

## ĒDIENKARTE 2 Nedēļa/1-4kl

22.09.2025.-26.09.2025

## PIRMDIENA

| Ēdiena nosaukums                                                                         | Alerg. | Gat.sv                                                                      | Olbal. | Tauki | Oglihi | Kalor | Ēdiena nosaukums                                            | Alerg. | Gat.sv | Olbal. | Tauki | Oglihi | Kalor |
|------------------------------------------------------------------------------------------|--------|-----------------------------------------------------------------------------|--------|-------|--------|-------|-------------------------------------------------------------|--------|--------|--------|-------|--------|-------|
| P1 Dārzenų zupa ar vistas gaļu /krējums                                                  | 7      | 200/10                                                                      | 2.9    | 4.6   | 9.6    | 99    |                                                             |        |        |        |       |        |       |
| P2 Sautēta cūkgaļa baltā mērcē                                                           | 1,7    | 120                                                                         | 10.7   | 14.6  | 6.3    | 208   |                                                             |        |        |        |       |        |       |
| P3 Vārīti griķi                                                                          |        | 120                                                                         | 4.3    | 0.7   | 34.8   | 165   |                                                             |        |        |        |       |        |       |
| P4 Tomāti svaigi                                                                         |        | 40                                                                          | 0.3    | 0.0   | 1.0    | 6     |                                                             |        |        |        |       |        |       |
| P5 Rudzu maize                                                                           | 1      | 20                                                                          | 1.1    | 0.3   | 8.2    | 45    |                                                             |        |        |        |       |        |       |
| P6 Kompots - dzērveņu                                                                    |        | 200                                                                         | 0.2    | 0.0   | 6.0    | 25    |                                                             |        |        |        |       |        |       |
| P7 Āboli (auglis)                                                                        |        | 80                                                                          | 0.3    | 0.2   | 8.0    | 38    |                                                             |        |        |        |       |        |       |
| PIEVIENOTAIS SĀLS 0.86 grami<br>PIEVIENOTAIS CUKURS 5 grami<br>AUGĻI un OGAS 96.56 grami |        | DĀRZENI 86.3 grami<br>KARTUPEĻI 41 grami<br>PIENS, skābie produkti 85 grami |        |       |        |       | KOPĀ:<br>BIEZPIENS, SIERS 0 grami<br>GAĻA, ZIVIS 54.5 grami |        | 19.7   | 20.4   | 73.9  | 587    |       |
|                                                                                          |        |                                                                             |        |       |        |       | Skolas piens 0 grami                                        |        |        |        |       |        |       |

## OTRDIENA

| Ēdiena nosaukums                                                                       | Alerg. | Gat.sv                                                                           | Olbal. | Tauki | Oglihi | Kalor | Ēdiena nosaukums                                           | Alerg. | Gat.sv | Olbal. | Tauki | Oglihi | Kalor |
|----------------------------------------------------------------------------------------|--------|----------------------------------------------------------------------------------|--------|-------|--------|-------|------------------------------------------------------------|--------|--------|--------|-------|--------|-------|
| P1 Siera- dārzenų zupa                                                                 | 7      | 200                                                                              | 3.1    | 5.4   | 13.0   | 110   |                                                            |        |        |        |       |        |       |
| P2 Cūkgaļas kotlete                                                                    |        | 80                                                                               | 11.3   | 11.4  | 4.8    | 167   |                                                            |        |        |        |       |        |       |
| P3 Vārīti kartupeļi                                                                    |        | 120                                                                              | 2.4    | 0.2   | 22.5   | 96    |                                                            |        |        |        |       |        |       |
| P4 Kāposti ar gurķiem un tomātiem                                                      |        | 70                                                                               | 1.4    | 3.9   | 2.3    | 51    |                                                            |        |        |        |       |        |       |
| P5 Piena mērcē                                                                         | 1,7    | 50                                                                               | 1.8    | 2.1   | 4.6    | 45    |                                                            |        |        |        |       |        |       |
| P6 Graudu maize                                                                        | 1      | 20                                                                               | 2.2    | 0.7   | 8.4    | 51    |                                                            |        |        |        |       |        |       |
| P7 Kakao dzēriens                                                                      | 7      | 200                                                                              | 4.6    | 3.4   | 12.8   | 101   |                                                            |        |        |        |       |        |       |
| PIEVIENOTAIS SĀLS 1.1 grami<br>PIEVIENOTAIS CUKURS 5.42 grami<br>AUGĻI un OGAS 0 grami |        | DĀRZENI 91.37 grami<br>KARTUPEĻI 210.8 grami<br>PIENS, skābie produkti 189 grami |        |       |        |       | KOPĀ:<br>BIEZPIENS, SIERS 11 grami<br>GAĻA, ZIVIS 60 grami |        | 26.8   | 27.2   | 68.3  | 621    |       |
|                                                                                        |        |                                                                                  |        |       |        |       | Skolas piens 0 grami                                       |        |        |        |       |        |       |

