

## ĒDIENKARTE 2.1 Nedēļa/5-9kl

02.02.2026.-06.02.2026

## PIRMDIENA

| Ēdiena nosaukums                                                                           | Alerģ. | Gat.sv.                                                                     | Olbāl. | Tauki | Ogļhi | Kalor. | Ēdiena nosaukums                                            | Alerģ. | Gat.sv. | Olbāl. | Tauki | Ogļhi | Kalor.                 |
|--------------------------------------------------------------------------------------------|--------|-----------------------------------------------------------------------------|--------|-------|-------|--------|-------------------------------------------------------------|--------|---------|--------|-------|-------|------------------------|
| P1 Dārzenų zupa ar vistas gaļu /krējums                                                    | 7      | 200/10                                                                      | 2.9    | 4.6   | 9.6   | 199    |                                                             |        |         |        |       |       |                        |
| P2 Sautēta cūkgaļa baltā mērcē                                                             | 1,7    | 120                                                                         | 10.7   | 14.6  | 6.3   | 208    |                                                             |        |         |        |       |       |                        |
| P3 Vārīti griķi                                                                            |        | 150                                                                         | 5.3    | 0.9   | 43.6  | 206    |                                                             |        |         |        |       |       |                        |
| P4 Tomāti svaigi                                                                           |        | 30                                                                          | 0.3    | 0.0   | 1.0   | 6      |                                                             |        |         |        |       |       |                        |
| P5 Rudzu maize                                                                             | 1      | 20                                                                          | 1.1    | 0.3   | 8.2   | 45     |                                                             |        |         |        |       |       |                        |
| P6 Kompots - ābolu                                                                         |        | 200                                                                         | 0.2    | 0.0   | 6.0   | 25     |                                                             |        |         |        |       |       |                        |
| P7 Cepumi                                                                                  | 1      | 30                                                                          | 1.8    | 3.7   | 17    | 109    |                                                             |        |         |        |       |       |                        |
| C Skolas Piens                                                                             | 7      | 250                                                                         |        |       |       |        |                                                             |        |         |        |       |       |                        |
| PIEVIENŅOTAIS SĀLS 0.65 grami<br>PIEVIENŅOTAIS CUKURS 5 grami<br>AUGLI un OGAS 16.56 grami |        | DĀRZENI 76.3 grami<br>KARTUPELI 41 grami<br>PIENS, skābie produkti 85 grami |        |       |       |        | KOPĀ:<br>BIEZPIENS, SIERS 0 grami<br>GAĻA, ZIVIS 54.5 grami |        | 22.8    | 24.1   | 91.4  | 772   |                        |
|                                                                                            |        |                                                                             |        |       |       |        |                                                             |        |         |        |       |       | 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 kotlete                                                                       |        | 80                                                                              | 11.3   | 11.4  | 4.6   | 167    |                                                           |        |         |        |       |       |                         |
| P2 Vārīti kartupeļi                                                                       |        | 150                                                                             | 2.9    | 0.3   | 28.1  | 120    |                                                           |        |         |        |       |       |                         |
| P3 Kāposti ar gurķiem un tomātiem                                                         |        | 70                                                                              | 1.4    | 3.9   | 2.3   | 51     |                                                           |        |         |        |       |       |                         |
| P4 Piena mērce                                                                            | 1,7    | 50                                                                              | 1.8    | 2.1   | 4.6   | 45     |                                                           |        |         |        |       |       |                         |
| P5 Graudu maize                                                                           | 1      | 20                                                                              | 2.2    | 0.7   | 8.4   | 51     |                                                           |        |         |        |       |       |                         |
| P6 Tēja karkade                                                                           |        | 200                                                                             | 0.1    | 0.1   | 2.0   | 21     |                                                           |        |         |        |       |       |                         |
| P7 Auzu cepumi                                                                            | 1,3,7  | 45                                                                              | 8.9    | 9.0   | 46.2  | 234    |                                                           |        |         |        |       |       |                         |
| P8 Banāni (auglis)                                                                        |        | 60                                                                              | 0.2    | 0.1   | 7.0   | 28     |                                                           |        |         |        |       |       |                         |
| C Skolas Auglis                                                                           |        | 100                                                                             |        |       |       |        |                                                           |        |         |        |       |       |                         |
| PIEVIENŅOTAIS SĀLS 0.6 grami<br>PIEVIENŅOTAIS CUKURS 9.32 grami<br>AUGLI un OGAS 60 grami |        | DĀRZENI 68.17 grami<br>KARTUPELI 182 grami<br>PIENS, skābie produkti 83.1 grami |        |       |       |        | KOPĀ:<br>BIEZPIENS, SIERS 0 grami<br>GAĻA, ZIVIS 60 grami |        | 28.8    | 29.7   | 103.4 | 718   |                         |
|                                                                                           |        |                                                                                 |        |       |       |        |                                                           |        |         |        |       |       | Skolas auglis 100 grami |

