



XIII LATVIJAS SKOLU JAUNATNES  
DZIESMU UN DEJU SVĒTKU

IZBRAUKUMA PUSDIENU ĒDIENKARTE

PAMATA ĒDIENKARTE

|                              | Svars,<br>g | Kcal       | Olbalto<br>mvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|------------------------------|-------------|------------|--------------------|--------------|--------------|--------------|--------------|--------------|----------|
| <b>Pusdienas</b>             |             |            |                    |              |              |              |              |              |          |
| Sautēta cūkgaļa ar dārzeņiem | 120         | 216        | 11,166             | 17,26        | 4,321        | 0,96         |              | 1,497        |          |
| Vārīti griķi                 | 150         | 166        | 3,712              | 0,792        | 35,937       | 0,15         |              | 1,584        |          |
| Biešu salāti ar eļļu         | 100         | 71         | 1,496              | 3,104        | 9,328        | 0,2          | 1            | 2,486        |          |
| Rudzu maize                  | 35          | 91         | 3,01               | 0,49         | 17,57        |              |              | 1,925        | 1        |
| Kliju maize                  | 15          | 41         | 1,815              | 0,405        | 7,095        |              |              | 0,87         | 1        |
| Konditorejas izstrādājums    | 40          | 159        | 3,55               | 5,446        | 23,811       |              | 6,66         | 0,821        | 1;3;7    |
| <b>kopā:</b>                 |             | <b>744</b> | <b>24,75</b>       | <b>27,50</b> | <b>98,06</b> | <b>1,310</b> | <b>7,660</b> | <b>9,183</b> |          |

|                                      | Svars,<br>g | Kcal       | Olbalto<br>mvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukurs       | Šķiedrvielas | Alerģēni |
|--------------------------------------|-------------|------------|--------------------|--------------|---------------|--------------|--------------|--------------|----------|
| <b>Pusdienas</b>                     |             |            |                    |              |               |              |              |              |          |
| Cepta vistas gaļa garšvielu glazūrā  | 100         | 293        | 21,5               | 21,561       | 2,995         | 0,625        |              | 0,026        |          |
| Vārīti makaroni                      | 180         | 288        | 8,856              | 5,616        | 50,328        | 0,36         |              | 2,448        | 1;3      |
| Tomātu mērce                         | 30          | 22         | 0,36               |              | 5,1           |              |              |              |          |
| Kāpostu salāti ar zaļumiem un eļļu   | 100         | 64         | 1,42               | 4,196        | 5,084         | 0,1          | 1,           | 2,889        |          |
| Rudzu maize                          | 35          | 91         | 3,01               | 0,49         | 17,57         |              |              | 1,925        | 1        |
| Kliju maize                          | 15          | 41         | 1,815              | 0,405        | 7,095         |              |              | 0,87         | 1        |
| Āboli/Bumbieri/Banāni vai citi augļi | 1 gab.      | 88         | 1,2                | 0,2          | 20,           |              |              | 1,8          |          |
| <b>kopā:</b>                         |             | <b>886</b> | <b>38,16</b>       | <b>32,47</b> | <b>108,17</b> | <b>1,085</b> | <b>1,000</b> | <b>9,958</b> |          |

|                                                | Svars,<br>g | Kcal       | Olbalto<br>vielas | Tauki        | Ogļhidrāti   | Sāls         | Cukurs        | Šķiedrvielas | Alerģēni |
|------------------------------------------------|-------------|------------|-------------------|--------------|--------------|--------------|---------------|--------------|----------|
| <b>Pusdienas</b>                               |             |            |                   |              |              |              |               |              |          |
| Cūkgaļas karbonāde kūpinātas paprikas marinādē | 100         | 204        | 30,24             | 9,28         |              | 0,4          |               |              | 1        |
| Vārīti kartupeļi                               | 180         | 134        | 3,816             | 0,191        | 28,238       | 0,18         |               | 4,007        |          |
| Gaļas buljona mērce                            | 50          | 45         | 0,54              | 3,426        | 2,487        | 0,03         |               | 0,074        | 6;7      |
| Mazsālīti gurķi                                | 1 gab.      | 21         | 0,491             | 0,148        | 4,36         | 0,07         | 2,8           | 0,374        |          |
| Rudzu maize                                    | 35          | 91         | 3,01              | 0,49         | 17,57        |              |               | 1,925        | 1        |
| Kliju maize                                    | 15          | 41         | 1,815             | 0,405        | 7,095        |              |               | 0,87         | 1        |
| Konditorejas izstrādājums                      | 50          | 235        | 2,937             | 14,009       | 24,233       |              | 12,204        | 0,321        | 1;3;7    |
| <b>kopā:</b>                                   |             | <b>771</b> | <b>42,85</b>      | <b>27,95</b> | <b>83,98</b> | <b>0,680</b> | <b>15,004</b> | <b>7,571</b> |          |

