|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pirmdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki**  | **Ogļh.** | **Alergēni** |
| 1 | Svaigu kāpostu salāti | 1/60 | 0,16 | 44.99 | 0,96 | 3.06 | 3.41 |  |
| 2 | Plovs ar vistas gaļu | 250 | 1.41 | 418 | 12.15 | 19.73 | 44.26 |  |
| 3 | Biezpiena sieriņš | 1/40 | 0,60 | 210 | 4,5 | 6 | 30,08 | 7 |
| 4 | Kakao | 1/200 | 0,27 | 82.72 | 3.39 | 3.24 | 10.01 | 7 |
| 5 | Maize | 1/40 | 0,15 | 94,28 | 3,2 | 0,36 | 13,56 | 1 |
|  |  |  | **2.60** | **849.99** | **24,20** | **32.39** | **107.32** |  |
| 1 | Svaigu tomāti | 1/50 | 0.32 | 10.7 | 0.55 | 0.1 | 1.8 |  |
| 2 | Mājas kotlete | 1/80 | 0.98 | 315.4 | 11.52 | 24.12 | 13.78 | 1 |
| 3 | Vārīti makaroni | 1/150 | 0.28 | 215.9 | 6.24 | 2.66 | 41.76 | 1 |
| 4 | Maize | 1/20 | 0,16 | 47.14 | 1.6 | 0,18 | 9.78 | 1 |
| 5 | Kukurūzas pārslas ar jogurtu | 30/120 | 0.47 | 146.2 | 7.62 | 3.78 | 20.43 | 7 |
| 6 | Sulas dzēriens | 1/200 | 0.39 | 65.08 | 0.24 | - | 16.03 |  |
|  |  |  | **2.60** | **800.42** | **27.77** | **30.84** | **103.68** |  |
|  | **Otrdiena** |  |  |  |  |  |  |  |
| 1 | Burkānu salāti ar sēkliņām | 1/60 | 0,17 | 72.20 | 1.08 | 3.62 | 3.28 |  |
| 2 | Skābeņu zupa ar krējumu | 200/10 | 0.43 | 138.17 | 2.85 | 7.58 | 14.65 | 7 |
| 3 | Cepta karbonāde | 1/70 | 1.29 | 198.21 | 12.71 | 13.76 | 6.61 | 1,3,7 |
| 4 | Vārīti makaroni | 1/150 | 0,28 | 215,9 | 6,24 | 2,66 | 41,76 | 1 |
| 5 | Kakao | 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** | **801.48** | **29.47** | **31.22** | **95.87** |  |
| 1 | Svaigu kāpostu salāti ar tomātiem | 1/70 | 0.22 | 56.98 | 1.05 | 2.88 | 4.22 |  |
| 2 | Piena zupa ar nūdelēm | 1/200 | 0.31 | 119.87 | 4.67 | 2.7 | 19.22 | 7,1 |
| 3 | Cepta vistas gaļa | 1/70 | 1.49 | 304.65 | 17.78 | 21.85 | 3.73 |  |
| 4 | Vārīti rīsi | 1/150 | 0.27 | 204.13 | 3.80 | 3.34 | 38.59 |  |
| 5 | Tēja ar citronu | 1/200 | 0.15 | 21.66 | 0.09 | 0.01 | 5.29 |  |
| 6 | Maize | 1/40 | 0,16 | 94,28 | 3,2 | 0,36 | 19,56 | 1 |
|  |  |  | **2,60** | **801.57** | **30.59** | **31.64** | **90.61** |  |
|  | **Trešdiena**  |  |  |  |  |  |  |  |
| 1 | Vitamīnu salāti | 1/70 | 0,22 | 69.88 | 0,93 | 4.12 | 4,6 |  |
| 2 | Pupiņu zupa ar krējumu | 200/10 | 0,32 | 127.2 | 5.39 | 4.86 | 15.46 | 7 |
| 3 | Cūkgaļas šnicele | 1/80 | 1.15 | 325.79 | 11.32 | 24.96 | 14.68 | 1 |
| 4 | Kartupeļu biezenis | 1/150 | 0,36 | 117,81 | 3,26 | 2,60 | 20,37 | 7 |
| 5 | Maize | 1/40 | 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** | **800.3** | **24.34** | **36.90** | **90.96** |  |
| 1 | Burkānu un kukurūzas salāti | 1/70 | 0.21 | 66.82 | 1.17 | 3.71 | 7.18 |  |
