

Nedēļas Ēdienkarte

Brokastis

Grupa

1.-4.klase

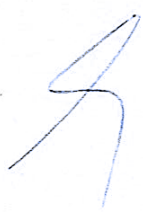
Papildus 3x nedēļā LAD programma "Piens un Augļi skolai"(Pirmsskola un no 1.-9. klasei)

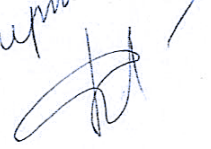
SIA "Baltic Restaurants Latvia"
 Reģ. Nr. LV40003556833
 Elizabetes iela 20, Rīga, LV-1050, Latvija
 AS SEB banka, SWIFT: UNLALV2X
 TUNLA 0050 0004 81510

| | Svars | Enerģēti skā vērtība (kkal) | Olbaltum vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvi las | Alerģēni |
|--------------------------------|-------|--------------------------------------|--------------------|---------------|---------------|-----------|--------------|-----------------|----------|
| pirmtdiena, 14.aprīlis | | | | | | | | | |
| Auzu pārslu putra | 200 | 187 | 8.87 | 5.3 | 26.19 | 0.0002 | 0.0002 | 1.62 | 1;7 |
| Ievārījums | 5 | 7 | 0.05 | 0.005 | 1.95 | 0 | 0 | 0 | |
| Saldskābmaize | 40 | 92 | 2.52 | 0.4 | 19.2 | 0 | 0 | 1.8 | 1. |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | 0 | 0 | 0 | 7. |
| Tomāti | 20 | 3 | 0.2 | 0.04 | 0.52 | 0 | 0 | 0.2 | |
| Tēja | 200 | 3 | 0.52 | 0.102 | 0.016 | 0 | 0 | 0 | |
| Kopā: | | 329.162 | 12.19 | 9.972 | 48.096 | 0. | 0. | 3.62 | |
| otrdiena, 15.aprīlis | | | | | | | | | |
| Rīsu putra | 200 | 190 | 6.04 | 4.18 | 31.828 | 0.0002 | 0.001 | 0.42 | 7. |
| Ievārījums | 10 | 14 | 0.1 | 0.01 | 3.9 | 0 | 0 | 0 | |
| Sēklu maize | 15 | 45 | 1.575 | 0.96 | 7.065 | 0 | 0 | 0.645 | 1;11 |
| Krēmsiers | 20 | 40 | 1.44 | 3.56 | 0.66 | 0 | 0 | 0 | 7. |
| Tēja | 200 | 3 | 0.52 | 0.102 | 0.016 | 0 | 0 | 0 | |
| Kopā: | | 292.244 | 9.675 | 8.812 | 43.469 | 0. | 0.001 | 1.065 | |
| trešdiena, 16.aprīlis | | | | | | | | | |
| Kukurūzas putra | 200 | 139 | 7.12 | 3.416 | 21.0856 | 0.0002 | 0.0002 | 2.068 | 7. |
| Kanēļcukurs | 5 | 18 | 0.1175 | 0.0075 | 4.47 | 0 | 0.0025 | 1.3275 | |
| Baltmaize | 30 | 79 | 2.34 | 0.63 | 15.42 | 0 | 0 | 1.14 | 1. |
| Sviests | 10 | 75 | 0.06 | 8.25 | 0.44 | 0 | 0 | 0 | 7. |
| Gurķi | 20 | 2 | 0.12 | 0.04 | 0.36 | 0 | 0 | 0.1 | |
| Tēja | 200 | 3 | 0.52 | 0.102 | 0.016 | 0 | 0 | 0 | |
| Kopā: | | 316.916 | 10.278 | 12.446 | 41.792 | 0. | 0.003 | 4.636 | |
| ceturtdiena, 17.aprīlis | | | | | | | | | |
| Omlete | 100 | 129 | 9.748 | 8.5525 | 2.3285 | 0.0004 | 0.0001 | 0.0265 | 3;7 |
| Saldskābmaize | 20 | 46 | 1.26 | 0.2 | 9.6 | 0 | 0 | 0.9 | 1. |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | 0 | 0 | 0 | 7. |
| "Pusžāvēta desa "Zaļā dakšiņa" | 20 | 44 | 3.74 | 3.08 | 0.44 | 0 | 0 | 0 | |
| Kakao dzēriens | 200 | 98 | 6.4332 | 4.433 | 8.4672 | 0 | 0 | 1.0336 | 7 |
| Kopā: | | 354.319 | 21.211 | 20.391 | 21.056 | 0. | 0. | 1.96 | |
| piektdiena, 18.aprīlis | | | | | | | | | |

Lielā piektdiena

Olga Boboviča



Yepavshinas
 un


Nedēļas Ēdienkarte

Grupa

1.-4.klase

Papildus 3x nedēļā LAD programma "Piens un Augļi skolai"(Pirmsskola un no 1.-9. klasei)