|                                          | Svars,<br>g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāt<br>i | Sāls         | Cukurs       | Šķiedrviela<br>s | Alerģēni |
|------------------------------------------|-------------|------------|--------------------|--------------|----------------|--------------|--------------|------------------|----------|
| <b>Pusdienas</b>                         |             |            |                    |              |                |              |              |                  |          |
| Maltās cūkgaļas un tomātu mērce          | 150         | 232        | 13                 | 16           | 8              | 1,50         | 3            | 0,21             |          |
| Vārītas pārļu grūbas ar dārzeņiem        | 180         | 201        | 4                  | 8            | 28             | 0,2          |              | 3                |          |
| Svaigu kāpostu salāti ar āboliem un eļļu | 100         | 59         | 1,32               | 3,3          | 6,06           | 0,1          |              | 3,1              |          |
| Rudzu maize                              | 35          | 91         | 3,01               | 0,49         | 17,57          |              |              | 1,925            | 1        |
| Kliju maize                              | 15          | 41         | 1,815              | 0,405        | 7,095          |              |              | 0,87             | 1        |
| Āboli/Bumbieri/Banāni vai citi augļi     | 1 gab.      | 88         | 1,2                | 0,2          | 20,            |              |              | 1,8              |          |
| <b>kopā:</b>                             |             | <b>712</b> | <b>24,78</b>       | <b>28,57</b> | <b>87,47</b>   | <b>1,800</b> | <b>3,000</b> | <b>11,190</b>    |          |

|                                                       | Svars<br>, g | Kcal       | Olbalto<br>mvielas | Tauki        | Ogļhidrāti   | Sāls         | Cukur<br>s   | Šķiedrviela<br>s | Alerģēni  |
|-------------------------------------------------------|--------------|------------|--------------------|--------------|--------------|--------------|--------------|------------------|-----------|
| <b>Pusdienas</b>                                      |              |            |                    |              |              |              |              |                  |           |
| Krāsni cepta cūkgaļas karbonādes šķēle                | 100          | 243        | 31,966             | 11,732       | 2,123        | 0,5          |              | 0,564            | 1;6       |
| Vārīti kartupeļi                                      | 180          | 134        | 3,816              | 0,191        | 28,238       | 0,18         |              | 4,007            |           |
| Biešu salāti ar marinētiem gurķiem un majonēzes mērci | 100          | 97         | 1,615              | 6,796        | 7,439        | 0,016        | 0,016        | 1,625            | 10;3;7    |
| Rudzu maize                                           | 35           | 91         | 3,01               | 0,49         | 17,57        |              |              | 1,925            | 1         |
| Kliju maize                                           | 15           | 41         | 1,815              | 0,405        | 7,095        |              |              | 0,87             | 1         |
| Konditorejas izstrādājums                             | 40           | 187        | 2,88               | 5,96         | 27,24        |              |              |                  | 1;3;5;7;8 |
| <b>kopā:</b>                                          |              | <b>793</b> | <b>45,10</b>       | <b>25,57</b> | <b>89,71</b> | <b>0,696</b> | <b>0,016</b> | <b>8,991</b>     |           |

