

## Otrdiena

| Ēdiena nosaukums (Alerģēni)               | Porcijas            |            |                | Uzturvielas (g) |        |        | Enerģija (kcal) |
|-------------------------------------------|---------------------|------------|----------------|-----------------|--------|--------|-----------------|
|                                           | svars (g)<br>+/-10% | cena (EUR) | cena 1/2 (EUR) | Olb.v.          | Tauki  | Ogļh.  |                 |
| <b>ZUPAS:</b>                             |                     |            |                |                 |        |        |                 |
| <b>Zirņu zupa (A07)</b>                   | 300                 | 0.65       | 0.39           | 12.365          | 18.271 | 26.22  | 322.23          |
|                                           |                     |            |                |                 |        |        |                 |
| <b>PAMATĒDIENI:</b>                       |                     |            |                |                 |        |        |                 |
| <b>Karbonāde (A03,A01)</b>                | 90                  | 1.15       |                | 16.395          | 11.285 | 10.405 | 211.845         |
| <b>Makaroni ar gaļu (A01)</b>             | 300                 | 1.30       | 0.78           | 14.915          | 28.845 | 53.692 | 535.863         |
| <b>Cepta vista</b>                        | 120                 | 1.10       |                | 23.79           | 28.92  | 0.884  | 358.976         |
| <b>Pildīta kotlete(A01,A03)</b>           | 120                 | 1.15       |                | 13.15           | 38.535 | 16.729 | 468.381         |
| <b>Biezpiens(A07)</b>                     | 100                 | 0.65       |                | 12.47           | 13.8   | 2.21   | 182.92          |
|                                           |                     |            |                |                 |        |        |                 |
|                                           |                     |            |                |                 |        |        |                 |
| <b>PIEDEVAS:</b>                          |                     |            |                |                 |        |        |                 |
| <b>Kartupeļi</b>                          | 200                 | 0.45       | 0.27           | 4.8             | 0.24   | 35.52  | 168.48          |
| <b>Griķi</b>                              | 200                 | 0.45       | 0.27           | 10.08           | 2.64   | 49.68  | 262.8           |
| <b>Rīsi</b>                               | 200                 | 0.45       | 0.27           | 4.55            | 3.65   | 46.41  | 236.69          |
| <b>MĒRCES:</b>                            |                     |            |                |                 |        |        |                 |
| <b>Baltā mērce(A01,A07)</b>               | 50                  | 0.15       |                | 0.775           | 2.555  | 3.715  | 40.955          |
| <b>Krējums(A07)</b>                       | 50                  | 0.15       |                | 1.3             | 12.5   | 1.35   | 123.1           |
| <b>SALĀTI:</b>                            |                     |            |                |                 |        |        |                 |
| <b>Biešu salāti(A03)</b>                  | 100                 | 0.45       |                | 1.385           | 5.087  | 9.5045 | 95.797          |
| <b>Burkānu salāti(A03)</b>                | 100                 | 0.45       |                | 1.66            | 13.495 | 8.296  | 164.879         |
| <b>Kāpostu salāti</b>                     | 100                 | 0.45       |                | 1.61            | 5.095  | 7.711  | 78.099          |
| <b>Dārzeņu salāti</b>                     | 100                 | 0.60       |                | 1.939           | 4.324  | 8.091  | 79.414          |
| <b>Seleriju salāti(A09,A03,A07)</b>       | 100                 | 0.60       |                | 1.4             | 9.51   | 5.89   | 115.23          |
| <b>Redīsu salāti (A03)</b>                | 100                 | 0.60       |                | 1.48            | 13.48  | 3.22   | 141.44          |
| <b>SALDIE:</b>                            |                     |            |                |                 |        |        |                 |
| <b>Krēms ar ķīseli(A07)</b>               | 150                 | 0.60       |                | 1.163           | 14.199 | 26.525 | 238.536         |
| <b>Zemeņu zupa ar putukr. (A07)</b>       | 150                 | 0.60       |                | 1.47            | 10.86  | 36.51  | 249.66          |
| <b>Maizes zupa ar putukr. (A01,A07)</b>   | 150                 | 0.60       |                | 3.0253          | 9.2    | 47.058 | 286.982         |
| <b>Biezp.masa ar ķīseli(A07)</b>          | 150                 | 0.60       |                | 7.16            | 7.35   | 24.706 | 193.604         |
| <b>DZĒRIENI:</b>                          |                     |            |                |                 |        |        |                 |
| <b>Sula apelsīnu</b>                      | 200                 | 0.30       |                | 0               | 0      | 18     | 72              |
| <b>Sula ābolu</b>                         | 200                 | 0.30       |                | 0               | 0      | 22     | 88              |
| <b>Morss</b>                              | 200                 | 0.17       |                | 0.0023          | 0      | 17.64  | 70.79           |
| <b>Kefīrs(A07)</b>                        | 200                 | 0.30       |                | 6               | 0.1    | 7.6    | 60              |
|                                           |                     |            |                |                 |        |        |                 |
| <b>MAIZE:</b>                             |                     |            |                |                 |        |        |                 |
| <b>Maize(A01)</b>                         | 20                  | 0.04       |                | 1.32            | 0.24   | 6.84   | 34.8            |
| <b>Plātsmaize(A01,A07)</b>                | 120                 | 0.35       |                | 3.134           | 14.508 | 41.8   | 310.308         |
| <b>Smilšu mīklas cepumi(A01,A07,A03)</b>  | 10                  | 0.05       |                | 0.7             | 0.74   | 2      | 47.6            |
| <b>Cepumi Pērle (A01,A03,A07,A08,A05)</b> | 30                  | 0.20       |                | 2.1             | 7.2    | 15     | 132.6           |
|                                           |                     |            |                |                 |        |        |                 |
|                                           |                     |            |                |                 |        |        |                 |

