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Директор

ĒDIENKARTE 1.2 Nedēļa/5-9kl

15.09.2025-19.09.2025

## PIRMDIENA

| PIRMDIENA                                                                                             |       |        |        |       |        |       | Ēdiena nosaukums                                                                          |       |        |        |       |        |       |
|-------------------------------------------------------------------------------------------------------|-------|--------|--------|-------|--------|-------|-------------------------------------------------------------------------------------------|-------|--------|--------|-------|--------|-------|
| Ēdiena nosaukums                                                                                      | Alerg | Gat.sv | Olbal. | Tauki | Oglihi | Kalor | Ēdiena nosaukums                                                                          | Alerg | Gat.sv | Olbal. | Tauki | Oglihi | Kalor |
| P1 Vistas šķiņķītis, krāsni cepts                                                                     | 3,10  | 50     | 15.8   | 12.7  | 0.6    | 233   |                                                                                           |       |        |        |       |        |       |
| P2 Vārīti kartupeļi                                                                                   |       | 160    | 3.1    | 0.3   | 39.0   | 128   |                                                                                           |       |        |        |       |        |       |
| P3 Burkāni ar sēkliņām                                                                                | 3     | 70     | 1.9    | 9.4   | 3.7    | 107   |                                                                                           |       |        |        |       |        |       |
| P4 Dzeramais ūdens                                                                                    |       | 200    | 0.0    | 0.0   | 0.0    | 0     |                                                                                           |       |        |        |       |        |       |
| P5 Rudzu maize                                                                                        | 1     | 40     | 2.2    | 0.5   | 16.4   | 90    |                                                                                           |       |        |        |       |        |       |
| P6 Biezpiena sierinš                                                                                  | 7     | 38     | 3.6    | 8.4   | 9.3    | 128   |                                                                                           |       |        |        |       |        |       |
| P7 Āboli (auglis)                                                                                     |       | 120    | 0.6    | 0.2   | 15.4   | 68    |                                                                                           |       |        |        |       |        |       |
| <b>KOPĀ:</b><br>PIEVIENOTAIS SĀLS 0.3 grami<br>PIEVIENOTAIS CUKURS 0 grami<br>AUGĻI un OGAS 120 grami |       |        |        |       |        |       | <b>KOPĀ:</b><br>BIEZPIENS, SIERS 38 grami<br>GAĻA, ZIVIS 62 grami<br>Skolas piens 0 grami |       |        |        |       |        |       |
|                                                                                                       |       |        |        |       |        |       | 27,2 31.5 87,5 754                                                                        |       |        |        |       |        |       |

## OTRDIENA

| OTRDIENA                       |                                   |        |        |       |      |       |                          |        |        |        |       |      |       |
|--------------------------------|-----------------------------------|--------|--------|-------|------|-------|--------------------------|--------|--------|--------|-------|------|-------|
| Ēdiena nosaukums               | Alerg.                            | Gat.sv | Olbāl. | Tauki | Ogli | Kalor | Ēdiena nosaukums         | Alerg. | Gat.sv | Olbāl. | Tauki | Ogli | Kalor |
| P1 Biešu zupa ar gaļu /krējums | 7                                 | 200/10 | 4.3    | 7.5   | 14.4 | 152   |                          |        |        |        |       |      |       |
| P2 Cūkgaļas kotlete            |                                   |        | 80     | 10.3  | 15.4 | 6.4   | 213                      |        |        |        |       |      |       |
| P3 Risi vārīti                 |                                   |        | 150    | 4.5   | 1.8  | 45.1  | 212                      |        |        |        |       |      |       |
| P4 Krējuma – tomātu mērce      | 1,7                               |        | 50     | 0.7   | 5.3  | 2.4   | 59                       |        |        |        |       |      |       |
| P5 Kāpostu burkānu salāti      |                                   |        | 70     | 0.7   | 3.6  | 2.9   | 51                       |        |        |        |       |      |       |
| P6 Baltmaize                   | 1                                 |        | 40     | 3.2   | 0.4  | 19.6  | 94                       |        |        |        |       |      |       |
| P7 Dzeramais ūdens             |                                   |        | 200    | 0.0   | 0.0  | 0.0   | 0                        |        |        |        |       |      |       |
| PIEVIENTAIS SĀLS 1.24 grami    | DĀRZENI 147.6 grami               |        |        |       |      |       |                          |        |        |        |       |      |       |
| PIEVIENTAIS ČUKURS 0.4 grami   | KARTUPELI 74.7 grami              |        |        |       |      |       |                          |        |        |        |       |      |       |
| AUGLI un OGAS 0 grami          | PIENS, skābie produkti 24.9 grami |        |        |       |      |       |                          |        |        |        |       |      |       |
|                                |                                   |        |        |       |      |       | <b>KOPĀ:</b>             |        |        |        |       |      |       |
|                                |                                   |        |        |       |      |       | BIEZPIENS, SIERS 0 grami |        |        |        |       |      |       |
|                                |                                   |        |        |       |      |       | GALA, ZIVIS 80 grami     |        |        |        |       |      |       |
|                                |                                   |        |        |       |      |       | Skolas piens 0 grami     |        |        |        |       |      |       |
|                                |                                   |        |        |       |      |       | 23.6 33.9 90.7 782       |        |        |        |       |      |       |

