|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pirmdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki**  | **Ogļh.** |  |
| 1 | Burkānu un kukurūzas salāti | 1/70 | 0.21 | 66.82 | 1.17 | 3.71 | 7.18 |  |
| 2 | Dārzeņu zupa ar krējumu | 200/10 | 0.35 | 90.3 | 1.94 | 5.9 | 8.06 |  |
| 3 | Malta dabīgas cūkgaļas kotlete | 1/80 | 1.21 | 268.2 | 15 | 19.23 | 6.68 |  |
| 4 | Vārīti makaroni | 1/150 | 0.28 | 215.9 | 6.24 | 2.66 | 41.76 |  |
| 5 | Maize | 1/30 | 0,16 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| 6 | Sulas dzēriens  | 1/200 | 0,39 | 65.08 | 0.24 | - | 16.03 |  |
|  |  |  | **2.60** | **800.58** | **27.79** | **31.88** | **99.21** |  |
|  |  |  |  |  |  |  |  |  |
| 1 | Svaigu dārzeņu salāti | 1/60 | 0.24 | 42.91 | 0.79 | 3.07 | 3.65 |  |
| 2 | Siera zupa | 200/10 | 0.42 | 142.8 | 5.42 | 8.67 | 10.86 | 7 |
| 3 | Vistas gaļas gulašs | 50/50 | 1.24 | 244.66 | 14.36 | 17.54 | 7.34 | 1 |
| 4 | Vārīti rīsi | 1/150 | 0.27 | 204.13 | 3.80 | 3.34 | 38.59 | 7 |
| 5 | Maize | 1/30 | 0,12 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| 6 | Kakao | 1/200 | 0.16 | 82.72 | 3.39 | 3.24 | 10.01 | 7 |
|  |  |  | **2.60** | **811.50** | **30.96** | **36.22** | **90.01** |  |
|  |  |  |  |  |  |  |  |  |
|  | **Otrdiena** |  |  |  |  |  |  |  |
| 1 | Burkānu salāti ar sēkliņām | 1/60 | 0.17 | 72.20 | 1.08 | 3.62 | 4.02 |  |
| 2 | Pupiņu zupa ar krējumu | 200/10 | 0.32 | 127.2 | 5.39 | 4.86 | 15.46 | 7 |
| 3 | Cūkgaļas stroganovs | 50/60 | 1.35 | 264.6 | 15.11 | 19.87 | 6.34 | 1.7 |
| 4 | Vārīti griķi | 1/150 | 0.52 | 226.10 | 7.42 | 5.1 | 39.64 |  |
| 5 | Tēja  | 1/200 | 0.08 | 20.01 | - | - | 4.99 |  |
| 6 | Maize | 1/30 | 0.16 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
|  |  |  | **2.60** | **804.39** | **32.20** | **33.81** | **90** |  |
|  |  |  |  |  |  |  |  |  |
| 1 | Svaigu kāpostu salāti ar gurķi | 1/70 | 0.22 | 49.83 | 0.99 | 3.07 | 4.57 |  |
| 2 | Piena zupa ar rīsiem | 1/200 | 0.28 | 108.9 | 3.85 | 2.65 | 17.41 | 7 |
| 3 | Cepts vistas šķiņķis | 1/70 | 1.49 | 304.65 | 17.78 | 21.85 | 3.73 |  |
| 4 | Vārīti makaroni | 1/150 | 0.28 | 215.9 | 6.24 | 2.66 | 41.76 | 1 |
| 5 | Augļu kompots | 1/200 | 0.17 | 37.12 | 0.26 | 0.2 | 8.57 |  |
| 6 | Maize | 1/30 | 0.16 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
|  |  |  | **2.60** | **810.68** | **32.32** | **30.79** | **95.60** |  |
|  |  |  |  |  |  |  |  |  |
|  | **Trešdiena** |  |  |  |  |  |  |  |
| 1 | Svaigu kāpostu salāti ar tomātiem | 1/60 | 0.19 | 48.84 | 0.90 | 2.47 | 3.62 |  |
| 2 | Cepta vistas fileja omletē | 1/70 | 1.38 | 216.3 | 18.01 | 12.92 | 7.05 | 1,7,3 |
| 3 | Vārīti rīsi | 1/150 | 0.27 | 204.1 | 3.8 | 3.84 | 38.59 | 7 |
| 4 | Kakao | 1/200 | 0,27 | 82.72 | 3.9 | 3.24 | 10.01 |  |
| 5 | Smalkmaizīte | 1/40 | 0.33 | 174.6 | 3.9 | 5.6 | 27.15 | 1,3,7 |
| 6 | Maize | 1/30 | 0.16 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
|  |  |  | **2.60** | **820.84** | **33.71** | **28.43** | **105.98** |  |
