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ĒDIENKARTE 2.2 Nedēļa/5-9kl

24.11.2025.-28.11.2025

## PIRMDIENA

| Ēdiena nosaukums                                                                      | Alerģ. | Gat.sv.                                                                         | Olbāl. | Tauki | Ogļhi | Kalor | Ēdiena nosaukums                                            | Alerģ. | Gat.sv. | Olbāl. | Tauki | Ogļhi | Kalor                  |
|---------------------------------------------------------------------------------------|--------|---------------------------------------------------------------------------------|--------|-------|-------|-------|-------------------------------------------------------------|--------|---------|--------|-------|-------|------------------------|
| P1 Rasoļņiks zupa/krējums                                                             | 1,7    | 200/10                                                                          | 4.2    | 8.3   | 19.1  | 196   |                                                             |        |         |        |       |       |                        |
| P2 Vistas gaļas kotlete                                                               | 3      | 80                                                                              | 10.9   | 12.8  | 7.3   | 191   |                                                             |        |         |        |       |       |                        |
| P3 Vārīti kartupeļi                                                                   |        | 150                                                                             | 2.9    | 0.3   | 28.1  | 129   |                                                             |        |         |        |       |       |                        |
| P4 Piena mērce                                                                        | 1,7    | 50                                                                              | 1.6    | 3.4   | 4.7   | 56    |                                                             |        |         |        |       |       |                        |
| P5 Kāpostu raibie salāti                                                              |        | 70                                                                              | 1.1    | 3.1   | 3.1   | 48    |                                                             |        |         |        |       |       |                        |
| P6 Rudzu maize                                                                        | 1      | 20                                                                              | 1.1    | 0.3   | 8.2   | 45    |                                                             |        |         |        |       |       |                        |
| P7 Dzeramais ūdens                                                                    |        | 200                                                                             | 0.0    | 0.0   | 0.0   | 0     |                                                             |        |         |        |       |       |                        |
| P8 Āboli (auglis)                                                                     |        | 80                                                                              | 0.3    | 0.2   | 8.0   | 38    |                                                             |        |         |        |       |       |                        |
| C Skolas piens                                                                        | 7      | 250                                                                             |        |       |       |       |                                                             |        |         |        |       |       |                        |
| PIEVIENOTAIS SĀLS 1.23 grami<br>PIEVIENOTAIS CUKURS 0 grami<br>AUGLI un OGAS 80 grami |        | DĀRZENI 125 grami<br>KARTUPEĻI 229.3 grami<br>PIENS, skābie produkti 51.7 grami |        |       |       |       | KOPĀ:<br>BIEZPIENS, SIERS 0 grami<br>GALA, ZIVIS 71.3 grami |        |         |        |       |       |                        |
|                                                                                       |        |                                                                                 |        |       |       |       |                                                             |        |         |        |       |       | 22.6 27.3 79.2 707     |
|                                                                                       |        |                                                                                 |        |       |       |       |                                                             |        |         |        |       |       | Skolas piens 250 grami |

## OTRDIENA

| Ēdiena nosaukums                                                                     | Alerģ. | Gat.sv.                                                                     | Olbāl. | Tauki | Ogļhi | Kalor | Ēdiena nosaukums                                            | Alerģ. | Gat.sv. | Olbāl. | Tauki | Ogļhi | Kalor                   |
|--------------------------------------------------------------------------------------|--------|-----------------------------------------------------------------------------|--------|-------|-------|-------|-------------------------------------------------------------|--------|---------|--------|-------|-------|-------------------------|
| P1 Cūkgaļas stroganovs                                                               | 1,7    | 100                                                                         | 11.5   | 17.0  | 3.3   | 221   |                                                             |        |         |        |       |       |                         |
| P2 Rīsi vārīti                                                                       |        | 150                                                                         | 4.5    | 1.8   | 45.1  | 212   |                                                             |        |         |        |       |       |                         |
| P3 Burkānu - puravu salāti ar krējumu                                                | 7      | 70                                                                          | 1.0    | 2.2   | 3.6   | 49    |                                                             |        |         |        |       |       |                         |
| P4 Baltmaize                                                                         | 1      | 40                                                                          | 3.2    | 0.4   | 19.8  | 94    |                                                             |        |         |        |       |       |                         |
| P5 Jogurts                                                                           | 7      | 150                                                                         | 3.6    | 4.5   | 21.0  | 140   |                                                             |        |         |        |       |       |                         |
| C Skolas auglis                                                                      |        | 100                                                                         |        |       |       |       |                                                             |        |         |        |       |       |                         |
| PIEVIENOTAIS SĀLS 0.54 grami<br>PIEVIENOTAIS CUKURS 0 grami<br>AUGLI un OGAS 0 grami |        | DĀRZENI 71.2 grami<br>KARTUPEĻI 0 grami<br>PIENS, skābie produkti 176 grami |        |       |       |       | KOPĀ:<br>BIEZPIENS, SIERS 0 grami<br>GALA, ZIVIS 71.2 grami |        |         |        |       |       |                         |
|                                                                                      |        |                                                                             |        |       |       |       |                                                             |        |         |        |       |       | 23.8 25.9 92.4 726      |
|                                                                                      |        |                                                                             |        |       |       |       |                                                             |        |         |        |       |       | Skolas auglis 100 grami |

