

Aptiprinu!  
 direktora p.i. J. Naghibeds  
 [Signature]

## PIRMDIENA

| Ēdiena nosaukums                                                                       | Gat.sv | Olbal. | Tauki | Oglhi | Kalor | Ēdiena nosaukums                                                              | Gat.sv | Olbal. | Tauki | Oglhi                | Kalor          |
|----------------------------------------------------------------------------------------|--------|--------|-------|-------|-------|-------------------------------------------------------------------------------|--------|--------|-------|----------------------|----------------|
| P1 Rasolņiks                                                                           | 300/10 | 5.9    | 9.8   | 18.8  | 190   |                                                                               |        |        |       |                      |                |
| P2 Maltās gaļas mērce                                                                  | 110    | 10.6   | 14.0  | 3.6   | 183   |                                                                               |        |        |       |                      |                |
| P3 Vārīti makaroni                                                                     | 180    | 7.8    | 3.0   | 46.2  | 251   |                                                                               |        |        |       |                      |                |
| P4 Kāpostu, gurķu salāti ar eļļu                                                       | 70     | 1.1    | 5.1   | 3.8   | 61    |                                                                               |        |        |       |                      |                |
| P5 Sulas dzēriens                                                                      | 150/   | 0.3    | 0.0   | 9.4   | 39    |                                                                               |        |        |       |                      |                |
| P6 Graudu maize                                                                        | 60     | 4.8    | 0.5   | 29.3  | 141   |                                                                               |        |        |       |                      |                |
| PIEVIENOTAIS SĀLS 1.23 grami<br>PIEVIENOTAIS CUKURS 4.2 grami<br>AUGĻI un OGAS 0 grami |        |        |       |       |       | DĀRZENI 127.75 grami<br>KARTUPEĻI 60 grami<br>PIENS, skābie produkti 40 grami |        |        |       |                      |                |
|                                                                                        |        |        |       |       |       | KOPĀ:<br>BIEZPIENS, SIERS 0 grami<br>GAĻA, ZIVIS 68 grami                     |        |        |       |                      |                |
|                                                                                        |        |        |       |       |       |                                                                               |        |        |       | 30.5                 | 32.3 111.0 864 |
|                                                                                        |        |        |       |       |       |                                                                               |        |        |       | Skolas piens 0 grami |                |

## OTRDIENA

| Ēdiena nosaukums                                                                   | Gat.sv | Olbal. | Tauki | Oglhi | Kalor | Ēdiena nosaukums                                                               | Gat.sv | Olbal. | Tauki | Oglhi                | Kalor          |
|------------------------------------------------------------------------------------|--------|--------|-------|-------|-------|--------------------------------------------------------------------------------|--------|--------|-------|----------------------|----------------|
| P1 Vistas gaļas zupa ar nūdelēm                                                    | 300    | 5.9    | 5.8   | 23.4  | 174   |                                                                                |        |        |       |                      |                |
| P2 Sautējums ar cūkgaļu                                                            | 280    | 13.3   | 21.4  | 33.2  | 387   |                                                                                |        |        |       |                      |                |
| P3 Biešu - mar.gurķu salāti ar eļļu                                                | 70     | 1.0    | 4.1   | 5.2   | 62    |                                                                                |        |        |       |                      |                |
| P4 Graudu maize                                                                    | 60     | 4.8    | 0.5   | 29.3  | 141   |                                                                                |        |        |       |                      |                |
| P5 Sulas dzēriens                                                                  | 200    | 0.3    | 0.0   | 9.4   | 39    |                                                                                |        |        |       |                      |                |
| P6 Auglis                                                                          | 90     | 0.8    | 0.2   | 8.8   | 36    |                                                                                |        |        |       |                      |                |
| PIEVIENOTAIS SĀLS 1 grami<br>PIEVIENOTAIS CUKURS 4 grami<br>AUGĻI un OGAS 90 grami |        |        |       |       |       | DĀRZENI 167.55 grami<br>KARTUPEĻI 240 grami<br>PIENS, skābie produkti 20 grami |        |        |       |                      |                |
|                                                                                    |        |        |       |       |       | KOPĀ:<br>BIEZPIENS, SIERS 0 grami<br>GAĻA, ZIVIS 58.2 grami                    |        |        |       |                      |                |
|                                                                                    |        |        |       |       |       |                                                                                |        |        |       | 26.0                 | 32.0 109.3 838 |
|                                                                                    |        |        |       |       |       |                                                                                |        |        |       | Skolas piens 0 grami |                |

