

## PIRMDIENA

| Ēdiena nosaukums              | Alerg. | Gat.sv                          | Olbal. | Tauki | Oglihi | Kalor | Ēdiena nosaukums         | Alerg. | Gat.sv | Olbal. | Tauki | Oglihi | Kalor |
|-------------------------------|--------|---------------------------------|--------|-------|--------|-------|--------------------------|--------|--------|--------|-------|--------|-------|
| P1 Pupiņu zupa ar gaļu        | 7      | 200/10                          | 6.5    | 8.5   | 18.7   | 182   |                          |        |        |        |       |        |       |
| P2 Gulašs                     | 1,7    | 100                             | 11.9   | 11.1  | 5.8    | 178   |                          |        |        |        |       |        |       |
| P3 Vārīti griķi               |        | 120                             | 4.3    | 0.7   | 34.8   | 165   |                          |        |        |        |       |        |       |
| P4 Kāpostu- sv.gurķu salāti   |        | 70                              | 0.6    | 4.1   | 2.5    | 55    |                          |        |        |        |       |        |       |
| P5 Graudu maize               | 1,11   | 20                              | 2.2    | 0.7   | 8.4    | 51    |                          |        |        |        |       |        |       |
| P6 Sulas dzēriens             |        | 200                             | 0.2    | 0.0   | 9.4    | 39    |                          |        |        |        |       |        |       |
| P7 Āboli (auglis)             |        | 80                              | 0.3    | 0.2   | 8.0    | 38    |                          |        |        |        |       |        |       |
| PIEVIENOTAIS SĀLS 1.11 grami  |        | DĀRZENI 127.3 grami             |        |       |        |       | KOPĀ:                    |        | 26.2   | 25.3   | 87.6  | 708    |       |
| PIEVIENOTAIS CUKURS 5.5 grami |        | KARTUPEĻI 40 grami              |        |       |        |       | BIEZPIENS, SIERS 0 grami |        |        |        |       |        |       |
| AUGLI un OGAS 82 grami        |        | PIENS, skābie produkti 48 grami |        |       |        |       | GAĻA, ZIVIS 63.3 grami   |        |        |        |       |        |       |
|                               |        |                                 |        |       |        |       | Skolas piens 0 grami     |        |        |        |       |        |       |

## OTRDIENA

| Ēdiena nosaukums                | Alerg. | Gat.sv                           | Olbal. | Tauki | Oglihi | Kalor | Ēdiena nosaukums         | Alerg. | Gat.sv | Olbal. | Tauki | Oglihi | Kalor |
|---------------------------------|--------|----------------------------------|--------|-------|--------|-------|--------------------------|--------|--------|--------|-------|--------|-------|
| P1 Cūkgāļas kotlete             |        | 80                               | 9.6    | 10.4  | 6.0    | 155   |                          |        |        |        |       |        |       |
| P2 Vārīti kartupeļi             |        | 120                              | 2.4    | 0.2   | 22.5   | 96    |                          |        |        |        |       |        |       |
| P3 Piena mērce                  | 1,7    | 50                               | 1.5    | 1.9   | 3.8    | 38    |                          |        |        |        |       |        |       |
| P4 Bietes ar zaļajiem zirnīšiem |        | 70                               | 1.3    | 3.1   | 7.5    | 61    |                          |        |        |        |       |        |       |
| P5 Graudu maize                 | 1,11   | 20                               | 2.2    | 0.7   | 8.4    | 51    |                          |        |        |        |       |        |       |
| P6 Dzērvenu uzpūtenis ar pienu  | 1,7    | 80/150                           | 5.4    | 3.1   | 22.0   | 137   |                          |        |        |        |       |        |       |
| PIEVIENOTAIS SĀLS 0.55 grami    |        | DĀRZENI 60.07 grami              |        |       |        |       | KOPĀ:                    |        | 22.4   | 19.4   | 70.1  | 539    |       |
| PIEVIENOTAIS CUKURS 7.6 grami   |        | KARTUPEĻI 156.8 grami            |        |       |        |       | BIEZPIENS, SIERS 0 grami |        |        |        |       |        |       |
| AUGLI un OGAS 20.6 grami        |        | PIENS, skābie produkti 192 grami |        |       |        |       | GAĻA, ZIVIS 50 grami     |        |        |        |       |        |       |
|                                 |        |                                  |        |       |        |       | Skolas piens 0 grami     |        |        |        |       |        |       |

## TREŠDIENA

| Ēdiena nosaukums                    | Alerg. | Gat.sv                          | Olbal. | Tauki | Oglihi | Kalor | Ēdiena nosaukums          | Alerg. | Gat.sv | Olbal. | Tauki | Oglihi | Kalor |
|-------------------------------------|--------|---------------------------------|--------|-------|--------|-------|---------------------------|--------|--------|--------|-------|--------|-------|
| P1 Solanka zupa                     | 7,9    | 200/10                          | 6.2    | 12.4  | 10.0   | 187   |                           |        |        |        |       |        |       |
| P2 Makaroni ar sieru                | 1,7    | 150/15                          | 10.7   | 6.1   | 42.6   | 276   |                           |        |        |        |       |        |       |
| P3 Redīsu un burkānu salāti ar eļļu |        | 70                              | 0.7    | 3.1   | 2.9    | 43    |                           |        |        |        |       |        |       |
| P4 Ābolu - avenu dzēriens           |        | 200                             | 0.2    | 0.1   | 7.8    | 33    |                           |        |        |        |       |        |       |
| P5 Graudu maize                     | 1,11   | 20                              | 2.2    | 0.7   | 8.4    | 51    |                           |        |        |        |       |        |       |
| PIEVIENOTAIS SĀLS 1 grami           |        | DĀRZENI 115 grami               |        |       |        |       | KOPĀ:                     |        | 20.0   | 22.3   | 71.7  | 590    |       |
| PIEVIENOTAIS CUKURS 5.1 grami       |        | KARTUPEĻI 30 grami              |        |       |        |       | BIEZPIENS, SIERS 15 grami |        |        |        |       |        |       |
| AUGLI un OGAS 32 grami              |        | PIENS, skābie produkti 11 grami |        |       |        |       | GAĻA, ZIVIS 15 grami      |        |        |        |       |        |       |
|                                     |        |                                 |        |       |        |       | Skolas piens 0 grami      |        |        |        |       |        |       |

