

Ceturtdiena

| Ēdiena nosaukums (Alerģēni) | Porcijas | | | Uzturvielas | |
|------------------------------------|---------------------|---------------|-------------------|-------------|--------|
| | svars (g) +/-10% | cena (EUR) | cena 1/2 (EUR) | Olb.v. | Tauki |
| ZUPAS: | | | | | |
| Vistas-rīsu zupa (A07) | 300 | 0,65 | 0,39 | 8,253 | 8,479 |
| PAMATĒDIENI: | | | | | |
| Karbonāde (A03,A01) | 90 | 1,15 | | 16,395 | 11,285 |
| Cepta zivs (A01,A03,A04) | 120 | 1,15 | | 21,29 | 9,73 |
| Plovs | 300 | 1,35 | 0,81 | 13,295 | 18,415 |
| Biezpiena plācenīši(A01,A03,A07) | 250 | 1,20 | | 31,095 | 31,555 |
| Biezpiens(A07) | 100 | 0,65 | | 12,47 | 13,8 |
| PIEDEVAS: | | | | | |
| Kartupeļi | 200 | 0,45 | 0,27 | 4,8 | 0,24 |
| Griķi | 200 | 0,45 | 0,27 | 10,08 | 2,64 |
| Rīsi | 200 | 0,45 | 0,27 | 4,55 | 3,65 |
| MĒRCES: | | | | | |
| Baltā mērce(A01,A07) | 50 | 0,15 | | 0,775 | 2,555 |
| Krējums(A07) | 50 | 0,15 | | 1,3 | 12,5 |
| SALĀTI: | | | | | |
| Biešu salāti(A03) | 100 | 0,45 | | 1,385 | 5,087 |
| Burkānu salāti(A03) | 100 | 0,45 | | 1,66 | 13,495 |
| Kāpostu salāti | 100 | 0,45 | | 1,61 | 5,095 |
| Dārzeņu salāti | 100 | 0,60 | | 1,939 | 4,324 |
| Seleriju salāti(A09,A03,A07) | 100 | 0,60 | | 1,4 | 9,51 |
| Redīsu salāti (A03) | 100 | 0,60 | | 1,48 | 13,48 |
| SALDIE: | | | | | |
| Krēms ar ķīseli(A07) | 150 | 0,60 | | 1,163 | 14,199 |
| Zemeņu zupa ar putukr. (A07) | 150 | 0,60 | | 1,47 | 10,86 |
| Maizes zupa ar putukr. (A01,A07) | 150 | 0,60 | | 3,0253 | 9,2 |
| Biezp.masa ar ķīseli(A07) | 150 | 0,60 | | 7,16 | 7,35 |
| DZĒRIENI: | | | | | |
| Sula apelsīnu | 200 | 0,30 | | 0 | 0 |
| Sula ābolu | 200 | 0,30 | | 0 | 0 |
| Morss | 200 | 0,17 | | 0,0023 | 0 |
| Kefīrs(A07) | 200 | 0,30 | | 6 | 0,1 |
| MAIZE: | | | | | |
| Maize(A01) | 20 | 0,04 | | 1,32 | 0,24 |
| Plātsmaize(A01,A07) | 120 | 0,40 | | 3,134 | 14,508 |
| Smilšu mīklas cepumi(A01,A07,A03) | 10 | 0,05 | | 0,7 | 0,74 |
| Cepumi Pērle (A01,A03,A07,A08,A05) | 30 | 0,20 | | 2,1 | 7,2 |
| | | | | | |
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Ceturtdiena