## TREŠDIENA

| Ēdiena nosaukums                                                                       | Gat.sv | Olbal. | Tauki | Oglhi | Kalor | Ēdiena nosaukums                                                                | Gat.sv | Olbal. | Tauki | Oglhi                | Kalor         |
|----------------------------------------------------------------------------------------|--------|--------|-------|-------|-------|---------------------------------------------------------------------------------|--------|--------|-------|----------------------|---------------|
| P1 Zivju zupa ar dārzeņiem un krējumu                                                  | 300/10 | 4.8    | 9.3   | 17.1  | 180   |                                                                                 |        |        |       |                      |               |
| P2 Maltās gaļas mērce                                                                  | 100    | 11.8   | 15.0  | 4.4   | 201   |                                                                                 |        |        |       |                      |               |
| P3 Kartupeļu biezenis                                                                  | 200    | 4.5    | 3.4   | 27.2  | 161   |                                                                                 |        |        |       |                      |               |
| P4 Kāpostu- burkānu salāti ar dillēm                                                   | 70     | 1.2    | 5.6   | 4.4   | 69    |                                                                                 |        |        |       |                      |               |
| P5 Graudu maize                                                                        | 60     | 4.8    | 0.5   | 29.3  | 141   |                                                                                 |        |        |       |                      |               |
| P6 Kefirs                                                                              | 200    | 6.4    | 4.0   | 7.6   | 96    |                                                                                 |        |        |       |                      |               |
| PIEVIENOTAIS SĀLS 1.38 grami<br>PIEVIENOTAIS CUKURS 0.1 grami<br>AUGĻI un OGAS 0 grami |        |        |       |       |       | DĀRZENI 137.35 grami<br>KARTUPEĻI 262 grami<br>PIENS, skābie produkti 264 grami |        |        |       |                      |               |
|                                                                                        |        |        |       |       |       | KOPĀ:<br>BIEZPIENS, SIERS 0 grami<br>GAĻA, ZIVIS 80 grami                       |        |        |       |                      |               |
|                                                                                        |        |        |       |       |       |                                                                                 |        |        |       | 33.5                 | 37.8 90.0 847 |
|                                                                                        |        |        |       |       |       |                                                                                 |        |        |       | Skolas piens 0 grami |               |

