

| Datums/Datums | Ēdiena nosaukums | Daudz. | Olbv., g | Tauki, g | Ogļh., g | Kcal. |
|-------------------------------|---|--------|---------------|---------------|----------------|------------------|
| Pirmdiena 02.03.2020 | | | 42,590 | 49,620 | 125,900 | 1 118,000 |
| Brokastis | | | 9,060 | 11,500 | 40,670 | 302,000 |
| | Brokastu muslis ar jogurtu **A01,A07 | 25/50 | 5,620 | 5,830 | 24,080 | 171,000 |
| | Sēklu maize ar zaļo sviestu **A01,A07 | 25 | 1,700 | 4,100 | 10,100 | 84,000 |
| | Kakao **A07 | 100 | 1,740 | 1,570 | 6,490 | 47,000 |
| Pusdienas | | | 21,850 | 25,820 | 59,000 | 555,000 |
| | Dārzeņu zupa ar gaļu un skābo krējumu **A07 | 160/5 | 2,800 | 5,940 | 5,730 | 86,000 |
| | Rudzu maize, pilngraudu **A01 | 25 | 1,380 | 0,300 | 11,550 | 54,000 |
| | Cūkgaļas gulašs **A01,A07 | 85 | 10,290 | 13,780 | 3,120 | 178,000 |
| | Vārtīti griķi | 60 | 3,100 | 0,900 | 15,500 | 83,000 |
| | Vitamīnu salāti | 60 | 0,800 | 1,900 | 3,900 | 36,000 |
| | Kefīrs **A07 | 120 | 3,480 | 3,000 | 19,200 | 118,000 |
| Launags | | | 11,680 | 12,300 | 26,230 | 261,000 |
| | Biezpiens ar cukuru un krējumu **A07 | 55 | 6,680 | 5,140 | 10,150 | 114,000 |
| | Baltmaize ar sviestu **A01,A07 | 24 | 1,620 | 4,160 | 10,400 | 84,000 |
| | Piens, 2.5% | 120 | 3,380 | 3,000 | 5,680 | 63,000 |
| Otrdiena 03.03.2020 | | | 39,440 | 40,080 | 141,460 | 1 086,000 |
| Brokastis | | | 9,180 | 9,630 | 51,050 | 328,000 |
| | Griķu biezputra ar krējumu **A07 | 130/10 | 4,200 | 6,230 | 28,970 | 189,000 |
| | Piens, 2.5% **A07 | 120 | 3,380 | 3,000 | 5,680 | 63,000 |
| | Kviešu maize ar ievārījumu **A01, A07 | 20/10 | 1,600 | 0,400 | 16,400 | 76,000 |
| Pusdienas | | | 18,250 | 20,800 | 57,530 | 491,000 |
| | Cepta zivs fileja **A01,A03,A04,A07 | 60 | 11,810 | 8,890 | 1,030 | 131,000 |
| | Vārtīti kartupeļi | 80 | 1,640 | 0,250 | 14,190 | 66,000 |
| | Krējuma mērce ar sīpoliem **A01, A07 | 30 | 0,360 | 2,570 | 1,150 | 29,000 |
| | Kāpostu-paprikas salāti **A07 | 60 | 0,660 | 3,090 | 4,150 | 47,000 |
| | Jogurta krēms ar ogu mērci **A07 | 50/50 | 2,400 | 5,700 | 16,500 | 128,000 |
| | Rudzu maize, pilngraudu **A01 | 25 | 1,380 | 0,300 | 11,550 | 54,000 |
| | Dzērveņu sulas dzēriens | 120 | | | 8,960 | 36,000 |
| Launags | | | 12,010 | 9,650 | 32,880 | 267,000 |
| | Ķirbju un biezpiena sacepums ar krējumu **A01,A07 | 100/10 | 8,070 | 6,410 | 18,400 | 164,000 |
| | Piens, 2.5% **A07 | 120 | 3,380 | 3,000 | 5,680 | 63,000 |
| | Auglis | 80 | 0,560 | 0,240 | 8,800 | 40,000 |
| Trešdiena 04.03.2020 | | | 38,660 | 45,110 | 139,060 | 1 117,000 |
| Brokastis | | | 8,890 | 11,390 | 37,870 | 290,000 |
| | Piecgraudu pārslu biezputra ar sviestu **A01,A07 | 130/7 | 4,950 | 8,150 | 23,390 | 187,000 |
| | Piens, 2.5% **A07 | 120 | 3,380 | 3,000 | 5,680 | 63,000 |
| | Auglis | 80 | 0,560 | 0,240 | 8,800 | 40,000 |
| Pusdienas | | | 17,700 | 21,310 | 70,280 | 543,000 |
| | Borščs(veģetārais) ar skābo krējumu **A01 | 150/5 | 1,420 | 3,210 | 9,200 | 71,000 |
| | Rudzu maize, pilngraudu **A01 | 25 | 1,380 | 0,300 | 11,550 | 54,000 |
| | Makaroni ar maltu gaļu un dārzeņiem **A01,A07 | 80/65 | 10,200 | 11,570 | 26,000 | 249,000 |
| | Ķīnas kāpostu salāti ar kukurūzu | 60 | 1,220 | 3,230 | 4,330 | 51,000 |
| | Kefīrs **A07 | 120 | 3,480 | 3,000 | 19,200 | 118,000 |
| Launags | | | 12,070 | 12,410 | 30,910 | 284,000 |
| | Kartupeļu un gaļas salāti **A07 | 150 | 8,560 | 10,200 | 14,350 | 183,000 |
| | Rudzu maize, pilngraudu **A01 | 20 | 1,100 | 0,240 | 9,240 | 44,000 |
| | Kumelīšu tēja ar cukuru un pienu **A07 | 150 | 2,410 | 1,970 | 7,320 | 57,000 |
| Ceturtdiena 05.03.2020 | | | 36,230 | 31,530 | 141,810 | 995,000 |
| Brokastis | | | 12,210 | 10,970 | 42,710 | 318,000 |

