

## ĒDIENKARTE 2 Nedēļa/1-4kl

01.12.2025-05.12.2025

## PIRMDIENA

| Ēdiena nosaukums                                                                        | Alerģ | Gat.sv                                                                         | Olbai | Tauki | Ogļhi | Kalor | Ēdiena nosaukums                                            | Alerģ | Gat.sv | Olbai | Tauki | Ogļhi | Kalor |      |     |
|-----------------------------------------------------------------------------------------|-------|--------------------------------------------------------------------------------|-------|-------|-------|-------|-------------------------------------------------------------|-------|--------|-------|-------|-------|-------|------|-----|
| P1 Svaigu kāpostu zupa ar gaļu/krējums                                                  | 1,7   | 200/10                                                                         | 3.8   | 4.5   | 12.3  | 105   |                                                             |       |        |       |       |       |       |      |     |
| P2 Bolones mērce                                                                        | 7     | 80                                                                             | 7.3   | 9.0   | 2.9   | 128   |                                                             |       |        |       |       |       |       |      |     |
| P3 Vārīti makaroni                                                                      | 1     | 120                                                                            | 5.8   | 1.2   | 34.1  | 176   |                                                             |       |        |       |       |       |       |      |     |
| P4 Kāpostu- sv.gurķu salāti                                                             |       | 70                                                                             | 0.7   | 3.1   | 2.6   | 48    |                                                             |       |        |       |       |       |       |      |     |
| P5 Sulas dzēriens                                                                       |       | 200                                                                            | 0.3   | 0.0   | 8.4   | 35    |                                                             |       |        |       |       |       |       |      |     |
| P6 Rudzu maize                                                                          | 1     | 20                                                                             | 1.1   | 0.3   | 8.2   | 45    |                                                             |       |        |       |       |       |       |      |     |
| P7 Auglis (ābols)                                                                       |       | 50                                                                             | 0.3   | 0.2   | 8.0   | 28    |                                                             |       |        |       |       |       |       |      |     |
| C1 Piens skolas                                                                         | 7     | 250                                                                            |       |       |       |       |                                                             |       |        |       |       |       |       |      |     |
| PIEVIENOTAIS SĀLS 1.01 grami<br>PIEVIENOTAIS CUKURS 3.5 grami<br>AUGLI un OGAS 52 grami |       | DĀRZENI 139.1 grami<br>KARTUPELI 41.3 grami<br>PIENS, skābie produkti 26 grami |       |       |       |       | KOPĀ:<br>GAĻA, ZIVIS 57.3 grami<br>BIEZPIENS, SIERS 0 grami |       |        |       |       |       |       |      |     |
|                                                                                         |       |                                                                                |       |       |       |       |                                                             |       |        |       |       | 19.3  | 18.2  | 76.5 | 575 |
|                                                                                         |       |                                                                                |       |       |       |       | Skolas piens 250 grami                                      |       |        |       |       |       |       |      |     |

## OTRDIENA

| Ēdiena nosaukums            | Alerģ. | Gat.sv.                        | Olbai. | Tauki | Ogļhi | Kalor | Ēdiena nosaukums         | Alerģ. | Gat.sv. | Olbai. | Tauki | Ogļhi | Kalor |
|-----------------------------|--------|--------------------------------|--------|-------|-------|-------|--------------------------|--------|---------|--------|-------|-------|-------|
| P1 Cepta vistas fileja      |        | 60                             | 17.0   | 8.1   | 3.4   | 154   |                          |        |         |        |       |       |       |
| P2 Vārīti kartupeļi         |        | 120                            | 2.4    | 0.2   | 22.5  | 96    |                          |        |         |        |       |       |       |
| P3 Tomāti                   |        | 30                             | 0.3    | 0.1   | 1.1   | 6     |                          |        |         |        |       |       |       |
| P4 Rudzu maize              | 1      | 20                             | 1.1    | 0.3   | 8.2   | 45    |                          |        |         |        |       |       |       |
| P5 Kompots - ābolu/dzērveņu |        | 200                            | 0.1    | 0.0   | 7.0   | 29    |                          |        |         |        |       |       |       |
| P6 Cepumi                   | 1      | 50                             | 3.6    | 7.4   | 34.0  | 218   |                          |        |         |        |       |       |       |
| C1 Skolas auglis            |        | 100                            |        |       |       |       |                          |        |         |        |       |       |       |
| PIEVIENOTAIS SĀLS 0.3 grami |        | DĀRZENI 74.8 grami             |        |       |       |       | KOPĀ:                    |        |         |        |       |       |       |
| PIEVIENOTAIS CUKURS 5 grami |        | KARTUPELI 124.8 grami          |        |       |       |       | BIEZPIENS, SIERS 0 grami |        |         |        |       |       | 24.5  |
| AUGLI un OGAS 22 grami      |        | PIENS, skābie produkti 0 grami |        |       |       |       | GAĻA, ZIVIS 50 grami     |        |         |        |       |       | 16.2  |
| TRĒŠDIENA                   |        |                                |        |       |       |       |                          |        |         |        |       |       | 76.2  |
|                             |        |                                |        |       |       |       |                          |        |         |        |       |       | 549   |
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## TREŠDIENA

