|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pirmdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki** | **Ogļh.** |  |
| 1 | Burkānu salāti “Mozaika” | 1/70 | 0.27 | 61.59 | 1.03 | 3.68 | 6.08 |  |
| 2 | Svaigu kāpostu zupa ar krējumu | 200/10 | 0.31 | 91.01 | 1.83 | 5.19 | 9.23 | 7 |
| 3 | Vārīti makaroni ar gaļu | 1/150/40 | 1.14 | 445.2 | 15.75 | 23.18 | 43.4 | 1 |
| 4 | Sulas dzēriens | 1/200 | 0.39 | 65.08 | 0.24 | - | 16.03 |  |
| 5 | Maize | 1/40 | 0,16 | 94,28 | 3,2 | 0,36 | 19,56 | 1 |
| 6 | Auglis (ābols) | 1/120 | 0.33 | 57.60 | 0.48 | 0.96 | 11.76 |  |
|  |  |  | **2,60** | **814.76** | **22.53** | **33.37** | **106.06** |  |
| 1 | Vitamīnu salāti | 1/60 | 0,22 | 12.84 | 0,66 | 0,12 | 2.28 |  |
| 2 | Piena zupa ar nūdelēm | 1/200 | 0.31 | 119.87 | 4.67 | 2.7 | 19.22 | 7 |
| 3 | Sautēta vistas gaļa tomātu mērcē | 50/50 | 1.23 | 249.6 | 13.99 | 18.84 | 6.02 |  |
| 4 | Vārīti rīsi | 1/150 | 0.27 | 204.1 | 3.8 | 3.84 | 38.59 |  |
| 5 | Tēja | 1/200 | 0.08 | 20.01 | - | - | 4.99 |  |
| 6 | Maize | 1/40 | 0,16 | 94,28 | 3,2 | 0,36 | 19,56 | 1 |
| 7 | Auglis (ābols) | 1/120 | 0.33 | 57.60 | 0.48 | 0.96 | 11.76 |  |
|  |  |  | **2.60** | **815.34** | **27.07** | **30.82** | **104.74** |  |
|  | **Otrdiena** |  |  |  |  |  |  |  |
| 1 | Gurķi marinēti | 1/40 | 0,30 | 6.21 | 0.32 | 0.04 | 0.64 |  |
| 2 | Mājas cepetis | 200/50 | 1.44 | 419.86 | 14.62 | 26.31 | 31.15 |  |
| 3 | Tēja karkade | 1/200 | 0.13 | 20.01 | - | - | 4.99 |  |
| 4 | Smalkmaizīte | 1/40 | 0,33 | 174.6 | 3.9 | 5.6 | 27.15 | 1,3,7 |
| 5 | Auglis (banāns) | 1/90 | 0.24 | 81.81 | 1.35 | 0.09 | 18.9 |  |
| 6 | Maize | 1/40 | 0,16 | 94.28 | 3.2 | 0,36 | 19.56 | 1 |
|  |  |  | **2,60** | **800.98** | **23.39** | **32.40** | **102.39** |  |
| 1 | Ķīnas kāpostu salāti ar gurķi | 1/70 | 0.27 | 51.72 | 1.06 | 3.57 | 3.85 |  |
| 2 | Vistas frikasē ar dārzeņiem | 100 | 1.28 | 259.97 | 10.51 | 21.52 | 6.07 |  |
| 3 | Vārīti rīsi | 150 | 0.27 | 204.1 | 3.8 | 3.84 | 38.59 |  |
| 4 | Maize | 1/40 | 0,16 | 94.28 | 3.2 | 0,36 | 19.56 | 1 |
| 5 | Cepumi | 30 | 0.22 | 130.4 | 2.37 | 4.14 | 20.91 |  |
| 6 | Sulas dzēriens | 1/200 | 0.39 | 65.08 | 0.24 | - | 16.03 |  |
|  |  |  | **2.60** | **805.55** | **21.18** | **33.43** | **105.01** |  |
|  | **Trešdiena** |  |  |  |  |  |  |  |
| 1 | Salāti Veselība | 1/60 | 0,16 | 57.98 | 0.89 | 4.06 | 4.38 |  |
| 2 | Pupiņu zupa ar krējumu | 200/10 | 0.32 | 127.2 | 5.39 | 4.86 | 15.46 | 7 |
| 3 | Cūkgaļas gulašs | 50/50 | 1.17 | 211.74 | 14.84 | 13.50 | 6.22 | 1 |
| 4 | Vārīti griķi | 1/150 | 0.52 | 226.10 | 7.42 | 5.1 | 37.64 |  |
| 5 | Kakao | 1/200 | 0,27 | 82.72 | 3.39 | 3.24 | 10.01 | 7 |
| 6 | Maize | 1/40 | 0,16 | 94.28 | 3.2 | 0,36 | 19.56 | 1 |
|  |  |  | **2,60** | **800.02** | **35.13** | **31.12** | **93.27** |  |