## TREŠDIENA

| Ēdiena nosaukums                                                                        | Alerģ. | Gat.sv.                                                                         | Olbāl. | Tauki | Ogļhi | Kalor | Ēdiena nosaukums                                          | Alerģ. | Gat.sv. | Olbāl. | Tauki | Ogļhi | Kalor                  |
|-----------------------------------------------------------------------------------------|--------|---------------------------------------------------------------------------------|--------|-------|-------|-------|-----------------------------------------------------------|--------|---------|--------|-------|-------|------------------------|
| P1 Piena rīsu zupa                                                                      | 7      | 200                                                                             | 5.6    | 3.2   | 21.6  | 137   |                                                           |        |         |        |       |       |                        |
| P2 Cūkgaļas kotlete                                                                     |        | 80                                                                              | 9.7    | 14.8  | 6.4   | 204   |                                                           |        |         |        |       |       |                        |
| P3 Vārīti kartupeļi                                                                     |        | 150                                                                             | 2.9    | 0.3   | 28.1  | 120   |                                                           |        |         |        |       |       |                        |
| P4 Piena mērce                                                                          | 1,7    | 30                                                                              | 1.0    | 2.0   | 2.8   | 33    |                                                           |        |         |        |       |       |                        |
| P5 Kāpostu burkānu salāti ar eļļu                                                       |        | 70                                                                              | 0.7    | 3.6   | 3.8   | 54    |                                                           |        |         |        |       |       |                        |
| P6 Baltmaize                                                                            | 1      | 40                                                                              | 3.2    | 0.4   | 19.8  | 94    |                                                           |        |         |        |       |       |                        |
| P7 Dzeramais ūdens                                                                      |        | 200                                                                             | 0.0    | 0.0   | 0.0   | 0     |                                                           |        |         |        |       |       |                        |
| C Skolas piens                                                                          | 7      | 250                                                                             |        |       |       |       |                                                           |        |         |        |       |       |                        |
| PIEVIENOTAIS SĀLS 0.85 grami<br>PIEVIENOTAIS CUKURS 2.05 grami<br>AUGLI un OGAS 0 grami |        | DĀRZENI 68.7 grami<br>KARTUPEĻI 190.7 grami<br>PIENS, skābie produkti 175 grami |        |       |       |       | KOPĀ:<br>BIEZPIENS, SIERS 0 grami<br>GALA, ZIVIS 56 grami |        |         |        |       |       |                        |
|                                                                                         |        |                                                                                 |        |       |       |       |                                                           |        |         |        |       |       | 23.5 24.2 83.0 766     |
|                                                                                         |        |                                                                                 |        |       |       |       |                                                           |        |         |        |       |       | Skolas piens 250 grami |

