

|   | Pirmdiena                         | Svars  | Cena<br>EUR | Kcal.         | Ol.balt.     | Tauki        | Ogļh.         | Alerģeni |
|---|-----------------------------------|--------|-------------|---------------|--------------|--------------|---------------|----------|
| 1 | Svaigu kāpostu salāti             | 1/60   | 0,16        | 44.99         | 0,96         | 3.06         | 3.41          |          |
| 2 | Plovs ar vistas gaļu              | 250    | 1.30        | 418           | 12.15        | 19.73        | 44.26         |          |
| 3 | Biezpiena sierīņš                 | 1/40   | 0,55        | 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   | 0,12        | 94,28         | 3,2          | 0,36         | 13,56         | 1        |
|   |                                   |        | <b>2.40</b> | <b>849.99</b> | <b>24.20</b> | <b>32.39</b> | <b>107.32</b> |          |
| 1 | Svaigu tomāti                     | 1/50   | 0.30        | 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   | 0,06        | 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  | 0.31        | 65.08         | 0.24         | -            | 16.03         |          |
|   |                                   |        | <b>2.40</b> | <b>800.42</b> | <b>27.77</b> | <b>30.84</b> | <b>103.68</b> |          |
|   | Skolas piens                      | 250ml  |             |               |              |              |               |          |
|   |                                   |        |             |               |              |              |               |          |
|   | <b>Otrdiena</b>                   |        |             |               |              |              |               |          |
| 1 | Vitamīnu salāti                   | 1/70   | 0,22        | 69.88         | 0,93         | 4.12         | 4,6           |          |
| 2 | Pupiņu zupa ar krējumu            | 200/10 | 0,30        | 127.2         | 5.39         | 4.86         | 15.46         | 7        |
| 3 | Cūkgaļas malta šnicele            | 1/80   | 1.09        | 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   | 0,12        | 94,28         | 3,2          | 0,36         | 19,56         | 1        |
| 6 | Sulas dzēriens                    | 1/200  | 0.31        | 65.08         | 0.24         | -            | 16.03         |          |
|   |                                   |        | <b>2.40</b> | <b>800.3</b>  | <b>24.34</b> | <b>36.90</b> | <b>90.96</b>  |          |
| 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 | 0.29        | 91.01         | 1.83         | 5.19         | 9.23          | 7        |
| 3 | Vistas gaļas gulašs               | 50/50  | 1,16        | 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   | 0,12        | 94,28         | 3,2          | 0,36         | 19,56         | 1        |
| 6 | Tēja                              | 1/200  | 0.07        | 20.01         | -            | -            | 4.99          |          |
| 7 | Auglis (banāns)                   | 1/90   | 0.28        | 81.81         | 1.35         | 0.09         | 18.9          |          |
|   |                                   |        | <b>2.40</b> | <b>802.72</b> | <b>25.95</b> | <b>30.73</b> | <b>105.79</b> |          |
|   | Skolas auglis                     | 100    |             |               |              |              |               |          |
|   |                                   |        |             |               |              |              |               |          |
|   | <b>Trešdiena</b>                  |        |             |               |              |              |               |          |
| 1 | Burkānu salāti ar sēkliņām        | 1/60   | 0,17        | 72.20         | 1.08         | 3.62         | 3.28          |          |
| 2 | Skābeņu zupa ar krējumu           | 200/10 | 0.41        | 138.17        | 2.85         | 7.58         | 14.65         | 7        |
| 3 | Cepta karbonāde                   | 1/70   | 1,15        | 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                             | 1/200  | 0,27        | 82,72         | 3,39         | 3,24         | 10,01         |          |
| 6 | Maize                             | 1/40   | 0,12        | 94,28         | 3,2          | 0,36         | 19,56         | 1        |
|   |                                   |        | <b>2.40</b> | <b>801.48</b> | <b>29.47</b> | <b>31.22</b> | <b>95.87</b>  |          |
| 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   | 1.14        | 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                              | 1/200  | 0.07        | 20,01         | -            | -            | 4,99          |          |
| 6 | Maize                             | 1/40   | 0,12        | 94,28         | 3,2          | 0,36         | 19,56         | 1        |
|   |                                   |        | <b>2.40</b> | <b>800</b>    | <b>30.50</b> | <b>31.13</b> | <b>90.31</b>  |          |
|   | Skolas piens                      | 250ml  |             |               |              |              |               |          |
|   |                                   |        |             |               |              |              |               |          |

