

| Datums/Datums                  | Ēdiena nosaukums  | Daudz.    | Olbv., g      | Tauki, g      | Ogļh., g       | Kcal.            |
|--------------------------------|---|-----------|---------------|---------------|----------------|------------------|
| <b>Pirmdienas 07.09.2020</b>   |   |           | <b>42,490</b> | <b>47,730</b> | <b>133,960</b> | <b>1 128,000</b> |
| <b>Brokastis</b>               |   |           | <b>9,590</b>  | <b>9,910</b>  | <b>39,790</b>  | <b>278,000</b>   |
|                                | Četru graudu biezputra ar ievārījumu **A07              | 120/6     | 3,400         | 2,000         | 21,600         | 110,000          |
|                                | Sviestmaize ar sieru **A01,A07                          | 23/10     | 4,100         | 6,020         | 10,400         | 111,000          |
|                                | Kakao   | 120       | 2,090         | 1,890         | 7,790          | 57,000           |
| <b>Pusdienas</b>               |   |           | <b>21,360</b> | <b>24,550</b> | <b>70,910</b>  | <b>591,000</b>   |
|                                | Vistas gaļas zupa ar krējumu **A07                      | 150       | 2,400         | 4,700         | 10,800         | 98,000           |
|                                | Maltā gaļa mērcē **A01                                  | 80        | 11,500        | 15,500        | 5,600          | 208,000          |
|                                | Vārti makaroni **A01                                    | 100       | 4,920         | 9,720         | 30,240         | 147,000          |
|                                | Sakņu dārzeņu salāti                                    | 60        | 0,670         | 3,120         | 5,020          | 51,000           |
|                                | Rudzu maize **A01                                       | 25        | 1,380         | 0,300         | 11,550         | 54,000           |
|                                | Auglis  | 70        | 0,490         | 0,210         | 7,700          | 33,000           |
| <b>Launags</b>                 |   |           | <b>11,540</b> | <b>13,270</b> | <b>23,260</b>  | <b>259,000</b>   |
|                                | Plānās pankūkas ar ievārījumu **A01,A07                 | 100/10    | 8,720         | 10,770        | 18,530         | 206,000          |
|                                | Piens, 2.5% **A07                                       | 100       | 2,820         | 2,500         | 4,730          | 53,000           |
| <b>Otrdienas 08.09.2020</b>    |   |           | <b>39,020</b> | <b>38,470</b> | <b>130,530</b> | <b>1 019,000</b> |
| <b>Brokastis</b>               |   |           | <b>11,180</b> | <b>8,180</b>  | <b>37,420</b>  | <b>265,000</b>   |
|                                | Kliju maize ar biezpiena masu un zaļumiem **A01, A07    | 30/30     | 5,400         | 3,200         | 16,100         | 115,000          |
|                                | Sviestmaize ar vistas gaļu **A01, A07                   | 24/14     | 5,040         | 4,690         | 10,470         | 103,000          |
|                                | Kumelīšu tēja ar cukuru un citronu                      | 125       | 0,250         | 0,080         | 3,150          | 14,000           |
|                                | Auglis  | 70        | 0,490         | 0,210         | 7,700          | 33,000           |
| <b>Pusdienas</b>               |   |           | <b>18,840</b> | <b>19,460</b> | <b>55,710</b>  | <b>471,000</b>   |
|                                | Siera-dārzeņu zupa **A07                                | 150/5     | 3,660         | 3,650         | 14,100         | 104,000          |
|                                | Cepta vistas fileja **A01,A03,A07                       | 70        | 10,410        | 9,240         | 4,980          | 145,000          |
|                                | Kartupeļu biezenis **A07                                | 100       | 2,230         | 3,040         | 16,900         | 101,000          |
|                                | Ķīnas kāpostu salāti ar burkāniem un zaļumiem           | 60        | 0,740         | 3,050         | 1,580          | 37,000           |
|                                | Rudzu maize **A01                                       | 25        | 1,380         | 0,300         | 11,550         | 54,000           |
|                                | Auglis  | 60        | 0,420         | 0,180         | 6,600          | 30,000           |
| <b>Launags</b>                 |   |           | <b>9,000</b>  | <b>10,830</b> | <b>37,400</b>  | <b>283,000</b>   |
|                                | Piena zupa ar makaroniem **A01                          | 200       | 7,380         | 6,670         | 27,000         | 198,000          |
|                                | Baltmaize ar sviestu **A01,A07                          | 20/4      | 1,620         | 4,160         | 10,400         | 85,000           |
| <b>Trešdienas 09.09.2020</b>   |   |           | <b>42,000</b> | <b>49,790</b> | <b>136,620</b> | <b>1 164,000</b> |
| <b>Brokastis</b>               |   |           | <b>11,710</b> | <b>17,800</b> | <b>39,970</b>  | <b>367,000</b>   |
|                                | Auzu pārslu biezputra ar sviestu **A01,A07              | 130/9     | 5,200         | 10,730        | 22,150         | 206,000          |
|                                | Sviestmaize ar olu **A01,A03,A07                        | 20/3/20   | 4,100         | 5,100         | 10,500         | 104,000          |
|                                | Kumelīšu tēja ar cukuru un pienu                        | 150       | 2,410         | 1,970         | 7,320          | 57,000           |
| <b>Pusdienas</b>               |   |           | <b>18,470</b> | <b>19,660</b> | <b>54,520</b>  | <b>470,000</b>   |
|                                | Mājas soļanka **A01,A07                                 | 130/5     | 5,500         | 7,100         | 9,700          | 125,000          |
|                                | Zivju kotletes ar piena mērci ar griķiem **A01, A03,A07 | 55/40/100 | 11,000        | 9,900         | 26,900         | 245,000          |
|                                | Svaigu kāpostu-burkānu salāti                           | 60        | 0,590         | 2,360         | 6,370          | 46,000           |
|                                | Rudzu maize **A01                                       | 25        | 1,380         | 0,300         | 11,550         | 54,000           |
| <b>Launags</b>                 |   |           | <b>11,820</b> | <b>12,330</b> | <b>42,130</b>  | <b>327,000</b>   |
|                                | Cepti kartupeļi ar krējumu ar zaļumiem **A07            | 130/15    | 7,380         | 5,670         | 27,000         | 189,000          |
|                                | Baltmaize ar sviestu **A01,A07                          | 20/4      | 1,620         | 4,160         | 10,400         | 85,000           |
|                                | Piens, 2.5% **A07                                       | 100       | 2,820         | 2,500         | 4,730          | 53,000           |
| <b>Ceturtdienas 10.09.2020</b> |   |           | <b>34,380</b> | <b>37,180</b> | <b>110,160</b> | <b>911,000</b>   |
| <b>Brokastis</b>               |   |           | <b>6,640</b>  | <b>9,480</b>  | <b>29,830</b>  | <b>230,000</b>   |
|                                | Sviestmaize ar sieru **A01,A07                          | 20/4/20   | 4,100         | 5,600         | 10,300         | 108,000          |
|                                | Sviestmaize ar gurķi **A01,A07                          | 20/4/20   | 1,900         | 3,700         | 10,100         | 81,000           |
|                                | Augļu tēja ar cukuru                                    | 150       | 0,290         | 0,030         | 3,930          | 17,000           |
|                                | Auglis  | 50        | 0,350         | 0,150         | 5,500          | 24,000           |