## TREŠDIENA

| TREŠDIENA                                                                                           |        |         |        |       |        |        |                                                                           |        |         |        |       |        |        |
|-----------------------------------------------------------------------------------------------------|--------|---------|--------|-------|--------|--------|---------------------------------------------------------------------------|--------|---------|--------|-------|--------|--------|
| Ēdiena nosaukums                                                                                    | Alerģ. | Gat.sv. | Olbāl. | Tauki | Ogliņi | Kalor. | Ēdiena nosaukums                                                          | Alerģ. | Gat.sv. | Olbāl. | Tauki | Ogliņi | Kalor. |
| P1 Vistas fileja cepta                                                                              | 1,3,7  | 60      | 14.0   | 11.2  | 4.5    | 174    |                                                                           |        |         |        |       |        |        |
| P2 Kartupeļu biezenis                                                                               | 7      | 150     | 3.2    | 2.5   | 24.5   | 128    |                                                                           |        |         |        |       |        |        |
| P3 Kāpostu- sv.gurķu salāti ar dillēm                                                               |        | 70      | 0.7    | 3.6   | 2.2    | 48     |                                                                           |        |         |        |       |        |        |
| P4 Baltmaize                                                                                        | 1      | 40      | 3.2    | 0.4   | 19.6   | 94     |                                                                           |        |         |        |       |        |        |
| P5 Jogurts                                                                                          | 7      | 150     | 3.6    | 4.5   | 21.0   | 140    |                                                                           |        |         |        |       |        |        |
| P6 Mafrini                                                                                          |        | 40      | 3.6    | 7.4   | 34.0   | 218    |                                                                           |        |         |        |       |        |        |
|                                                                                                     |        |         |        |       |        |        | 28.7 29.6 106,0 806                                                       |        |         |        |       |        |        |
| PIEVIENTOTAIS SĀLS 0.61 grami<br>PIEVIENTOTAIS CUKURS 0.15 grami<br>AUGĻI un OGAS 15 grami<br>grami |        |         |        |       |        |        | DĀRZENI 70.4 grami<br>KARTUPEĻI 129 grami<br>PIENS, skābie produkti 183.1 |        |         |        |       |        |        |
|                                                                                                     |        |         |        |       |        |        | KOPĀ:<br>BIEZPIENS, SIERS 0 grami<br>GAĻA, ZIVIS 60 grami                 |        |         |        |       |        |        |
|                                                                                                     |        |         |        |       |        |        | Skolas piens 0 grami                                                      |        |         |        |       |        |        |