|  |  |  |  |  |  |  |  |  |
| 1 | Biešu salāti ar gurķi | 1/60 | 0.18 | 56.41 | 0.78 | 2.56 | 5.08 |  |
| 2 | Cūkgaļas cepetis | 50/20 | 1.28 | 230.9 | 14.41 | 13.86 | 4.66 |  |
| 3 | Kartupeļu biezenis | 1/150 | 0.36 | 117.7 | 3.26 | 2.60 | 20.34 | 7 |
| 4 | Kukurūzas pārslas ar putukrējumu | 20/50 | 0.54 | 281.7 | 3.33 | 16.99 | 26.39 | 7 |
| 5 | Tēja  | 1/200 | 0.08 | 20.01 | - | - | 4.99 |  |
| 6 | Maize | 1/30 | 0,16 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
|  |  |  | **2.60** | **801** | **24.98** | **36.37** | **117.36** |  |
|  |  |  |  |  |  |  |  |  |
|  | **Ceturtdiena** |  |  |  |  |  |  |  |
| 1 | Vitamīnu salāti | 1/70 | 0.22 | 69.88 | 0.93 | 4.12 | 4.6 |  |
| 2 | Zirņu zupa ar krējumu | 200/10 | 0.34 | 142.53 | 4.96 | 6.27 | 14.01 | 1 |
| 3 | Plovs ar cūkgaļu | 50/150 | 1.41 | 402.33 | 17.41 | 17.3 | 37.40 |  |
| 4 | Saldētu ogu dzēriens | 1/200 | 0.17 | 28.6 | 0.22 | 0.11 | 1.70 |  |
| 5 | Maize | 1/30 | 0.16 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| 6 | Auglis (ābols) | 130 | 0.30 | 62.4 | 0.52 | 1.04 | 12.74 |  |
| 7 |  |  | **2.60** | **800.02** | **27.24** | **29.20** | **90.01** |  |
|  |  |  |  |  |  |  |  |  |
| 1 | Salāti Mozaika | 1/70 | 0.27 | 61.59 | 1.03 | 3.68 | 6.08 |  |
| 2 | Borščs ar krējumu | 200/10 | 0,34 | 96.09 | 1.78 | 5.61 | 9.63 | 7 |
| 3 | Vistas gaļas kotlete | 1/80 | 1.12 | 275.03 | 12.80 | 18.93 | 14.09 | 1 |
| 4 | Vārīti makaroni | 1/150 | 0.28 | 215.9 | 6.24 | 2.66 | 41.76 | 1 |
| 5 | Tēja karkade | 1/200 | 0.13 | 20.01 | - | - | 4.99 |  |
| 6 | Maize | 1/30 | 0.16 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| 7 | Auglis (ābols) | 130 | 0.30 | 62.4 | 0.52 | 1.04 | 12.74 |  |
|  |  |  | **2.60** | **825.30** | **25.57** | **32.28** | **108.85** |  |
|  | **Piektdiena** |  |  |  |  |  |  |  |
| 1 | Burkānu un puravu salāts | 1/60 | 0.26 | 53.14 | 1 | 3.62 | 5.82 |  |
| 2 | Kotlete Jahnija | 1/80 | 1.21 | 337 | 13.95 | 26.2 | 10.92 | 1,3 |
| 3 | Kartupeļu biezenis | 1/150 | 0.36 | 117.81 | 3.26 | 2.60 | 20.37 | 7 |
| 4 | Cepumi | 1/30 | 0.22 | 130.4 | 2.37 | 4.14 | 20.91 | 1,3,7 |
| 5 | Maize | 1/30 | 0.16 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| 6 | Ķiršu ķīselis | 1/180 | 0.39 | 70.38 | 0.58 | 0.007 | 17 |  |
|  |  |  | **2.60** | **803.01** | **24.36** | **36.93** | **94.58** |  |
|  |  |  |  |  |  |  |  |  |
| 1 | Kāpostu paprikas salāti | 1/70 | 0.25 | 52.23 | 1.03 | 3.07 | 4.03 |  |
| 2 | Vistas gaļas malta šnicele | 1/80 | 1.27 | 280.1 | 14.98 | 21.1 | 7.18 | 1.3 |
| 3 | Vārīti rīsi | 1/150 | 0.27 | 204.1 | 3.8 | 3.84 | 38.59 | 7 |
| 4 | Jogurta krēms ar persikiem | 1/60 | 0.38 | 86.74 | 2.4 | 4.86 | 9.63 | 7 |
| 5 | Maize | 1/30 | 0.12 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| 6 | Kakao | 1/200 | 0.27 | 82.72 | 3.39 | 3.24 | 38.59 | 7 |
|  |  |  | **2.60** | **800.17** | **28.80** | **36.93** | **117.58** |  |

Apstiprinu: D.Mazaļevska Saskaņots: skolas medmāsa