## TREŠDIENA

| Ēdiena nosaukums                                                                      | Alerg. | Gat.sv                                                                         | Olbal. | Tauki | Oglihi | Kalor | Ēdiena nosaukums                                          | Alerg. | Gat.sv | Olbal. | Tauki | Oglihi | Kalor |
|---------------------------------------------------------------------------------------|--------|--------------------------------------------------------------------------------|--------|-------|--------|-------|-----------------------------------------------------------|--------|--------|--------|-------|--------|-------|
| P1 Biešu zupa/krējums                                                                 | 7      | 200/10                                                                         | 1.6    | 5.4   | 12.9   | 114   |                                                           |        |        |        |       |        |       |
| P2 Makaroni ar vistas gaļu                                                            | 1      | 180                                                                            | 14.0   | 12.7  | 34.9   | 321   |                                                           |        |        |        |       |        |       |
| P3 Redīsu-burkānu salāti ar krējumu                                                   | 7      | 70                                                                             | 0.9    | 1.1   | 2.9    | 30    |                                                           |        |        |        |       |        |       |
| P4 Rudzu maize                                                                        | 1      | 20                                                                             | 1.1    | 0.3   | 8.2    | 45    |                                                           |        |        |        |       |        |       |
| P5 Kompots - ābolu/dzērveņu                                                           |        | 200                                                                            | 0.1    | 0.0   | 7.5    | 32    |                                                           |        |        |        |       |        |       |
| P6 Auglis (arbūzi)                                                                    |        | 80                                                                             | 0.6    | 0.1   | 5.1    | 28    |                                                           |        |        |        |       |        |       |
| PIEVIENOTAIS SĀLS 1.1 grami<br>PIEVIENOTAIS CUKURS 6 grami<br>AUGĻI un OGAS 108 grami |        | DĀRZENI 181.7 grami<br>KARTUPEĻI 27.3 grami<br>PIENS, skābie produkti 15 grami |        |       |        |       | KOPĀ:<br>BIEZPIENS, SIERS 0 grami<br>GAĻA, ZIVIS 45 grami |        | 18.5   | 19.5   | 71.5  | 570    |       |
|                                                                                       |        |                                                                                |        |       |        |       | Skolas piens 0 grami                                      |        |        |        |       |        |       |