|   | <b>Ceturtdiena</b>             |        |             |               |              |              |              |     |
|---|--------------------------------|--------|-------------|---------------|--------------|--------------|--------------|-----|
| 1 | Svaigi tomāti                  | 1/50   | 0,30        | 10,7          | 0,55         | 0,1          | 1,8          |     |
| 2 | Mājas soļanka                  | 200/10 | 0,74        | 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 ar citronu                | 1/200  | 0,11        | 20,01         | -            | -            | 4,99         |     |
| 5 | Maize                          | 1/40   | 0,12        | 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 |                                |        | <b>2,40</b> | <b>870,41</b> | <b>27,6</b>  | <b>33,92</b> | <b>111</b>   |     |
| 1 | Svaigu kāpostu salāti          | 1/60   | 0,16        | 44,99         | 0,96         | 3,06         | 3,41         |     |
| 2 | Vistas gaļas zupa ar nūdelēm   | 200/10 | 0,53        | 165,9         | 6,88         | 5,34         | 15,86        | 1,7 |
| 3 | Kotlete Jaunība                | 1/70   | 0,84        | 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 |
|   |                                |        | <b>2,40</b> | <b>857,7</b>  | <b>27,7</b>  | <b>37</b>    | <b>97,34</b> |     |
|   | Skolas auglis                  | 100    |             |               |              |              |              |     |
|   |                                |        |             |               |              |              |              |     |
|   | <b>Piektdiena</b>              |        |             |               |              |              |              |     |
| 1 | Burkānu salāti Mozaika         | 1/60   | 0,23        | 53,14         | 0,88         | 3,16         | 5,30         |     |
| 2 | Biešu zupa ar pupiņām          | 200/10 | 0,34        | 137,28        | 5,38         | 5,38         | 16,83        | 7   |
| 3 | Sautēta vistas gaļa            | 1/120  | 1,12        | 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  | 0,07        | 20,01         | -            | -            | 4,99         |     |
| 6 | Maize                          | 1/40   | 0,12        | 94,28         | 3,2          | 0,36         | 19,56        | 1   |
| 7 | Auglis (ābols)                 | 1/90   | 0,25        | 43,80         | 0,36         | 0,72         | 8,82         |     |
|   |                                |        | <b>2,40</b> | <b>800</b>    | <b>24</b>    | <b>33,75</b> | <b>99,91</b> |     |
|   |                                |        |             |               |              |              |              |     |
| 1 | Vitamīnu salāts                | 1/60   | 0,19        | 59,90         | 0,8          | 2,56         | 2,92         |     |
| 2 | Svaigu kāpostu zupa ar krējumu | 200/10 | 0,29        | 91,01         | 1,83         | 5,19         | 9,23         | 7   |
| 3 | Vārīti cīsiņi                  | 1/70   | 0,96        | 232,68        | 7,37         | 22,12        | 1,33         |     |
| 4 | Vārīti makaroni                | 1/150  | 0,28        | 215,9         | 6,24         | 2,66         | 41,76        | 1   |
| 5 | Maize                          | 1/40   | 0,12        | 94,28         | 3,2          | 0,36         | 19,56        | 1   |
| 6 | Sulas dzēriens                 | 1/200  | 0,31        | 65,08         | 0,24         | -            | 16,03        | 7   |
| 7 | Auglis (ābols)                 | 1/90   | 0,25        | 43,80         | 0,36         | 0,72         | 8,82         |     |
|   |                                |        | <b>2,40</b> | <b>802,65</b> | <b>20,04</b> | <b>33,61</b> | <b>99,65</b> |     |

Apstiprinu:

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Saskaņots:

skolas medmāsa

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