

| Datums/Datums | Ēdiena nosaukums | Daudz. | Olbv., g | Tauki, g | Ogļh., g | Kcal. |
|-------------------------------|--|---------|---------------|---------------|----------------|------------------|
| Pirmdiena 18.03.2019 | | | 34,500 | 40,000 | 135,300 | 1 042,000 |
| Brokastis | | | 5,000 | 7,500 | 40,400 | 250,000 |
| | Kukurūzas biežputra ar ievārījumu **A01,A07 | 120/10 | 2,900 | 3,000 | 22,000 | 127,000 |
| | Kviešu maize ar sviestu **A01,A07 | 20/5 | 1,900 | 4,400 | 10,900 | 91,000 |
| | Tēja ar cukuru | 150 | 0,200 | 0,100 | 7,500 | 32,000 |
| Pusdienas | | | 18,500 | 21,200 | 59,300 | 504,000 |
| | Svaigu kāpostu zupa ar gaļu **A01,A03,A07 | 150 | 5,500 | 6,300 | 10,200 | 120,000 |
| | Vārti makaroni ar sieru **A01 | 80/30 | 11,100 | 12,500 | 27,900 | 269,000 |
| | Svaigu kāpostu-burkānu salāti | 60 | 0,800 | 2,100 | 3,600 | 37,000 |
| | Rudzu maize **A01 | 20 | 1,100 | 0,300 | 8,700 | 42,000 |
| | Karkadē dzēriens | 150 | | | 8,900 | 36,000 |
| Launags | | | 11,000 | 11,300 | 35,600 | 288,000 |
| | Piena zupa ar rīsiem **A07 | 200 | 4,700 | 5,000 | 18,800 | 139,000 |
| | Kviešu maize ar siera-olu masu **A01,A03,A07 | 20/20 | 6,100 | 5,900 | 11,900 | 125,000 |
| | Auglis | 50 | 0,200 | 0,400 | 4,900 | 24,000 |
| Otrdiena 19.03.2019 | | | 33,300 | 43,000 | 146,600 | 1 109,000 |
| Brokastis | | | 8,000 | 10,800 | 44,200 | 307,000 |
| | Auzu pārslu biežputra ar ievārījumu **A01,A07 | 120/10 | 4,000 | 4,700 | 25,800 | 162,000 |
| | Kviešu maize ar desu "Tīģerītis" **A01,A07 | 20/4/20 | 3,800 | 6,000 | 10,900 | 113,000 |
| | Tēja ar cukuru | 150 | 0,200 | 0,100 | 7,500 | 32,000 |
| Pusdienas | | | 19,200 | 23,900 | 64,500 | 551,000 |
| | Pupiņu zupa ar krējumu **A07 | 150 | 4,400 | 5,400 | 12,400 | 116,000 |
| | Malta cūkgaļa saldā krējuma mērcē **A01,A07 | 80 | 10,200 | 17,200 | 6,700 | 222,000 |
| | Vārti griķi | 80 | 3,000 | | 22,200 | 101,000 |
| | Burkānu-ziedkāpostu salāti ar eļļu | 60 | 0,900 | 1,100 | 9,000 | 50,000 |
| | Rudzu maize **A01 | 10 | 0,600 | 0,200 | 4,400 | 22,000 |
| | Citronu dzēriens | 150 | 0,100 | | 9,800 | 40,000 |
| Launags | | | 6,100 | 8,300 | 37,900 | 251,000 |
| | Biezpiena-ābolu sacepums ar krējumu **A01,A03,A07 | 70/10 | 5,500 | 7,500 | 20,600 | 172,000 |
| | Tēja ar cukuru | 150 | 0,200 | | 7,500 | 31,000 |
| | Auglis | 100 | 0,400 | 0,800 | 9,800 | 48,000 |
| Trešdiena 20.03.2019 | | | 29,100 | 40,800 | 138,200 | 1 038,000 |
| Brokastis | | | 6,500 | 8,500 | 33,900 | 239,000 |
| | Mannas biežputra ar ievārījumu **A01,A07 | 120/10 | 4,600 | 3,800 | 15,500 | 115,000 |
| | Kliju maize ar sviestu **A01,A07 | 20/5 | 1,700 | 4,600 | 10,900 | 92,000 |
| | Tēja ar cukuru | 150 | 0,200 | 0,100 | 7,500 | 32,000 |
| Pusdienas | | | 17,900 | 25,100 | 62,200 | 547,000 |
| | Cīsiņi **A01,A03 | 60 | 9,100 | 15,200 | 5,200 | 194,000 |
| | Dārzeņu sautējums **A07 | 130 | 3,800 | 2,600 | 25,900 | 142,000 |
| | Marinēts gurķis | 60 | 0,600 | 1,000 | 2,300 | 21,000 |
| | Rudzu maize **A01 | 10 | 0,600 | 0,100 | 4,400 | 21,000 |
| | Kakao krēms ar ķīseli | 50/130 | 3,800 | 6,200 | 24,400 | 169,000 |
| Launags | | | 4,700 | 7,200 | 42,100 | 252,000 |
| | Kartupeļu pankūkas ar skābo krējumu **A01,A03,A07 | 120/10 | 4,300 | 6,400 | 24,800 | 174,000 |
| | Tēja ar cukuru | 150 | | | 7,500 | 30,000 |
| | Auglis | 100 | 0,400 | 0,800 | 9,800 | 48,000 |
| Ceturtdiena 21.03.2019 | | | 37,700 | 41,700 | 139,900 | 1 085,000 |
| Brokastis | | | 11,400 | 10,600 | 43,800 | 316,000 |
| | Piecgraudu biežputra ar ievārījumu **A01,A07 | 120/10 | 3,400 | 2,000 | 24,000 | 128,000 |

