

| Datums/Datums | Ēdiena nosaukums | Daudz. | Olbv., g | Tauki, g | Ogļh., g | Kcal. |
|-------------------------------|--|---------|---------------|---------------|----------------|------------------|
| Pirmdiena 18.11.2019 | | | | | | |
| Brokastis | | | | | | |
| | | 0 | | | | |
| | | 0 | | | | |
| | | 0 | | | | |
| Pusdienas | | | | | | |
| | | 0 | | | | |
| | | 0 | | | | |
| | | 0 | | | | |
| | | 0 | | | | |
| | | 0 | | | | |
| | | 0 | | | | |
| Launags | | | | | | |
| | | 0 | | | | |
| | | 0 | | | | |
| Otrdiena 19.11.2019 | | | | | | |
| Brokastis | | | | | | |
| | | | 41,930 | 45,290 | 122,320 | 1 058,000 |
| | | | 8,460 | 7,870 | 45,410 | 283,000 |
| | Kukurūzas putraimu biežputra ar ievārījumu **A01, A07 | 125/9 | 2,680 | 2,890 | 24,090 | 133,000 |
| | Sviestmaize ar vistas gaļu **A01, A07 | 24/14 | 5,040 | 4,690 | 10,470 | 103,000 |
| | Kumelīšu tēja ar cukuru un pienu | 125 | 0,250 | 0,080 | 3,150 | 14,000 |
| | Auglis | 70 | 0,490 | 0,210 | 7,700 | 33,000 |
| Pusdienas | | | | | | |
| | | | 21,930 | 24,150 | 53,650 | 516,000 |
| | Gulašzupa ar skābo krējumu **A01,A07 | 130/5 | 5,500 | 7,100 | 9,700 | 125,000 |
| | Zivju kotletes ar sautētiem risiem ar dārzeņiem **A01, A03;A07 | 55/130 | 13,200 | 11,200 | 24,580 | 250,000 |
| | Vitamīnu salāti | 60 | 0,800 | 1,900 | 3,900 | 36,000 |
| | Ziedkāpostu un burkānu salāti ar eļļu | 60 | 1,050 | 3,650 | 3,920 | 51,000 |
| | Rudzu maize, pilngraudu **A01 | 25 | 1,380 | 0,300 | 11,550 | 54,000 |
| Launags | | | | | | |
| | | | 11,540 | 13,270 | 23,260 | 259,000 |
| | Kartupeļu un biezpiena sacepums ar krējumu **A01,A07 | 100/10 | 8,720 | 10,770 | 18,530 | 206,000 |
| | Piens, 2.5% | 100 | 2,820 | 2,500 | 4,730 | 53,000 |
| Trešdiena 20.11.2019 | | | | | | |
| Brokastis | | | | | | |
| | | | 41,150 | 49,680 | 118,460 | 1 082,000 |
| | | | 10,530 | 17,000 | 40,220 | 356,000 |
| | Auzu pārslu biežputra ar sviestu **A01,A07 | 130/9 | 5,200 | 10,730 | 22,150 | 206,000 |
| | Sviestmaize ar gurķiem un olu **A01,A03,A07 | 20/3/20 | 2,920 | 4,300 | 10,750 | 93,000 |
| | Kumelīšu tēja ar cukuru un pienu | 150 | 2,410 | 1,970 | 7,320 | 57,000 |
| Pusdienas | | | | | | |
| | | | 18,460 | 21,790 | 49,710 | 466,000 |
| | Biešu zupa ar gaļu un krējumu **A07 | 150/5/5 | 3,700 | 6,160 | 14,700 | 129,000 |
| | Cepta vistas fileja **A01,A03,A07 | 70 | 10,410 | 9,240 | 4,980 | 145,000 |
| | Kartupeļu-burkānu biezenis **A07 | 100 | 2,230 | 3,040 | 16,900 | 101,000 |
| | Ķīnas kāpostu un gurķu salāti | 60 | 0,740 | 3,050 | 1,580 | 37,000 |
| | Rudzu maize, pilngraudu **A01 | 25 | 1,380 | 0,300 | 11,550 | 54,000 |
| Launags | | | | | | |
| | | | 12,160 | 10,890 | 28,530 | 260,000 |
| | Ābolu un biezpiena sacepums ar krējumu **A01,A03,A07 | 100/10 | 9,620 | 8,640 | 24,270 | 213,000 |
| | Piens, 2.5% **A07 | 90 | 2,540 | 2,250 | 4,260 | 47,000 |
| Ceturtdiena 21.11.2019 | | | | | | |
| Brokastis | | | | | | |
| | | | 38,200 | 43,810 | 128,100 | 1 054,000 |
| | | | 9,700 | 13,940 | 46,320 | 348,000 |
| | Rīsu biežputra ar sviestu **A01,A07 | 130/7 | 3,330 | 7,090 | 26,330 | 182,000 |
| | Karstmaize ar sieru **A01,A07 | 40 | 5,730 | 6,670 | 10,560 | 125,000 |
| | Augļu tēja ar cukuru | 150 | 0,290 | 0,030 | 3,930 | 17,000 |
| | Auglis | 50 | 0,350 | 0,150 | 5,500 | 24,000 |
| Pusdienas | | | | | | |
| | | | 16,180 | 18,280 | 57,280 | 455,000 |

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| Siera-dāržeņu zupa **A07 | 150 | 3,960 | 8,090 | 8,090 | 120,000 |
| Vistas gaļas plovš | 140 | 9,600 | 6,600 | 28,000 | 210,000 |
| KĶīnas kāpostu-tomātu salāti ar eļļu **A07 | 60 | 0,750 | 3,080 | 1,940 | 38,000 |
| Rudzu maize, pilngraudu **A01 | 25 | 1,380 | 0,300 | 11,550 | 54,000 |
| Auglis | 70 | 0,490 | 0,210 | 7,700 | 33,000 |
| Launags | | 12,320 | 11,590 | 24,500 | 251,000 |
| Biezpiena plācenīši ar ķirbjem un āboliem un ievārījumu **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 |
| Piektdiena 22.11.2019 | | 40,560 | 38,060 | 132,550 | 1 035,000 |
| Brokastis | | 9,960 | 5,750 | 42,860 | 263,000 |
| Mannas biezputra ar āboliem, sviestu **A01,A07 | 150/8 | 4,970 | 2,260 | 29,250 | 157,000 |
| 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 |
| Pusdienas | | 17,990 | 23,910 | 53,930 | 503,000 |
| Gaļas kotletes **A01,A07 | 70 | 11,100 | 15,300 | 8,280 | 215,000 |
| Vārīti kartupeļi | 80 | 1,640 | 0,250 | 14,190 | 66,000 |
| Sautēti kāposti **A01 | 70 | 1,000 | 2,690 | 8,140 | 61,000 |
| Burkānu-redīsu salāti **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 |
| Launags | | 12,610 | 8,400 | 35,760 | 269,000 |
| Makaroni ar sieru **A01,A07 | 100/15 | 8,640 | 5,320 | 30,240 | 203,000 |
| Gurķi, marinēti | 25 | 0,130 | 0,080 | 0,600 | 4,000 |
| Kefīrs **A07 | 120 | 3,840 | 3,000 | 4,920 | 62,000 |

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) .