| 1 | Burkānu un puravu salāti | 1/70 | 0.31 | 89.20 | 1.17 | 3.10 | 11.07 |  |
| 2 | Borščs ar krējumu | 200/10 | 0,34 | 96.09 | 1.78 | 5.61 | 9.63 | 7 |
| 3 | Cūkgaļas kotlete ar biezpienu | 1/75 | 1.16 | 306.8 | 12.78 | 24.87 | 8.57 | 7 |
| 4 | Kartupeļu biezenis | 150 | 0.36 | 117.8 | 3.26 | 2.60 | 20.37 | 7 |
| 5 | Augļu kompots | 200 | 0.17 | 37.12 | 0.26 | 0.2 | 8.57 |  |
| 6 | Maize, baltmaize | 40/25 | 0.26 | 153.2 | 5.2 | 0,62 | 31.79 | 1 |
|  |  |  | **2.60** | **800.21** | **24.45** | **37** | **90** |  |
|  |  |  |  |  |  |  |  |  |
|  | **Ceturtdiena** |  |  |  |  |  |  |  |
| 1 | Svaigu kāpostu un burkānu salāti | 1/70 | 0.18 | 54.05 | 1.07 | 3.57 | 4.42 |  |
| 2 | Vistas gaļas zupa ar rīsiem un krējumu | 200/8 | 0.56 | 146.08 | 5.20 | 8.12 | 13.01 | 7 |
| 3 | Vārīti cīsiņi | 1/70 | 1.12 | 232.68 | 7.07 | 22.12 | 1.33 |  |
| 4 | Vārīti makaroni | 150 | 0.28 | 215.9 | 6.24 | 2.66 | 41.76 |  |
| 5 | Zemenes dzēriens | 200 | 0.30 | 57.10 | 0.32 | 0.16 | 10.51 |  |
| 6 | Maize | 1/40 | 0,16 | 94.28 | 3.2 | 0,36 | 19.56 | 1 |
|  |  |  | **2.60** | **800.09** | **23.10** | **36.99** | **90.59** |  |
| 1 | Burkānu un puravu salāti | 1/60 | 0.26 | 53.14 | 1 | 3.62 | 5.82 |  |
| 2 | Zirņu zupa ar krējumu | 200/10 | 0.34 | 142.53 | 4.96 | 6.27 | 14.01 | 7 |
| 3 | Vistas gaļas plācenīši | 1/80 | 1.12 | 275.03 | 12.8 | 18.93 | 14.09 | 1 |
| 4 | Vārīti kartupeļi | 150 | 0.34 | 109 | 3.2 | 0.16 | 23.68 |  |
| 5 | Piena mērce | 50 | 0.11 | 43.31 | 1.36 | 2.04 | 4.87 | 1,7 |
| 6 | Kakao | 200 | 0.27 | 82.72 | 3.39 | 3.24 | 10.01 | 7 |
| 7 | Maize | 1/40 | 0,16 | 94.28 | 3.2 | 0,36 | 19.56 | 1 |
|  |  |  | **2.60** | **800.01** | **29.91** | **34.62** | **92.04** |  |
|  | **Piektdiena** |  |  |  |  |  |  |  |
| 1 | Biešu salāti | 1/80 | 0.17 | 86.5 | 1.11 | 5.2 | 9.96 |  |
| 2 | Cepta vistas fileja ar sieru | 1/65 | 1.34 | 211.09 | 18.12 | 12.95 | 6.16 |  |
| 3 | Vārīti rīsi | 1/150 | 0,27 | 204.1 | 3,8 | 3.84 | 38.59 |  |
| 4 | Šokolādes krēms ar putukrējumu | 50/15 | 0.53 | 184.02 | 2.91 | 14.52 | 11.58 | 7 |
| 5 | Tēja karkade | 1/200 | 0.13 | 20.01 | - | - | 4.99 |  |
| 6 | Maize | 1/40 | 0,16 | 94.28 | 3.2 | 0,36 | 19.56 | 1 |
|  |  |  | **2,60** | **800.09** | **29.14** | **36.87** | **90.84** |  |
| 1 | Svaigu kāpostu salāti | 1/70 | 0,19 | 52.49 | 1.12 | 3.57 | 3.96 |  |
| 2 | Sautēta cūkgaļa tomātu mērcē | 50/50 | 1.20 | 212.2 | 14.94 | 14.02 | 6.73 |  |
| 3 | Vārīti griķi | 150 | 0.52 | 226.10 | 7.42 | 5.1 | 37.64 |  |
| 4 | Maize | 1/20 | 0.08 | 47.14 | 1.6 | 0.18 | 9.78 |  |
| 5 | Sulas ķīselis | 180 | 0.39 | 131.90 | 0.21 | 0.007 | 26.52 |  |
| 6 | Cepumi | 30 | 0.22 | 130.4 | 2.37 | 4.14 | 20.91 |  |
|  |  |  | **2.60** | **800.23** | **27.66** | **27.02** | **105.54** |  |

7.-9.klases Skolas piens 500ml

Apstiprinu: D.Mazaļevska Saskaņots: skolas medmāsa