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|------------------------------|--|---------|---------------|---------------|----------------|------------------|
| | Kviešu maize ar biezpiena masu **A01,A07 | 20/20 | 5,200 | 6,200 | 10,900 | 120,000 |
| | Kafijas dzēriens ar pienu **A07 | 150 | 2,800 | 2,400 | 8,900 | 68,000 |
| Pusdienas | | | 18,400 | 21,500 | 60,000 | 507,000 |
| | Gurķu zupa **A07,A09 | 150 | 2,100 | 3,500 | 12,100 | 88,000 |
| | Cūkgaļas plovš | 160 | 14,500 | 16,100 | 36,000 | 347,000 |
| | Vitamīnu salāti | 60 | 0,700 | 1,600 | 3,200 | 30,000 |
| | Rudzu maize **A01 | 20 | 1,100 | 0,300 | 8,700 | 42,000 |
| Launags | | | 7,900 | 9,600 | 36,100 | 262,000 |
| | Svaigu augļu deserts ar jogurtu **A07,A12 | 130 | 2,900 | 4,800 | 18,300 | 128,000 |
| | Kviešu maize ar krēmsieru **A01,A07 | 20/15 | 5,000 | 4,800 | 10,300 | 104,000 |
| | Tēja ar cukuru | 150 | | | 7,500 | 30,000 |
| Piektdiena 22.03.2019 | | | 41,900 | 50,900 | 137,000 | 1 174,000 |
| Brokastis | | | 11,800 | 16,100 | 42,700 | 363,000 |
| | Miežu putraimu biezputra ar sviestu **A01,A07 | 120/5 | 5,500 | 6,600 | 24,300 | 179,000 |
| | Kliju maize ar sieru **A01 | 20/4/20 | 6,300 | 9,500 | 10,900 | 154,000 |
| | Tēja ar cukuru | 150 | | | 7,500 | 30,000 |
| Pusdienas | | | 22,300 | 28,000 | 58,100 | 574,000 |
| | Sautēta vista ar dārzeņiem mērcē **A01,A07 | 80 | 14,500 | 18,800 | 8,200 | 260,000 |
| | Vārīti kartupeļi | 130 | 2,600 | | 19,200 | 87,000 |
| | Ķīnas kāpostu salāti ar kukurūzu un eļļu | 60 | 0,800 | 2,900 | 1,900 | 37,000 |
| | Rudzu maize **A01 | 10 | 0,600 | 0,100 | 4,400 | 21,000 |
| | Biezpiena krēms ar ķīseli | 50/130 | 3,800 | 6,200 | 24,400 | 169,000 |
| Launags | | | 7,800 | 6,800 | 36,200 | 237,000 |
| | Makaroni ar sieru **A01,A07 | 60/20 | 3,200 | 3,000 | 20,300 | 121,000 |
| | Kefīrs **A07 | 150 | 4,200 | 3,000 | 6,100 | 68,000 |
| | Auglis | 100 | 0,400 | 0,800 | 9,800 | 48,000 |

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) .