## TREŠDIENA

| Ēdiena nosaukums                                                                       | Alerģ. | Gat.sv.                                                                        | Olbāl. | Tauki | Ogļhi | Kalor. | Ēdiena nosaukums                                          | Alerģ. | Gat.sv. | Olbāl. | Tauki | Ogļhi | Kalor.                 |
|----------------------------------------------------------------------------------------|--------|--------------------------------------------------------------------------------|--------|-------|-------|--------|-----------------------------------------------------------|--------|---------|--------|-------|-------|------------------------|
| P1 Biešu zupa/krējums                                                                  | 7      | 200/10                                                                         | 1.6    | 8.4   | 17.9  | 164    |                                                           |        |         |        |       |       |                        |
| P2 Makaroni ar malto gaļu                                                              | 1      | 200                                                                            | 15.5   | 14.1  | 38.8  | 357    |                                                           |        |         |        |       |       |                        |
| P3 Redīsu-burkānu salāti ar krējumu                                                    | 7      | 70                                                                             | 0.9    | 1.7   | 3.0   | 38     |                                                           |        |         |        |       |       |                        |
| P4 Rudzu maize                                                                         | 1      | 40                                                                             | 2.2    | 0.5   | 16.4  | 90     |                                                           |        |         |        |       |       |                        |
| P5 Kompots - ābolu/dzērveņu                                                            |        | 200                                                                            | 0.1    | 0.0   | 7.5   | 32     |                                                           |        |         |        |       |       |                        |
| C Skolas piens                                                                         | 7      | 250                                                                            |        |       |       |        |                                                           |        |         |        |       |       |                        |
| PIEVIENŅOTAIS SĀLS 1.1 grami<br>PIEVIENŅOTAIS CUKURS 6 grami<br>AUGLI un OGAS 28 grami |        | DĀRZENI 185.1 grami<br>KARTUPELI 27.3 grami<br>PIENS, skābie produkti 18 grami |        |       |       |        | KOPĀ:<br>BIEZPIENS, SIERS 0 grami<br>GAĻA, ZIVIS 50 grami |        | 20.8    | 23.7   | 79.3  | 704   |                        |
|                                                                                        |        |                                                                                |        |       |       |        |                                                           |        |         |        |       |       | Skolas piens 250 grami |