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| Auzu pārslu biezputra ar ievārījumu **A01,A07 | 130/9 | 5,190 | 3,330 | 26,650 | 157,000 |
| Sviestmaize ar vistas ruleti **A01,A07 | 25 | 5,730 | 6,670 | 10,560 | 125,000 |
| Melnā tēja ar pienu un cukuru | 150 | 1,290 | 0,970 | 5,500 | 36,000 |
| Pusdienas | | 16,590 | 18,740 | 67,300 | 503,000 |
| Skābētu kāpostu zupa ar gaļu, krējumu **A07 | 150/5 | 2,160 | 3,900 | 5,560 | 65,000 |
| Sautēta vistas gaļa mērcē **A01,A07 | 100 | 9,050 | 11,900 | 5,400 | 165,000 |
| Vārīti rīsi | 100 | 3,300 | 0,500 | 34,000 | 154,000 |
| Burkānu-apelsīnu salāti | 60 | 0,440 | 2,040 | 5,510 | 42,000 |
| Rudzu maize, pilngraudu **A01 | 25 | 1,380 | 0,300 | 11,550 | 54,000 |
| Upeņu sulas dzēriens | 80 | 0,260 | 0,100 | 5,280 | 23,000 |
| Launags | | 7,430 | 1,820 | 31,800 | 174,000 |
| Karstmaize ar biezpienu **A01,A03,A07 | 60 | 5,800 | 1,600 | 18,000 | 110,000 |
| Burkāns | 100 | 1,300 | 0,100 | 7,200 | 35,000 |
| Ābolu sulas dzēriens | 120 | 0,330 | 0,120 | 6,600 | 29,000 |
| Piektdiena 06.03.2020 | | 39,730 | 50,550 | 123,620 | 1 105,000 |
| Brokastis | | 8,710 | 13,970 | 39,160 | 315,000 |
| Mannas-burkānu biezputra ar sviestu **A01,A07 | 130/7 | 3,820 | 7,650 | 17,280 | 153,000 |
| Sviestmaize ar sieru **A01,A07 | 23/10 | 4,100 | 6,020 | 10,400 | 112,000 |
| Piparmētru tēja ar cukuru | 150 | 0,300 | 0,090 | 3,780 | 17,000 |
| Auglis | 70 | 0,490 | 0,210 | 7,700 | 33,000 |
| Pusdienas | | 23,620 | 24,480 | 55,360 | 535,000 |
| Karbonāde **A03,A04,A07 | 60 | 15,560 | 13,400 | 4,050 | 199,000 |
| Dārzeņu ragū | 150 | 2,900 | 5,900 | 18,900 | 140,000 |
| Kāju salāti ar āboliem **A07 | 60 | 0,590 | 2,360 | 6,370 | 49,000 |
| Rudzu maize, pilngraudu **A01 | 25 | 1,380 | 0,300 | 11,550 | 54,000 |
| Ķiršu ķīselis ar pienu | 50/100 | 3,190 | 2,520 | 14,490 | 93,000 |
| Launags | | 7,400 | 12,100 | 29,100 | 255,000 |
| Ābolu pankūkas ar krējumu | 100/10 | 4,200 | 9,600 | 25,000 | 203,000 |
| Piens, 2.5% **A07 | 100 | 3,200 | 2,500 | 4,100 | 52,000 |

Ēdienkarte sastādīta ņemot vērā MK noteikumus Nr.172 „Noteikumi par uztura normām izglītības iestāžu izglītojamiem, sociālās aprūpes un sociālās rehabilitācijas institūciju klientiem un ārstniecības iestāžu pacientiem” (no 13.03.2012) .