0.15 | 0.1 | 1.322 | |
| Ūdens ar apelsīniem | 120 | 3 | 0.06 | 0.012 | 0.498 | | | 0.096 | |
| **kopā:** | | **422** | **13.20** | **16.63** | **54.40** | **0.880** | **0.100** | **5.586** | |
| **Launags** | | | | | | | | | |
| Kliju maize | 20 | 52 | 2.42 | 0.54 | 9.46 | | | 1.16 | 1. |
| Margarīns sviestmaizēm | 5 | 36 | | 4. | | | | | |
| Vegāniskais siers Gouda | 15 | 45 | | 3.6 | 3.15 | | | | |
| Gurķi | 50 | 6 | 0.3 | 0.1 | 0.9 | | | 0.25 | |
| Zāļu tēja | 120 | | | | | | | | |
| **kopā:** | | **139** | **2.72** | **8.24** | **13.51** | **0** | **0** | **1.410** | |
| **Diena kopā:** | | **774** | **19.57** | **32.27** | **100.77** | **1.120** | **0.100** | **8.463** | |

| **Friday, 9.October** | **Svars, g** | **Kcal** | **Olbaltumvielas** | **Tauki** | **Ogļhidrāti** | **Sāls** | **Cukurs** | **Šķiedrvielas** | **Alergēni** |
|---|---|---|---|---|---|---|---|---|---|
| **Brokastis** | | | | | | | | | |
| Piecu graudu pārslu putra bez piena | 120 | 125 | 1.944 | 1.93 | 24. | 0.12 | | 2.17 | 1. |
| Ievārījums | 5 | 8 | 0.05 | 0.005 | 1.95 | | | | |
| Saldskābmaize | 20 | 45 | 1.26 | 0.2 | 9.6 | | | 0.9 | 1. |
| Margarīns sviestmaizēm | 8 | 58 | | 6.4 | | | | | |
| Zāļu tēja | 120 | | | | | | | | |
| **kopā:** | | **236** | **3.25** | **8.54** | **35.55** | **0.120** | **0** | **3.070** | |
| **Pusdienas** | | | | | | | | | |
| Zivju zupa | 120 | 50 | 3.425 | 2.596 | 3.299 | 0.48 | | 1.298 | 4;9 |
| Cepti vistas filejas gabaliņi | 40 | 73 | 10.284 | 2.789 | 1.956 | 0.16 | | 0.011 | |
| Vārīta pasta - makaroni | 100 | 170 | 5.596 | 1.774 | 32.988 | 0.4 | | | 1. |
| Redīsu un burkānu salāti | 50 | 30 | 0.54 | 2.56 | 1.32 | 0.2 | | 1. | |
| Rudzu maize | 15 | 37 | 1.29 | 0.21 | 7.53 | | | 0.825 | 1. |
| Ūdens ar ogām | 120 | 2 | 0.048 | 0.024 | 0.33 | | | | |
| **kopā:** | | **363** | **21.18** | **9.95** | **47.42** | **1.240** | **0** | **3.134** | |
| **Launags** | | | | | | | | | |
| Cepti kartupeļi | 120 | 172 | 3.552 | 5.578 | 26.285 | 0.12 | | 3.73 | |
| Zāļu tēja | 120 | | | | | | | | |
| Ābols vai bumbieris | 50 | 27 | 0.25 | 0.15 | 6.2 | | | 1.65 | |
| **kopā:** | | **200** | **3.80** | **5.73** | **32.49** | **0.120** | **0** | **5.380** | |
| **Diena kopā:** | | **799** | **28.24** | **24.22** | **115.46** | **1.480** | **0** | **11.584** | |