## CETURTDIENA

| Ēdiena nosaukums                                                                       | Alerģ. | Gat.sv.                                                                      | Olbāl. | Tauki | Ogļhi | Kalor | Ēdiena nosaukums                                          | Alerģ. | Gat.sv. | Olbāl. | Tauki | Ogļhi | Kalor                   |
|----------------------------------------------------------------------------------------|--------|------------------------------------------------------------------------------|--------|-------|-------|-------|-----------------------------------------------------------|--------|---------|--------|-------|-------|-------------------------|
| P1 Vārīti cīsiņi                                                                       | 1,7    | 50                                                                           | 8.8    | 15.6  | 6.0   | 234   |                                                           |        |         |        |       |       |                         |
| P2 Vārīti griķi                                                                        |        | 150                                                                          | 5.3    | 0.9   | 43.6  | 206   |                                                           |        |         |        |       |       |                         |
| P3 Gurķis svaigais                                                                     |        | 20                                                                           | 0.3    | 0.0   | 1.0   | 6     |                                                           |        |         |        |       |       |                         |
| P4 Rudzu maize                                                                         | 1      | 40                                                                           | 2.2    | 0.5   | 16.4  | 90    |                                                           |        |         |        |       |       |                         |
| P5 Tēja ar citronu                                                                     |        | 200                                                                          | 0.0    | 0.0   | 4.9   | 20    |                                                           |        |         |        |       |       |                         |
| P6 Biezpiena sierinš                                                                   | 7      | 38                                                                           | 3.3    | 7.7   | 8.6   | 118   |                                                           |        |         |        |       |       |                         |
| P7 Auglis                                                                              |        | 60                                                                           | 0.6    | 0.1   | 5.1   | 28    |                                                           |        |         |        |       |       |                         |
| C Skolas auglis                                                                        |        | 100                                                                          |        |       |       |       |                                                           |        |         |        |       |       |                         |
| PIEVIENOTAIS SĀLS 0.6 grami<br>PIEVIENOTAIS CUKURS 5.3 grami<br>AUGLI un OGAS 51 grami |        | DĀRZENI 52.8 grami<br>KARTUPEĻI 0 grami<br>PIENS, skābie produkti 91.6 grami |        |       |       |       | KOPĀ:<br>BIEZPIENS, SIERS 35 grami<br>GALA, ZIVIS 0 grami |        |         |        |       |       |                         |
|                                                                                        |        |                                                                              |        |       |       |       |                                                           |        |         |        |       |       | 20.6 24.8 83.6 701      |
|                                                                                        |        |                                                                              |        |       |       |       |                                                           |        |         |        |       |       | Skolas auglis 100 grami |

## PIEKTDIENA

| Ēdiena nosaukums                                                                           | Alerģ. | Gat.sv.                                                                          | Olbāl. | Tauki | Ogļhi | Kalor | Ēdiena nosaukums                                             | Alerģ. | Gat.sv. | Olbāl. | Tauki | Ogļhi | Kalor                   |
|--------------------------------------------------------------------------------------------|--------|----------------------------------------------------------------------------------|--------|-------|-------|-------|--------------------------------------------------------------|--------|---------|--------|-------|-------|-------------------------|
| P1 Biešu zupa ar gaļu/krējums                                                              | 7      | 250/10                                                                           | 4.6    | 11.4  | 12.6  | 182   |                                                              |        |         |        |       |       |                         |
| P2 Makaroni ar vistas gaļu                                                                 | 1,7    | 250                                                                              | 12.4   | 10.1  | 46.2  | 335   |                                                              |        |         |        |       |       |                         |
| P3 Biešu, burkānu, kāpostu salāti                                                          |        | 70                                                                               | 0.6    | 5.1   | 4.4   | 68    |                                                              |        |         |        |       |       |                         |
| P4 Rudzu maize                                                                             | 1      | 40                                                                               | 2.2    | 0.5   | 16.4  | 90    |                                                              |        |         |        |       |       |                         |
| P5 Kompots - ābolu                                                                         |        | 200                                                                              | 0.1    | 0.0   | 7.4   | 32    |                                                              |        |         |        |       |       |                         |
| PIEVIENOTAIS SĀLS 0.4 grami<br>PIEVIENOTAIS CUKURS 5.3 grami<br>AUGLI un OGAS 25 grami     |        | DĀRZENI 143 grami<br>KARTUPEĻI 30 grami<br>PIENS, skābie produkti 14 grami       |        |       |       |       | KOPĀ:<br>BIEZPIENS, SIERS 20 grami<br>GALA, ZIVIS 56.7 grami |        |         |        |       |       |                         |
|                                                                                            |        |                                                                                  |        |       |       |       |                                                              |        |         |        |       |       | 20.0 27.1 86.9 706      |
| PIEVIENOTAIS SĀLS 4.03 grami<br>PIEVIENOTAIS CUKURS 12.35 grami<br>AUGLI un OGAS 166 grami |        | DĀRZENI 460.7 grami<br>KARTUPEĻI 450 grami<br>PIENS, skābie produkti 508.3 grami |        |       |       |       |                                                              |        |         |        |       |       |                         |
|                                                                                            |        |                                                                                  |        |       |       |       |                                                              |        |         |        |       |       | Skolas piens 0 grami    |
|                                                                                            |        |                                                                                  |        |       |       |       |                                                              |        |         |        |       |       | Skolas auglis 200 grami |
|                                                                                            |        |                                                                                  |        |       |       |       |                                                              |        |         |        |       |       | Skolas piens 500 grami  |

Saskaņots: visp.aprūpes māsa. I.Oliševska