## CETURTDIENA

| CETURTDIENA                    |                                |  |  |  |  |  |  | Ēdiena nosaukums                   |        |     |      |      |     |  |  | Alerg.                   | Gat.sv | Olbai | Tauki | Oglihi | Kalor |  |  |
|--------------------------------|--------------------------------|--|--|--|--|--|--|------------------------------------|--------|-----|------|------|-----|--|--|--------------------------|--------|-------|-------|--------|-------|--|--|
| Ēdiena nosaukums               |                                |  |  |  |  |  |  | Ēdiena nosaukums                   |        |     |      |      |     |  |  | Alerg.                   | Gat.sv | Olbai | Tauki | Oglihi | Kalor |  |  |
| P1                             | Pupiņu zupa ar gaļu/krējums    |  |  |  |  |  |  | 7                                  | 200/10 | 6.2 | 7.1  | 17.5 | 164 |  |  |                          |        |       |       |        |       |  |  |
| P2                             | Cūkgaļas kotlete               |  |  |  |  |  |  |                                    | 60     | 7.2 | 15.5 | 1.0  | 173 |  |  |                          |        |       |       |        |       |  |  |
| P3                             | Vārīti kartupeļi               |  |  |  |  |  |  |                                    | 150    | 2.9 | 0.3  | 28.1 | 120 |  |  |                          |        |       |       |        |       |  |  |
| P4                             | Piena mērce                    |  |  |  |  |  |  | 1,7                                | 50     | 1.6 | 3.4  | 4.7  | 56  |  |  |                          |        |       |       |        |       |  |  |
| P5                             | Kāpostu- tomātu salāti ar eļļu |  |  |  |  |  |  |                                    | 70     | 1.5 | 5.1  | 2.2  | 62  |  |  |                          |        |       |       |        |       |  |  |
| P6                             | Baltmaize                      |  |  |  |  |  |  | 1                                  | 50     | 4.0 | 0.4  | 24.4 | 118 |  |  |                          |        |       |       |        |       |  |  |
| P7                             | Jogurts                        |  |  |  |  |  |  | 7                                  | 150    | 3.6 | 4.5  | 21.0 | 140 |  |  |                          |        |       |       |        |       |  |  |
| PIEVIENTOTĀIS SĀLS 1.1 grami   |                                |  |  |  |  |  |  | DĀRZENI 107.5 grami                |        |     |      |      |     |  |  | KOPĀ:                    |        |       |       |        |       |  |  |
| PIEVIENTOTĀIS CUKURS 0.1 grami |                                |  |  |  |  |  |  | KARTUPEĻI 193.5 grami              |        |     |      |      |     |  |  | BIEZPIENS, SIERS 0 grami |        |       |       |        |       |  |  |
| AUGĻI un OGAS 0 grami          |                                |  |  |  |  |  |  | PIENS, skābie produkti 201.7 grami |        |     |      |      |     |  |  | GALA, ZIVIS 52.5 grami   |        |       |       |        |       |  |  |
|                                |                                |  |  |  |  |  |  |                                    |        |     |      |      |     |  |  | Skolas piens 0 grami     |        |       |       |        |       |  |  |
|                                |                                |  |  |  |  |  |  |                                    |        |     |      |      |     |  |  | 27.1 36.2 99.0 831       |        |       |       |        |       |  |  |

PIEKTDIENA

| PIEKTDIENA                        |                                    |         |        |       |       |        | PIEKTDIENA                |        |                      |        |       |       |        |
|-----------------------------------|------------------------------------|---------|--------|-------|-------|--------|---------------------------|--------|----------------------|--------|-------|-------|--------|
| Ēdiena nosaukums                  | Alerģ.                             | Gat.sv. | Olbal. | Tauki | Ogļh. | Kalor. | Ēdiena nosaukums          | Alerģ. | Gat.sv.              | Olbal. | Tauki | Ogļh. | Kalor. |
| P1 Piena risu zupa                | 7                                  | 200     | 5.6    | 3.2   | 25.5  | 152    |                           |        |                      |        |       |       |        |
| P2 Makaroni ar gaļu               | 1                                  | 250     | 20.0   | 14.3  | 58.3  | 452    |                           |        |                      |        |       |       |        |
| P3 Burkānu- redīsu salāti ar eļļu |                                    | 70      | 0.7    | 5.1   | 3.2   | 62     |                           |        |                      |        |       |       |        |
| P4 Rudzu maize                    | 1                                  | 40      | 2.2    | 0.5   | 16.4  | 90     |                           |        |                      |        |       |       |        |
| P5 Tēja Karkade                   |                                    | 200     | 0.0    | 0.0   | 0.0   | 0      |                           |        |                      |        |       |       |        |
| P6 Arbūzi (auglis)                |                                    | 120     | 0.36   | 0.4   | 16.0  | 72     |                           |        |                      |        |       |       |        |
|                                   |                                    |         |        |       |       |        | 28.8 23.2 111.4 794       |        |                      |        |       |       |        |
| PIEVIENTAIS SĀLS 1.1 grami        | DĀRZENI 128.2 grami                |         |        |       |       |        | KOPĀ:                     |        |                      |        |       |       |        |
| PIEVIENTAIS CUKURS 5 grami        | KARTUPEĻI 0 grami                  |         |        |       |       |        | BIEZPIENS, SIERS 0 grami  |        |                      |        |       |       |        |
| AUGĻI un OGAS 120.3 grami         | PIENS, skābie produkti 150 grami   |         |        |       |       |        | GAĻA, ZIVIS 50 grami      |        | Skolas piens 0 grami |        |       |       |        |
| PIEVIENTAIS SĀLS 4.35 grami       | DĀRZENI 510.3 grami                |         |        |       |       |        |                           |        |                      |        |       |       |        |
| PIEVIENTAIS CUKURS 5.65 grami     | KARTUPEĻI 563.6 grami              |         |        |       |       |        | BIEZPIENS, SIERS 38 grami |        |                      |        |       |       |        |
| AUGĻI un OGAS 255.3 grami         | PIENS, skābie produkti 559.7 grami |         |        |       |       |        | GAĻA, ZIVIS 314.5 grami   |        | Skolas piens 0 grami |        |       |       |        |
|                                   |                                    |         |        |       |       |        |                           |        |                      |        |       |       |        |

Saskanots: visp.aprūpes māsa. I.Oliševska