## CETURTDIENA

| Ēdiena nosaukums                                                                          | Gat.sv | Olbal. | Tauki | Oglhi | Kalor | Ēdiena nosaukums                                                            | Gat.sv | Olbal. | Tauki | Oglhi                | Kalor          |
|-------------------------------------------------------------------------------------------|--------|--------|-------|-------|-------|-----------------------------------------------------------------------------|--------|--------|-------|----------------------|----------------|
| P1 Borščs ar gaļu                                                                         | 300/10 | 5.9    | 10.8  | 20.9  | 204   |                                                                             |        |        |       |                      |                |
| P2 Vistas gaļas kotlete                                                                   | 80     | 9.6    | 11.9  | 4.6   | 166   |                                                                             |        |        |       |                      |                |
| P3 Vārīti kartupeļi                                                                       | 200    | 4.8    | 0.2   | 35.5  | 168   |                                                                             |        |        |       |                      |                |
| P4 Piena mērce                                                                            | 50     | 1.2    | 2.2   | 3.3   | 38    |                                                                             |        |        |       |                      |                |
| P5 Ķīnas kāpostu- tomātu salāti ar eļļu                                                   | 70     | 1.7    | 5.0   | 2.2   | 62    |                                                                             |        |        |       |                      |                |
| P6 Graudu maize                                                                           | 60     | 4.8    | 0.5   | 29.3  | 141   |                                                                             |        |        |       |                      |                |
| P7 Citronu dzēriens                                                                       | 200    | 0.0    | 0.0   | 5.0   | 20    |                                                                             |        |        |       |                      |                |
| PIEVIENOTAIS SĀLS 0.84 grami<br>PIEVIENOTAIS CUKURS 5.33 grami<br>AUGĻI un OGAS 2.9 grami |        |        |       |       |       | DĀRZENI 207 grami<br>KARTUPEĻI 330 grami<br>PIENS, skābie produkti 45 grami |        |        |       |                      |                |
|                                                                                           |        |        |       |       |       | KOPĀ:<br>BIEZPIENS, SIERS 0 grami<br>GAĻA, ZIVIS 63 grami                   |        |        |       |                      |                |
|                                                                                           |        |        |       |       |       |                                                                             |        |        |       | 28.0                 | 30.7 100.8 801 |
|                                                                                           |        |        |       |       |       |                                                                             |        |        |       | Skolas piens 0 grami |                |

## PIEKTDIENA

| Ēdiena nosaukums                                                                             | Gat.sv | Olbal. | Tauki | Oglhi | Kalor | Ēdiena nosaukums                                                                 | Gat.sv | Olbal. | Tauki | Oglhi                | Kalor          |
|----------------------------------------------------------------------------------------------|--------|--------|-------|-------|-------|----------------------------------------------------------------------------------|--------|--------|-------|----------------------|----------------|
| P1 Cūkgaļas gulašs                                                                           | 110    | 10.5   | 13.8  | 7.4   | 196   |                                                                                  |        |        |       |                      |                |
| P2 Vārīti makaroni                                                                           | 180    | 8.6    | 2.7   | 51.1  | 272   |                                                                                  |        |        |       |                      |                |
| P3 Burkāni ar sēkliņām ar eļļu                                                               | 70     | 2.2    | 8.8   | 4.6   | 109   |                                                                                  |        |        |       |                      |                |
| P4 Garuda maize                                                                              | 50     | 4.0    | 0.4   | 24.4  | 118   |                                                                                  |        |        |       |                      |                |
| P5 Biezpiena krēms ar ogu mērci                                                              | 75/100 | 11.3   | 4.0   | 18.6  | 159   |                                                                                  |        |        |       |                      |                |
| PIEVIENOTAIS SĀLS 0.54 grami<br>PIEVIENOTAIS CUKURS 10.02 grami<br>AUGĻI un OGAS 16 grami    |        |        |       |       |       | DĀRZENI 93.65 grami<br>KARTUPEĻI 0 grami<br>PIENS, skābie produkti 20.5 grami    |        |        |       |                      |                |
|                                                                                              |        |        |       |       |       | KOPĀ:<br>BIEZPIENS, SIERS 60 grami<br>GAĻA, ZIVIS 50 grami                       |        |        |       |                      |                |
|                                                                                              |        |        |       |       |       |                                                                                  |        |        |       | 36.6                 | 29.7 106.1 854 |
|                                                                                              |        |        |       |       |       |                                                                                  |        |        |       | Skolas piens 0 grami |                |
| PIEVIENOTAIS SĀLS 4.99 grami<br>PIEVIENOTAIS CUKURS 23.65 grami<br>AUGĻI un OGAS 108.9 grami |        |        |       |       |       | DĀRZENI 733.3 grami<br>KARTUPEĻI 892 grami<br>PIENS, skābie produkti 389.5 grami |        |        |       |                      |                |
|                                                                                              |        |        |       |       |       | BIEZPIENS, SIERS 60 grami<br>GAĻA, ZIVIS 319.2 grami                             |        |        |       |                      |                |
|                                                                                              |        |        |       |       |       |                                                                                  |        |        |       | Skolas piens 0 grami |                |