## Otrdiena

| Ēdiena nosaukums (Alerģēni)           | Porcijas            |            |                | Uzturvielas (g) |        |         | Enerģija (kcal) |
|---------------------------------------|---------------------|------------|----------------|-----------------|--------|---------|-----------------|
|                                       | svars (g)<br>+/-10% | cena (EUR) | cena 1/2 (EUR) | Olb.v.          | Tauki  | Ogļh.   |                 |
| 1.-4.klase                            |                     |            |                |                 |        |         |                 |
|                                       |                     |            |                |                 |        |         |                 |
|                                       |                     |            |                |                 |        |         |                 |
| Makaroni ar gaļu (A01)                | 250                 |            |                | 12.223          | 25.54  | 39.479  | 438.328         |
| Marinēti gurķi                        | 50                  |            |                | 0.4             | 0      | 1.345   | 28.5            |
| Mannas biezp. ar ķīseli(A01,A07)      | 150                 |            |                | 3.7838          | 2.976  | 35.499  | 183.912         |
| Maize(A01)                            | 40                  |            |                | 2.64            | 0.48   | 13.68   | 69.6            |
| Ābols                                 | 100                 |            |                | 0.4             | 0.8    | 9.8     | 48              |
| Piens(A07)                            | 200                 |            |                | 5.64            | 5      | 9.46    | 105.4           |
| Morss                                 | 200                 |            |                | 0.0023          | 0      | 17.64   | 70.79           |
|                                       |                     |            |                |                 |        |         |                 |
|                                       |                     |            |                |                 |        |         |                 |
|                                       |                     |            |                |                 |        |         |                 |
| kopā:                                 |                     |            |                | 25.089          | 34.796 | 126.9   | 944.53          |
|                                       |                     |            |                |                 |        |         |                 |
|                                       |                     |            |                |                 |        |         |                 |
|                                       |                     |            |                |                 |        |         |                 |
| 5.-8.klase                            |                     |            |                |                 |        |         |                 |
|                                       |                     |            |                |                 |        |         |                 |
|                                       |                     |            |                |                 |        |         |                 |
| Makaroni ar gaļu (A01)                | 300                 |            |                | 14.915          | 28.845 | 53.692  | 535.863         |
| Marinēti gurķi                        | 100                 |            |                | 0.8             | 0      | 2.69    | 57              |
| Mannas biezp. ar ķīseli(A01,A07)      | 150                 |            |                | 3.7838          | 2.976  | 35.499  | 183.912         |
| Maize(A01)                            | 80                  |            |                | 5.28            | 0.96   | 27.36   | 139.2           |
| Piens(A07)                            | 200                 |            |                | 5.64            | 5      | 9.46    | 105.4           |
| Morss                                 | 200                 |            |                | 0.0023          | 0      | 17.64   | 70.79           |
|                                       |                     |            |                |                 |        |         |                 |
|                                       |                     |            |                |                 |        |         |                 |
| kopā:                                 |                     |            |                | 30.4211         | 37.781 | 146.341 | 1092.165        |
| KONDITIONĒJA:                         |                     |            |                |                 |        |         |                 |
| Austiņas (A01,A03,A07)                | 50                  | 0.40       |                | 2.23            | 6.91   | 21.99   | 179             |
| Biezpiena apaļā bulciņa(A01,A03,A07)  | 75                  | 0.40       |                | 5.46            | 7.31   | 34.99   | 248             |
| Karameļu bulciņa(A01,A03,A07)         | 75                  | 0.40       |                | 5.44            | 7.19   | 34.57   | 355             |
| Karameļu pīnīte(A01,A03,A07)          | 75                  | 0.45       |                | 3.35            | 13.49  | 27.98   | 270             |
| Riekstu bulciņa (A01,A03,A07,A08,A05) | 75                  | 0.40       |                | 6.68            | 5.58   | 28.77   | 245             |
| Magoņu bulciņa(A01,A03,A07)           | 75                  | 0.40       |                | 4.07            | 7.43   | 29.87   | 212             |
| Biezpiena stūrītis (A01,A03,A07)      | 75                  | 0.40       |                | 5.16            | 10.19  | 51.06   | 328             |
| Siera radziņš (A01,A03,A07)           | 75                  | 0.45       |                | 5.03            | 10.39  | 51.14   | 246             |
| Kanēļa bulciņa(A01,A03,A07)           | 75                  | 0.35       |                | 24.48           | 5.063  | 35.09   | 202             |
| Rožu bulciņa(A01,A03,A07)             | 75                  | 0.35       |                | 3.8             | 4.51   | 32.09   | 189.83          |
| Rožu bulcina(A01,A03,A07)             | 75                  | 0.35       |                | 3.8             | 4.51   | 32.09   | 189.83          |