## CETURTDIENA

| Ēdiena nosaukums                                                                        | Alerg.                                                                       | Gat.sv                                                    | Olbal. | Tauki | Oglihi | Kalor | Ēdiena nosaukums | Alerg.             | Gat.sv | Olbal. | Tauki | Oglihi | Kalor |
|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------|-----------------------------------------------------------|--------|-------|--------|-------|------------------|--------------------|--------|--------|-------|--------|-------|
| P1 Zivs kotlete                                                                         | 1,3,4                                                                        | 60                                                        | 8.0    | 5.5   | 2.7    | 103   |                  |                    |        |        |       |        |       |
| P2 Kartupeļu biezenis                                                                   | 7                                                                            | 150                                                       | 3.2    | 2.5   | 24.5   | 128   |                  |                    |        |        |       |        |       |
| P3 Ķīnas kāposti ar gurķiem un tomātiem                                                 |                                                                              | 70                                                        | 1.4    | 3.0   | 2.2    | 43    |                  |                    |        |        |       |        |       |
| P4 Graudu maize                                                                         | 1,11                                                                         | 20                                                        | 2.2    | 0.7   | 8.4    | 51    |                  |                    |        |        |       |        |       |
| P5 Kakao krēms ar ogu ķīseli                                                            | 7                                                                            | 70/100                                                    | 2.3    | 15.6  | 18.4   | 260   |                  |                    |        |        |       |        |       |
| PIEVIENOTAIS SĀLS 0.54 grami<br>PIEVIENOTAIS CUKURS 9.2 grami<br>AUGLI un OGAS 20 grami | DĀRZENI 72 grami<br>KARTUPEĻI 129 grami<br>PIENS, skābie produkti 89.1 grami | KOPĀ:<br>BIEZPIENS, SIERS 0 grami<br>GAĻA, ZIVIS 60 grami |        |       |        |       |                  | 17.0 27.4 56.2 586 |        |        |       |        |       |
| Skolas piens 0 grami                                                                    |                                                                              |                                                           |        |       |        |       |                  |                    |        |        |       |        |       |

## PIEKTDIENA

| Ēdiena nosaukums               | Alerg. | Gat.sv                             | Olbal. | Tauki | Oglihi | Kalor | Ēdiena nosaukums          | Alerg.               | Gat.sv | Olbal. | Tauki | Oglihi | Kalor |
|--------------------------------|--------|------------------------------------|--------|-------|--------|-------|---------------------------|----------------------|--------|--------|-------|--------|-------|
| P1 Maltās gaļas zupa/krējums   | 7      | 200/10                             | 4.9    | 9.0   | 9.1    | 139   |                           |                      |        |        |       |        |       |
| P2 Plovs ar vistas gaļu        |        | 150                                | 10.0   | 7.8   | 32.0   | 238   |                           |                      |        |        |       |        |       |
| P3 Gurķis marinēts             |        | 50                                 | 0.4    | 0.0   | 0.8    | 6     |                           |                      |        |        |       |        |       |
| P4 Kefīrs                      | 7      | 200                                | 6.4    | 4.0   | 7.6    | 96    |                           |                      |        |        |       |        |       |
| P5 Graudu maize                | 1,11   | 20                                 | 2.2    | 0.7   | 8.4    | 51    |                           |                      |        |        |       |        |       |
| P6 Auglis (ābols)              |        | 100                                | 0.4    | 0.2   | 10.0   | 48    |                           |                      |        |        |       |        |       |
| PIEVIENOTAIS SĀLS 1.3 grami    |        | DĀRZENI 92.7 grami                 |        |       |        |       | KOPĀ:                     |                      |        |        |       |        |       |
| PIEVIENOTAIS CUKURS 0 grami    |        | KARTUPEĻI 40 grami                 |        |       |        |       | BIEZPIENS, SIERS 0 grami  |                      | 24.4   | 21.8   | 67.9  | 579    |       |
| AUGLI un OGAS 100 grami        |        | PIENS, skābie produkti 210 grami   |        |       |        |       | GAĻA, ZIVIS 64.5 grami    |                      |        |        |       |        |       |
| PIEVIENOTAIS SĀLS 4.5 grami    |        | DĀRZENI 467.07 grami               |        |       |        |       |                           | Skolas piens 0 grami |        |        |       |        |       |
| PIEVIENOTAIS CUKURS 27.4 grami |        | KARTUPEĻI 395.8 grami              |        |       |        |       | BIEZPIENS, SIERS 15 grami |                      |        |        |       |        |       |
| AUGLI un OGAS 254.6 grami      |        | PIENS, skābie produkti 550.1 grami |        |       |        |       | GAĻA, ZIVIS 252.8 grami   |                      |        |        |       |        |       |
|                                |        |                                    |        |       |        |       |                           | Skolas piens 0 grami |        |        |       |        |       |