| Ēdiena nosaukums                                                                          |        |        |       |       |       |       | Ēdiena nosaukums                                                              |        |        |       |       |       |       |
|-------------------------------------------------------------------------------------------|--------|--------|-------|-------|-------|-------|-------------------------------------------------------------------------------|--------|--------|-------|-------|-------|-------|
|                                                                                           | Alerģ. | Gat.sv | Olbai | Tauki | Ogļhi | Kalor |                                                                               | Alerģ. | Gat.sv | Olbai | Tauki | Ogļhi | Kalor |
| P1 Solanka zupa/krējums                                                                   | 7      | 200/10 | 3.3   | 6.0   | 8.4   | 110   |                                                                               |        |        |       |       |       |       |
| P2 Vistas gaļas kotlete                                                                   | 3      |        | 80    | 9.5   | 10.9  | 5.2   | 158                                                                           |        |        |       |       |       |       |
| P3 Piena mērce                                                                            | 1,7    |        | 30    | 1.0   | 1.5   | 2.8   | 29                                                                            |        |        |       |       |       |       |
| P4 Rīsi vārīti                                                                            |        |        | 120   | 3.4   | 1.4   | 33.8  | 159                                                                           |        |        |       |       |       |       |
| P5 Dārzeņu salāti                                                                         |        |        | 70    | 0.7   | 3.1   | 2.2   | 43                                                                            |        |        |       |       |       |       |
| P6 Graudu maize                                                                           | 1      |        | 20    | 2.2   | 0.7   | 8.4   | 51                                                                            |        |        |       |       |       |       |
| P7 Tēja                                                                                   |        |        | 200   | 0.0   | 0.0   | 2.0   | 8                                                                             |        |        |       |       |       |       |
| C1 Piens skolas                                                                           | 7      |        | 250   |       |       |       |                                                                               |        |        |       |       |       |       |
| PIEVIENOTAIS SĀLS 1.25 grami<br>PIEVIENOTAIS CUKURS 2.01 grami<br>AUGLI un OGAS 0.5 grami |        |        |       |       |       |       | DĀRZENI 117.5 grami<br>KARTUPELI 150 grami<br>PIENS, skābie produkti 35 grami |        |        |       |       |       |       |
|                                                                                           |        |        |       |       |       |       | KOPĀ:<br>BIEZPIENS, SIERS 0 grami<br>GAĻA, ZIVIS 60 grami                     |        |        |       |       |       |       |
|                                                                                           |        |        |       |       |       |       | 20.1 23.6 62.7 559                                                            |        |        |       |       |       |       |
|                                                                                           |        |        |       |       |       |       | Skolas piens 250 grami                                                        |        |        |       |       |       |       |