Pusdiēnas



| | Svars (g) | Enerģētiskā vērtība (kkal) | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|--|-----------|----------------------------|----------------|---------------|---------------|--------------|--------------|---------------|----------|
| pirmdienā, 14.aprīlis | | | | | | | | | |
| Frikadeļu zupa | 150 | 157 | 4.9579 | 11.0853 | 9.1107 | 0.0002 | 0 | 2.4727 | 9 |
| Sautēta cūkgaļa ar dārzeņiem | 90 | 124 | 9.7659 | 8.8124 | 1.4049 | 0.0004 | 0 | 0.8014 | |
| Vārīta pasta - makaroni | 150 | 298 | 0.84 | 4.65 | 54. | 0.0006 | 0 | 2.55 | 1. |
| Kāpostu un redīsu salāti ar kefirā mērci | 80 | 30 | 1.3304 | 1.4256 | 3.0802 | 0.0004 | 0 | 1.7121 | 7. |
| Augļu un ogu dzēriens | 200 | 31 | 0.312 | 0.272 | 6.43 | 0 | 0.001 | 1.624 | |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | 0 | 0 | 1.1 | 1. |
| Kopā: | | 692.193 | 18.926 | 26.525 | 84.066 | 0.002 | 0.001 | 10.26 | |
| Piens/skola/ | | | | | | | | | |
| otrdiena, 15.aprīlis | | | | | | | | | |
| Biešu zupa ar kartupeļiem un gaļu | 200 | 181 | 8.2926 | 12.8302 | 8.0873 | 0.0002 | 0.0007 | 1.8967 | |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | 0 | 0 | 0 | 7. |
| Plovs ar cūkgaļu | 180 | 259 | 10.5894 | 11.0143 | 29.139 | 0.0007 | 0 | 3.1613 | |
| Svaigu dārzeņu salāti ar eļļas mērci | 80 | 40 | 0.861 | 3.3432 | 1.9189 | 0 | 0.0002 | 0.7491 | |
| Augļu dzēriens | 200 | 65 | 0.315 | 0.234 | 15.159 | 0 | 0.006 | 1.068 | |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | 0 | 0 | 1.1 | 1. |
| Kopā: | | 606.341 | 21.908 | 28.702 | 64.479 | 0.001 | 0.007 | 7.975 | |
| Piens/skola/ | | | | | | | | | |
| trešdiena, 16.aprīlis | | | | | | | | | |
| Cūkgaļas kotlete | 60 | 181 | 10.5636 | 14.5425 | 1.938 | 0.0002 | 0 | 0.2379 | 1;3 |
| Kartupeļu biežputra | 150 | 127 | 4.0605 | 1.4288 | 23.718 | 0.0001 | 0 | 3.15 | 7 |
| Burkānu salāti ar eļļu | 70 | 50 | 0.672 | 3.6344 | 3.5749 | 0.0001 | 0.0004 | 2.4192 | |
| Flamerī krēms | 40 | 82 | 1.6639 | 6.6061 | 3.828 | 0 | 0.0008 | 0.0031 | 1;7 |
| Svaigu ogu mērces | 40 | 35 | 0.2112 | 0.1523 | 8.285 | 0 | 0.0042 | 0.427 | |
| Augļu dzēriens | 200 | 65 | 0.315 | 0.234 | 15.159 | 0 | 0.006 | 1.068 | |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | 0 | 0 | 1.1 | 1. |
| Kopā: | | 591.317 | 19.206 | 26.878 | 66.543 | 0. | 0.011 | 8.405 | |
| Piens/skola/ | | | | | | | | | |
| ceturtdiena, 17.aprīlis | | | | | | | | | |
| Dārzeņu biezenzupa | 200 | 127 | 1.458 | 10.206 | 7.57 | 0.0002 | 0 | 2.978 | |
| Baltmaizes grauzdiņi | 10 | 28 | 0.78 | 0.41 | 5.14 | 0 | 0 | 0.38 | 1. |
| Vistas gaļas un dārzeņu sautējums | 200 | 150 | 12.543 | 5.9485 | 10.523 | 0.0002 | 0 | 4.5141 | 9 |
| Kāpostu gurķu salāti ar zaļumiem un eļļ | 70 | 35 | 0.8852 | 2.239 | 2.7483 | 0.0001 | 0.0001 | 1.8078 | |
| Augļu un ogu dzēriens | 200 | 31 | 0.312 | 0.272 | 6.43 | 0 | 0.001 | 1.624 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| Kefīrs | 150 | 72 | 4.5 | 3. | 6.75 | 0 | 0 | 0 | 7 |
| Kopā: | | 546.063 | 23.918 | 22.636 | 59.241 | 0.001 | 0.001 | 13.504 | |
| piektdiena, 18.aprīlis | | | | | | | | | |

Lielā piektdiena

Oļga Boboviča

Угваршос
нрм