## CETURTDIENA

| Ēdiena nosaukums                                                                      | Alerg. | Gat.sv                                                                          | Olbal. | Tauki | Oglihi | Kalor | Ēdiena nosaukums                                          | Alerg. | Gat.sv | Olbal. | Tauki | Oglihi | Kalor |
|---------------------------------------------------------------------------------------|--------|---------------------------------------------------------------------------------|--------|-------|--------|-------|-----------------------------------------------------------|--------|--------|--------|-------|--------|-------|
| P1 Piena zupa ar makaroniem                                                           | 1,7    | 200                                                                             | 7.2    | 5.4   | 24.6   | 179   |                                                           |        |        |        |       |        |       |
| P2 Cūkgaļas karbonāde                                                                 | 1,3    | 60                                                                              | 14.3   | 8.3   | 4.1    | 162   |                                                           |        |        |        |       |        |       |
| P3 Kartupeļu biezenis                                                                 | 7      | 150                                                                             | 3.3    | 2.6   | 24.7   | 130   |                                                           |        |        |        |       |        |       |
| P4 Kāpostu salāti tomātiem                                                            |        | 70                                                                              | 0.7    | 5.2   | 2.8    | 67    |                                                           |        |        |        |       |        |       |
| P5 Baltmaize                                                                          | 1      | 20                                                                              | 1.6    | 0.2   | 9.8    | 47    |                                                           |        |        |        |       |        |       |
| P6 Citronu dzēriens                                                                   |        | 200                                                                             | 0.0    | 0.0   | 5.0    | 21    |                                                           |        |        |        |       |        |       |
| PIEVIENOTAIS SĀLS 0.8 grami<br>PIEVIENOTAIS CUKURS 7.6 grami<br>AUGĻI un OGAS 5 grami |        | DĀRZENI 70.1 grami<br>KARTUPEĻI 129 grami<br>PIENS, skābie produkti 174.8 grami |        |       |        |       | KOPĀ:<br>BIEZPIENS, SIERS 0 grami<br>GAĻA, ZIVIS 60 grami |        | 27.2   | 21.7   | 70.9  | 605    |       |
|                                                                                       |        |                                                                                 |        |       |        |       | Skolas piens 0 grami                                      |        |        |        |       |        |       |

## PIEKTDIENA

| Ēdiena nosaukums                                                                              | Alerg. | Gat.sv                                                                               | Olbal. | Tauki | Oglihi | Kalor | Ēdiena nosaukums                                          | Alerg. | Gat.sv | Olbal. | Tauki | Oglihi | Kalor |
|-----------------------------------------------------------------------------------------------|--------|--------------------------------------------------------------------------------------|--------|-------|--------|-------|-----------------------------------------------------------|--------|--------|--------|-------|--------|-------|
| P1 Plovs ar vistas gaļu                                                                       |        | 200                                                                                  | 13.2   | 11.5  | 37.7   | 308   |                                                           |        |        |        |       |        |       |
| P2 Burkāni ar ķiploku un krējumu                                                              | 7      | 70                                                                                   | 0.8    | 1.7   | 4.1    | 43    |                                                           |        |        |        |       |        |       |
| P3 Rudzu maize                                                                                | 1      | 20                                                                                   | 1.1    | 0.3   | 8.2    | 45    |                                                           |        |        |        |       |        |       |
| P4 Jogurts                                                                                    | 7      | 150                                                                                  | 3.6    | 4.5   | 21.0   | 140   |                                                           |        |        |        |       |        |       |
| P5 Auzu cepumi                                                                                | 1,3,7  | 30                                                                                   | 6.4    | 7.0   | 30.6   | 156   |                                                           |        |        |        |       |        |       |
| PIEVIENOTAIS SĀLS 0.47 grami<br>PIEVIENOTAIS CUKURS 1.3 grami<br>AUGĻI un OGAS 0 grami        |        | DĀRZENI 108.3 grami<br>KARTUPEĻI 0 grami<br>PIENS, skābie produkti 190.25 grami      |        |       |        |       | KOPĀ:<br>BIEZPIENS, SIERS 0 grami<br>GAĻA, ZIVIS 55 grami |        | 25.2   | 25.0   | 101.6 | 681    |       |
| PIEVIENOTAIS SĀLS 4.33 grami<br>PIEVIENOTAIS CUKURS 25.32 grami<br>AUGĻI un OGAS 209.56 grami |        | DĀRZENI 537.77 grami<br>KARTUPEĻI 408.1 grami<br>PIENS, skābie produkti 654.05 grami |        |       |        |       | BIEZPIENS, SIERS 11 grami<br>GAĻA, ZIVIS 274.5 grami      |        |        |        |       |        |       |
|                                                                                               |        |                                                                                      |        |       |        |       | Skolas piens 0 grami                                      |        |        |        |       |        |       |

Saskaņots: visp.aprūpes māsa. I.Oliševska