|   |         |  |               |               |                |                |
|---|---------|--|---------------|---------------|----------------|----------------|
| <b>Pusdienas</b>                                |         |  | <b>15,420</b> | <b>16,110</b> | <b>55,830</b>  | <b>430,000</b> |
| Biešu zupa ar gaļu un krējumu **A07             | 150/5/5 |  | 3,700         | 6,160         | 14,700         | 129,000        |
| Vistas gaļas plov                               | 140     |  | 9,600         | 6,600         | 28,000         | 210,000        |
| Svaigu kāpostu-gurķu-tomātu salāti              | 60      |  | 0,740         | 3,050         | 1,580          | 37,000         |
| Saldskābmaize **A01                             | 25      |  | 1,380         | 0,300         | 11,550         | 54,000         |
| <b>Launags</b>                                  |         |  | <b>12,320</b> | <b>11,590</b> | <b>24,500</b>  | <b>251,000</b> |
| Biezpiena plācenīši ar ievārijumu **A01,A03,A07 | 75/7    |  | 8,940         | 8,590         | 18,820         | 188,000        |
| Piens, 2.5%                                     | 120     |  | 3,380         | 3,000         | 5,680          | 63,000         |
| <b>Piektdiena 11.09.2020</b>                    |         |  | <b>36,000</b> | <b>39,740</b> | <b>112,900</b> | <b>970,000</b> |
| <b>Brokastis</b>                                |         |  | <b>10,090</b> | <b>12,590</b> | <b>33,010</b>  | <b>286,000</b> |
| Mannas biezputra ar sviestu **A01,A07           | 150/8   |  | 5,100         | 9,100         | 19,400         | 180,000        |
| Sviestmaize ar biezpienu **A01,A07              | 20/26   |  | 4,690         | 3,400         | 9,830          | 89,000         |
| Piparmētru tēja ar cukuru                       | 150     |  | 0,300         | 0,090         | 3,780          | 17,000         |
| <b>Pusdienas</b>                                |         |  | <b>16,850</b> | <b>21,720</b> | <b>45,120</b>  | <b>460,000</b> |
| Cūkgaļas kotlete **A01,A07                      | 60      |  | 9,700         | 14,000        | 3,900          | 197,000        |
| Vāriņi kartupeļi                                | 100     |  | 2,000         | 0,250         | 14,800         | 70,000         |
| Piena mērce **A01,A07                           | 40      |  | 0,900         | 1,800         | 3,100          | 32,000         |
| Burkānu salāti ar eļļu **A07                    | 60      |  | 0,500         | 3,110         | 3,970          | 46,000         |
| Dzērveņu uzpūtenis ar pienu **A01               | 60/100  |  | 3,750         | 2,560         | 19,350         | 115,000        |
| <b>Launags</b>                                  |         |  | <b>9,060</b>  | <b>5,430</b>  | <b>34,770</b>  | <b>224,000</b> |
| Makaroni ar sieru **A01,A07                     | 100/15  |  | 8,640         | 5,320         | 30,240         | 203,000        |
| Svaigi tomāti                                   | 25      |  | 0,130         | 0,080         | 0,600          | 4,000          |
| Sulas dzēriens                                  | 150     |  | 0,290         | 0,030         | 3,930          | 17,000         |

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) .