| s (g) | Enerģija (kcal) | Ēdiena nosaukums (Alerģēni) | Porcijas | |
|--------|-----------------|--|-------------------|-------------|
| | | | svars (g) +/-10% | cena (EUR) |
| 35,738 | 255,046 | | 1.-4.klase | |
| 10,405 | 211,845 | Plovs | 250 | |
| 14,22 | 229,41 | Marinēti gurķi | 50 | |
| 43,67 | 397,615 | | 250 | |
| 55,015 | 628,435 | Maize(A01) | 40 | |
| 2,21 | 182,92 | Piens(A07) | 200 | |
| | | Morss | 200 | |
| 35,52 | 168,48 | | | |
| 49,68 | 262,8 | | | |
| 46,41 | 236,69 | kopā: | | |
| 3,715 | 40,955 | | | |
| 1,35 | 123,1 | | | |
| 9,5045 | 95,797 | | 5.-8.klase | |
| 8,296 | 164,879 | | | |
| 7,711 | 78,099 | | | |
| 8,091 | 79,414 | Plovs | 300 | |
| 5,89 | 115,23 | Marinēti gurķi | 100 | |
| 3,22 | 141,44 | | 300 | |
| | | Maize(A01) | 60 | |
| 26,525 | 238,536 | Piens(A07) | 200 | |
| 36,51 | 249,66 | Morss | 200 | |
| 47,058 | 286,982 | | | |
| 24,706 | 193,604 | | | |
| | | kopā: | | |
| 18 | 72 | KONDITOREJA: | | |
| 22 | 88 | Austiņas (A01,A03,A07) | 50 | 0,40 |
| 17,64 | 70,79 | Biezpiena apaļā bulciņa(A01,A03,A07) | 75 | 0,45 |
| 7,6 | 60 | Karameļu bulciņa(A01,A03,A07) | 75 | 0,45 |
| | | Karameļu pīnīte(A01,A03,A07) | 75 | 0,45 |
| | | Riekstu bulciņa (A01,A03,A07,A08,A05) | 75 | 0,45 |
| 6,84 | 34,8 | Magoņu bulciņa(A01,A03,A07) | 75 | 0,45 |
| 41,8 | 310,308 | Biezpiena stūrītis (A01,A03,A07) | 75 | 0,45 |
| 2 | 47,6 | Siera radziņš (A01,A03,A07) | 75 | 0,45 |
| 15 | 132,6 | Kanēļa bulciņa(A01,A03,A07) | 75 | 0,35 |
| | | Rožu bulciņa(A01,A03,A07) | 75 | 0,35 |
| | | Rožu bulciņa(A01,A03,A07) | 75 | 0,35 |

| cena 1/2 (EUR) | Uzturvielas (g) | | | Enerģija (kcal) |
|---------------------------|------------------------|--------------|----------------|----------------------------|
| | Olb.v. | Tauki | Ogļh. | |
| | | | | |
| | 10,36 | 16,555 | 32,121 | 321,329 |
| | 0,4 | 0 | 1,345 | 28,5 |
| | 7,035 | 5,165 | 19,934 | 154,361 |
| | 2,64 | 0,48 | 13,68 | 69,6 |
| | 5,64 | 5 | 9,46 | 105,4 |
| | 0,0023 | 0 | 17,64 | 70,79 |
| | | | | |
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| | 26,0773 | 27,2 | 94,18 | 749,98 |
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| | | | | |
| | 13,295 | 18,415 | 43,67 | 397,615 |
| | 0,8 | 0 | 2,69 | 57 |
| | 8,445 | 6,415 | 22,299 | 180,711 |
| | 3,96 | 0,72 | 20,52 | 104,4 |
| | 5,64 | 5 | 9,46 | 105,4 |
| | 0,0023 | 0 | 17,64 | 70,79 |
| | | | | |
| | | | | |
| | | | | |
| | 32,1423 | 30,55 | 116,279 | 915,916 |
| | | | | |
| | 2,23 | 6,91 | 21,99 | 179 |
| | 5,46 | 7,31 | 34,99 | 248 |
| | 5,44 | 7,19 | 34,57 | 355 |
| | 3,35 | 13,49 | 27,98 | 270 |
| | 6,68 | 5,58 | 28,77 | 245 |
| | 4,07 | 7,43 | 29,87 | 212 |
| | 5,16 | 10,19 | 51,06 | 328 |
| | 5,03 | 10,39 | 51,14 | 246 |
| | 24,48 | 5,063 | 35,09 | 202 |
| | 3,8 | 4,51 | 32,09 | 189,83 |
| | 3,8 | 4,51 | 32,09 | 189,83 |