|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pirmdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki**  | **Ogļh.** |  |
| 1 | Svaigu dārzeņu salāti | 1/60 | 0.24 | 42.91 | 0.79 | 3.07 | 3.65 |  |
| 2 | Siera zupa | 1/200 | 0.42 | 142.8 | 5.42 | 8.67 | 10.86 | 7 |
| 3 | Vārīti rīsi ar dārzeņiem | 1/250 | 1.51 | 437.29 | 8.09 | 15.59 | 46.29 | 7 |
| 4 | Maize | 1/30 | 0,12 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| 5 | Kakao | 1/200 | 0.16 | 82.72 | 3.39 | 3.24 | 10.01 | 7 |
|  |  |  | **2.60** | **800.01** | **20.89** | **30.93** | **90.37** |  |
|  |  |  |  |  |  |  |  |  |
|  | **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 | Cepti baklažāni | 1/150 | 1.37 | 154.5 | 5.25 | 11.63 | 9.45 |  |
| 4 | Vārīti makaroni | 1/150 |  | 215.9 | 6.24 | 2.66 | 41.76 | 1 |
| 5 | Tēja  | 1/200 | 0.08 | 20.01 | - | - | 4.99 |  |
| 6 | Cepumi | 1/30 | 0.22 | 130.4 | 2.37 | 4.14 | 20.91 | 1.3.7 |
| 7 | Maize | 1/30 | 0.16 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
|  |  |  | **2.60** | **814.49** | **23.52** | **27.27** | **116.15** |  |
|  |  |  |  |  |  |  |  |  |
|  | **Trešdiena** |  |  |  |  |  |  |  |
| 1 | Biešu salāti | 1/70 | 0.15 | 69.24 | 0.97 | 4.56 | 7.19 |  |
| 2 | Brokoļu un burkānu sacepums | 1/180 | 1.33 | 226.7 | 9.30 | 14.72 | 10.03 | 3.7 |
| 3 | Vārīti kartupeļi | 1/150 | 0.34 | 109 | 3.2 | 0.16 | 24.68 |  |
| 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** | **800.93** | **20** | **36.79** | **92.84** |  |
|  |  |  |  |  |  |  |  |  |
|  | **Ceturtdiena** |  |  |  |  |  |  |  |
| 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 | Cepti kabači ar sieru | 1/200 | 1.12 | 250.1 | 8.85 | 17.2 | 8.61 | 7 |
| 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** | **800.37** | **21.62** | **30.55** | **103.37** |  |
|  |  |  |  |  |  |  |  |  |
|  | **Piektdiena** |  |  |  |  |  |  |  |
| 1 | Kāpostu paprikas salāti | 1/70 | 0.25 | 52.23 | 1.03 | 3.07 | 4.03 |  |
| 2 | Ziedkāposti omletē | 1/200 | 1.27 | 280.1 | 8.89 | 13.49 | 7.07 | 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 | 0.16 | 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** | **32.71** | **28.86** | **117.47** |  |

7.-9.klases Skolas piens 500ml 98kcal

 Skolas auglis 300gr

Apstiprinu: D.Mazaļevska Saskaņots: skolas medmāsa