

| Ēdienreize | Ēdienu nosaukums                             | 1 porcija |         | Uzturvielas    |        |        |         |            |           |                 |        |
|------------|--|-----------|---------|----------------|--------|--------|---------|------------|-----------|-----------------|--------|
|            |  |           |         | Olbaltumvielas |        | Tauki  |         | Ogļhidrāti |           | Energija (kcal) |        |
|            |  | 1-4kl.    | 5-9kl.  | 1-4kl.         | 5-9kl. | 1-4kl. | 5-9kl.  | 1-4kl.     | 5-9kl.    | 1-4kl.          | 5-9kl. |
| Brokastis  | Kefīra pankūka                               | 100       | 200     | 13.25          | 26.5   | 9.68   | 19.36   | 10.89      | 21.78     | 180.83          | 361.66 |
|            | Ābolu ievārījums                             | 50        | 75      | 0.18           | 0.27   | 0      | 0       | 42.66      | 63.99     | 171.36          | 257.04 |
|            | Piens-skolas pr.                             | 200       | 200     | 5.6            | 5.6    | 5      | 5       | 9.6        | 9.6       | 105             | 105    |
|            | Ābols-skolas pr.                             | 100       | 100     | 0.4            | 0.4    | 0.8    | 0.8     | 9.8        | 9.8       | 48              | 48     |
|            | Rupjmaize ar sviestu,desu(70%gaļa)           |           | 25,5,20 |                | 4.26   |        | 10.08   |            | 12.64     |                 | 158.36 |
|            |  |           |         |                |        |        |         |            |           |                 |        |
| Alerģēni   | Piens,olas,kviešu milti,sviests,rudzu milti  |           |         |                |        |        |         |            |           |                 |        |
| Pusdienas  | Kartupeļi-vārīti                             | 150       | 250     | 3.09           | 5.15   | 0.15   | 0.25    | 22.89      | 38.15     | 105.27          | 175.45 |
|            | Cūkgaļas krējuma mērce                       | 100       | 180     | 8.74           | 15.73  | 20.8   | 37.44   | 6.73       | 12.11     | 255.41          | 459.73 |
|            | Redīsu-ķīnas kāp. salāti                     | 100       | 150     | 2.12           | 3.72   | 4.36   | 6.54    | 5.4        | 8.1       | 83.66           | 125.49 |
|            | Biezpiena masa salda                         | 70        | 110     | 6.6            | 10.36  | 14.16  | 20.24   | 5.83       | 9.16      | 177.47          | 278.88 |
|            | Ābolu ķīselis                                | 150       | 200     | 0              | 0      | 0      | 0       | 23.36      |           | 95.64           |        |
|            |  |           |         |                |        |        |         |            |           |                 |        |
| Alerģēni   | Salds kr.,piens,kviešu milti                 |           |         |                |        |        |         |            |           |                 |        |
| Launags    | Ķirbju biezzupa ar<br>baltmaizes grauzdiņiem | 200/16    | 400/24  | 4.51           | 3.38   | 7.16   | 5.37    | 19.67      | 14.75     | 162.96          | 122.2  |
|            |  |           |         |                |        |        |         |            |           |                 |        |
|            |  |           |         |                |        |        |         |            |           |                 |        |
|            |  |           |         |                |        |        |         |            |           |                 |        |
| Alerģēni:  | Sviests,siers,kviešu milti                   |           |         |                |        |        |         |            |           |                 |        |
| Kopā       |  |           | 44.49   | 75.37          | 62.11  | 105.08 | 156.83  | 200.08     | 1385.6    | 2091.81         |        |
| M.K.       |  |           | 35-80   | 50-103         | 46-83  | 67-107 | 156-321 | 225-413    | 1390-2140 | 2000-2750       |        |

Ēdienkarte var tikt mainīta preču piegādes problēmu dēļ.

Ēdienkarti sastādīja virtuves vad. Ināra Lejniece