## CETURTDIENA

| Ēdiena nosaukums                                                                        | Alerģ. | Gat.sv.                                                                       | Olbāl. | Tauki | Ogļhi | Kalor. | Ēdiena nosaukums                                          | Alerģ. | Gat.sv. | Olbāl. | Tauki | Ogļhi | Kalor.                  |
|-----------------------------------------------------------------------------------------|--------|-------------------------------------------------------------------------------|--------|-------|-------|--------|-----------------------------------------------------------|--------|---------|--------|-------|-------|-------------------------|
| P1 Cūkgaļas karbonāde                                                                   | 1,3    | 60                                                                            | 14.2   | 12.2  | 4.1   | 197    |                                                           |        |         |        |       |       |                         |
| P2 Kartupeļu biezenis                                                                   | 7      | 200                                                                           | 4.4    | 5.2   | 32.9  | 189    |                                                           |        |         |        |       |       |                         |
| P3 Kāpostu salāti ar tomātiem                                                           |        | 70                                                                            | 0.7    | 5.2   | 2.8   | 67     |                                                           |        |         |        |       |       |                         |
| P4 Baltmaize                                                                            | 1      | 40                                                                            | 3.2    | 0.4   | 19.6  | 94     |                                                           |        |         |        |       |       |                         |
| P5 Citronu dzēriens                                                                     |        | 200                                                                           | 0.0    | 0.0   | 1.1   | 5      |                                                           |        |         |        |       |       |                         |
| P6 Kukurūzas pārslas ar jogurtu                                                         | 7      | 30/100                                                                        | 4.5    | 5.3   | 20.3  | 149    |                                                           |        |         |        |       |       |                         |
| C Skolas Auglis                                                                         |        | 100                                                                           |        |       |       |        |                                                           |        |         |        |       |       |                         |
| PIEVIENŅOTAIS SĀLS 0.6 grami<br>PIEVIENŅOTAIS CUKURS 2.6 grami<br>AUGLI un OGAS 5 grami |        | DĀRZENI 70.1 grami<br>KARTUPELI 172 grami<br>PIENS, skābie produkti 145 grami |        |       |       |        | KOPĀ:<br>BIEZPIENS, SIERS 0 grami<br>GAĻA, ZIVIS 60 grami |        | 27.0    | 28.4   | 80.7  | 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 Pupiņu zupa ar gaļu/krējums                                                                  | 7      | 200/10                                                                               | 7.0    | 8.5   | 19.3  | 185    |                                                             |        |         |        |       |       |                                                   |
| P2 Plovs ar cūkgaļu                                                                             |        | 250                                                                                  | 16.5   | 14.4  | 47.1  | 384    |                                                             |        |         |        |       |       |                                                   |
| P3 Burkāni ar ķiploku un krējumu                                                                | 7      | 70                                                                                   | 0.8    | 1.7   | 4.1   | 43     |                                                             |        |         |        |       |       |                                                   |
| P4 Rudzu maize                                                                                  | 1      | 40                                                                                   | 2.2    | 0.5   | 16.4  | 90     |                                                             |        |         |        |       |       |                                                   |
| P5 Tēja karkade                                                                                 |        | 200                                                                                  | 0.0    | 0.0   | 3.9   | 16     |                                                             |        |         |        |       |       |                                                   |
| PIEVIENŅOTAIS SĀLS 1.01 grami<br>PIEVIENŅOTAIS CUKURS 4 grami<br>AUGLI un OGAS 0 grami          |        | DĀRZENI 142.6 grami<br>KARTUPELI 140 grami<br>PIENS, skābie produkti 18.25 grami     |        |       |       |        | KOPĀ:<br>BIEZPIENS, SIERS 0 grami<br>GAĻA, ZIVIS 82.1 grami |        | 26.6    | 25.1   | 90.7  | 718   |                                                   |
| PIEVIENŅOTAIS SĀLS 4.37 grami<br>PIEVIENŅOTAIS CUKURS 26.92 grami<br>AUGLI un OGAS 109.56 grami |        | DĀRZENI 542.27 grami<br>KARTUPELI 462.3 grami<br>PIENS, skābie produkti 349.35 grami |        |       |       |        |                                                             |        |         |        |       |       | Skolas piens 0 grami                              |
|                                                                                                 |        |                                                                                      |        |       |       |        |                                                             |        |         |        |       |       | Skolas auglis 200 grami<br>Skolas piens 500 grami |

Saskaņots: visp.aprūpes māsa. I.Oliševska