| 2 | Svaigu kāpostu zupa ar krējumu | 200/10 | 0.31 | 91.01 | 1.83 | 5.19 | 9.23 | 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 |  |
| 5 | Maize | 1/40 | 0,16 | 94,28 | 3,2 | 0,36 | 19,56 | 1 |
| 6 | Tēja karkadē | 1/200 | 0.13 | 20.01 | - | - | 4.99 |  |
| 7 | Auglis (banāns) | 1/90 | 0.28 | 81.81 | 1.35 | 0.09 | 18.9 |  |
|  |  |  | **2.60** | **802.72** | **25.95** | **30.73** | **105.79** |  |
|  |  |  |  |  |  |  |  |  |
|  | **Ceturtdiena** |  |  |  |  |  |  |  |
| 1 | Svaigi tomāti | 1/50 | 0,32 | 10,7 | 0,55 | 0,1 | 1,8 |  |
| 2 | Mājas soļanka | 200/10 | 0,91 | 170,22 | 5.5 | 12.97 | 7,88 | 7 |
| 3 | Makaroni ar sieru | 200/30 | 0,91 | 444.8 | 15,98 | 16,35 | 55,86 | 1,7 |
| 4 | Tēja  | 1/200 | 0.08 | 20.01 | - | - | 4.99 |  |
| 5 | Maize | 1/40 | 0,16 | 94,28 | 3,2 | 0,36 | 19,56 | 1 |
| 6 | Cepumi | 1/30 | 0,22 | 130.4 | 2.37 | 4.14 | 20.91 | 1,3,7 |
| 7 |  |  | **2,60** | **870.41** | **27.60** | **33.92** | **111** |  |
| 1 | Svaigu kāpostu salāti | 1/60 | 0,16 | 44.99 | 0.96 | 3.06 | 3.41 |  |
| 2 | Vistas gaļas zupa ar nūdelēm | 200/10 | 0,61 | 165,9 | 6,88 | 5,34 | 15,86 | 1,7 |
| 3 | Kotlete Jaunība | 1/70 | 0,92 | 275.73 | 10.81 | 21.39 | 10.56 | 1,7 |
| 4 | Kartupeļu biezenis | 1/150 | 0,36 | 117.8 | 3.26 | 2.60 | 20.34 | 7 |
| 5 | Maize | 1/40 | 0,12 | 94,28 | 3,2 | 0,36 | 19,56 | 1 |
| 6 | Saldētu ogu dzēriens | 1/200 | 0,17 | 28,6 | 0.22 | 0,11 | 6,70 |  |
| 7 | Cepumi | 1/30 | 0,22 | 130.4 | 2.37 | 4.14 | 20.91 | 1,3,7 |
|  |  |  | **2,60** | **857.70** | **20.82** | **37** | **97.34** |  |
|  | **Piektdiena** |  |  |  |  |  |  |  |
| 1 | Burkānu salāti Mozaika | 1/60 | 0.23 | 53,14 | 0,88 | 3,16 | 5,30 |  |
| 2 | Biešu zupa ar pupiņām | 200/10 | 0.37 | 137,28 | 5,38 | 5,38 | 16,83 | 7 |
| 3 | Sautēta vistas gaļa | 1/120 | 1.24 | 247,36 | 10,38 | 20,29 | 5,82 | 1,7 |
| 4 | Vārīti rīsi | 1/150 | 0.27 | 204.13 | 3.80 | 3.84 | 38.59 | 7 |
| 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) | 1/90 | 0.25 | 43.80 | 0,36 | 0,72 | 8,82 |  |
|  |  |  | **2.60** | **800** | **24** | **33,75** | **99,91** |  |
| 1 | Vitamīnu salāti | 1/60 | 0.19 | 59.90 | 0,8 | 2,56 | 2.92 |  |
| 2 | Skābu kāpostu zupa ar krējumu | 200/10 | 0,33 | 82,29 | 1,65 | 5,34 | 6,91 | 7 |
| 3 | Vārīti cīsiņi | 1/70 | 1.12 | 232,68 | 7,07 | 22,12 | 1,33 |  |
| 4 | Vārīti makaroni  | 1/150 | 0.28 | 215.9 | 6.24 | 2.66 | 41.76 | 1 |
| 5 | Maize | 1/40 | 0.16 | 94.28 | 3,2 | 0,36 | 19,56 | 1 |
| 6 | Kakao | 1/200 | 0.27 | 82,72 | 3,39 | 3,24 | 10,01 | 7 |
| 7 | Auglis (ābols) | 1/90 | 0.25 | 43.80 | 0,36 | 0,72 | 8,82 |  |
|  |  |  | **2.60** | **811.57** | **22.71** | **37** | **91.31** |  |
|  |  |  |  |  |  |  |  |  |

7.-9.klases Skolas piens 750ml

Apstiprinu: D.Mazaļevska Saskaņots: skolas medmāsa