## CETURTDIENA

| Ēdiena nosaukums                                                                      |        |        |       |       |       |       | Ēdiena nosaukums                                                                   |       |        |       |       |       |       |
|---------------------------------------------------------------------------------------|--------|--------|-------|-------|-------|-------|------------------------------------------------------------------------------------|-------|--------|-------|-------|-------|-------|
|                                                                                       | Alerģ  | Gat.sv | Olbai | Tauki | Ogļhi | Kalor |                                                                                    | Alerģ | Gat.sv | Olbai | Tauki | Ogļhi | Kalor |
| P1 Kurzemes stroganovs                                                                | 1,7,10 | 90     | 8.0   | 11.8  | 5.4   | 182   |                                                                                    |       |        |       |       |       |       |
| P2 Kartupeļu biezenis                                                                 | 7      | 120    | 2.6   | 1.9   | 19.6  | 101   |                                                                                    |       |        |       |       |       |       |
| P3 Burkāni ar sēkliņām                                                                |        | 70     | 1.3   | 4.7   | 4.0   | 63    |                                                                                    |       |        |       |       |       |       |
| P4 Rudzu maize                                                                        | 1      | 20     | 1.1   | 0.3   | 8.2   | 45    |                                                                                    |       |        |       |       |       |       |
| P5 Kakao dzēriens                                                                     | 7      | 200    | 4.6   | 3.4   | 12.8  | 101   |                                                                                    |       |        |       |       |       |       |
| P6 Smalkmaizīte ar kānēli                                                             | 1      | 60     | 9.1   | 6.4   | 31.9  | 208   |                                                                                    |       |        |       |       |       |       |
| C1 Āboli skolas                                                                       |        | 100    |       |       |       |       |                                                                                    |       |        |       |       |       |       |
| PIEVIENOTAIS SĀLS 0.9 grami<br>PIEVIENOTAIS CUKURS 6.6 grami<br>AUGLI un OGAS 0 grami |        |        |       |       |       |       | DĀRZENI 110.4 grami<br>KARTUPELI 103.2 grami<br>PIENS, skābie produkti 203.3 grami |       |        |       |       |       |       |
| KOPĀ:<br>BIEZPIENS, SIERS 0 grami<br>GAĻA, ZIVIS 44.4 grami                           |        |        |       |       |       |       | 26.6 28.5 81.9 699                                                                 |       |        |       |       |       |       |
| PIEKTDIENA                                                                            |        |        |       |       |       |       | Skolas āboli 100 grami                                                             |       |        |       |       |       |       |

## PIEKTDIENA

| Ēdiena nosaukums                                                                             | Alerģ. | Gat.sv.                                                                             | Olbai. | Tauki | Ogļhi. | Kalor | Ēdiena nosaukums                                          | Alerģ. | Gat.sv. | Olbai. | Tauki | Ogļhi. | Kalor |
|----------------------------------------------------------------------------------------------|--------|-------------------------------------------------------------------------------------|--------|-------|--------|-------|-----------------------------------------------------------|--------|---------|--------|-------|--------|-------|
| P1 Vistas gaļas zupa ar nūdelēm                                                              | 1      | 200                                                                                 | 3.9    | 4.4   | 15.5   | 118   |                                                           |        |         |        |       |        |       |
| P2 Sautējums ar dārzeņiem un cukgaļu                                                         | 7      | 200                                                                                 | 12.8   | 14.0  | 22.3   | 275   |                                                           |        |         |        |       |        |       |
| P3 Gurķis svaigais                                                                           |        | 30                                                                                  | 0.4    | 0.0   | 1.3    | 7     |                                                           |        |         |        |       |        |       |
| P4 Rudzu maize                                                                               | 1      | 20                                                                                  | 1.1    | 0.3   | 8.2    | 45    |                                                           |        |         |        |       |        |       |
| P5 Tēja Piparmētru                                                                           |        | 200                                                                                 | 0.0    | 0.0   | 2.4    | 10    |                                                           |        |         |        |       |        |       |
| P6 Banāni (auglis)                                                                           |        | 80                                                                                  | 0.3    | 0.2   | 8.0    | 38    |                                                           |        |         |        |       |        |       |
| PIEVIENOTAIS SĀLS 0.86 grami<br>PIEVIENOTAIS CUKURS 2.5 grami<br>AUGLI un OGAS 80 grami      |        | DĀRZENI 154.96 grami<br>KARTUPELI 130 grami<br>PIENS, skābie produkti 5 grami       |        |       |        |       | KOPĀ:<br>BIEZPIENS, SIERS 0 grami<br>GAĻA, ZIVIS 64 grami |        |         |        |       |        |       |
|                                                                                              |        |                                                                                     |        |       |        |       |                                                           |        |         |        |       |        |       |
| PIEVIENOTAIS SĀLS 4.32 grami<br>PIEVIENOTAIS CUKURS 19.61 grami<br>AUGLI un OGAS 154.5 grami |        | DĀRZENI 596.76 grami<br>KARTUPELI 449.3 grami<br>PIENS, skābie produkti 269.3 grami |        |       |        |       | BIEZPIENS, SIERS 0 grami<br>GAĻA, ZIVIS 275.7 grami       |        |         |        |       |        |       |
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Saskaņots: visp.aprūpes māsa, I.Oliševska