|                                      | Svars<br>, g | Kcal       | Olbalto<br>mvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukur<br>s | Šķiedrviela<br>s | Alerģēni |
|--------------------------------------|--------------|------------|--------------------|--------------|---------------|--------------|------------|------------------|----------|
| <b>Pusdienas</b>                     |              |            |                    |              |               |              |            |                  |          |
| Cepta vistas gaļa karija mērcē       | 140          | 328,6      | 26,1               | 17,4         | 6,7           | 1,2          |            | 0,4214           | 6;7;9    |
| Vārīti griķi                         | 200          | 221        | 4,949              | 1,056        | 47,916        | 0,2          |            | 2,112            |          |
| Gurķi                                | 1 gab.       | 9          | 0,42               | 0,14         | 1,26          |              |            | 0,35             |          |
| Rudzu maize                          | 35           | 91         | 3,01               | 0,49         | 17,57         |              |            | 1,925            | 1        |
| Kliju maize                          | 15           | 41         | 1,815              | 0,405        | 7,095         |              |            | 0,87             | 1        |
| Āboli/Bumbieri/Banāni vai citi augļi | 1 gab.       | 88         | 1,2                | 0,2          | 20,           |              |            | 1,8              |          |
| <b>kopā:</b>                         |              | <b>778</b> | <b>37,53</b>       | <b>19,72</b> | <b>100,52</b> | <b>1,366</b> | <b>0</b>   | <b>7,478</b>     |          |

|                           | Svars<br>, g | Kcal       | Olbalto<br>mvielas | Tauki        | Ogļhidrāti    | Sāls         | Cukur<br>s    | Šķiedrviela<br>s | Alerģēni |
|---------------------------|--------------|------------|--------------------|--------------|---------------|--------------|---------------|------------------|----------|
| <b>Pusdienas</b>          |              |            |                    |              |               |              |               |                  |          |
| Plovs ar cūkgaļu          | 250          | 535        | 15,213             | 26,224       | 59,999        | 1,           |               | 2,965            |          |
| Mazsālīti gurķi           | 1 gab.       | 14         | 0,473              | 0,159        | 2,623         | 1,4          | 1,05          | 0,408            |          |
| Konditorejas izstrādājums | 50           | 225,5      | 2,7                | 12,5         | 25,6          |              | 13,03         | 0,004            | 1;3;7    |
| Kliju maize               | 15           | 41         | 1,815              | 0,405        | 7,095         |              |               | 0,87             | 1        |
| Rudzu maize               | 35           | 91         | 3,01               | 0,49         | 17,57         |              |               | 1,925            | 1        |
| <b>kopā:</b>              |              | <b>906</b> | <b>23,21</b>       | <b>39,78</b> | <b>112,89</b> | <b>2,400</b> | <b>14,080</b> | <b>6,543</b>     |          |

|                  | Svars<br>, g | Kcal | Olbalto<br>mvielas | Tauki | Ogļhidrāti | Sāls | Cukur<br>s | Šķiedrviela<br>s | Alerģēni |
|------------------|--------------|------|--------------------|-------|------------|------|------------|------------------|----------|
| <b>Pusdienas</b> |              |      |                    |       |            |      |            |                  |          |

|                                      |        |            |              |              |              |              |  |              |        |
|--------------------------------------|--------|------------|--------------|--------------|--------------|--------------|--|--------------|--------|
| Krāsni cepts vistas gaļa garšvielās  | 100    | 414        | 32,215       | 31,017       | 1,208        | 0,7          |  | 0,07         | 10;3;7 |
| Gaļas buljona mērce                  | 50     | 45         | 0,54         | 3,426        | 2,487        | 0,03         |  | 0,074        | 6;7    |
| Vārīti kartupeļi                     | 180    | 134        | 3,816        | 0,191        | 28,238       | 0,18         |  | 4,007        |        |
| Tomāti                               | 70     | 12         | 0,7          | 0,14         | 1,82         |              |  | 0,7          |        |
| Rudzu maize                          | 35     | 91         | 3,01         | 0,49         | 17,57        |              |  | 1,925        | 1      |
| Kliju maize                          | 15     | 41         | 1,815        | 0,405        | 7,095        |              |  | 0,87         | 1      |
| Āboli/Bumbieri/Banāni vai citi augļi | 1 gab. | 88         | 1,2          | 0,2          | 20,          |              |  | 1,8          |        |
| <b>kopā:</b>                         |        | <b>825</b> | <b>43,30</b> | <b>35,87</b> | <b>78,42</b> | <b>0,910</b> |  | <b>9,446</b> |        |

|  | <b>Svars<br/>, g</b> | <b>Kcal</b> | <b>Olbalto<br/>mvielās</b> | <b>Tauki</b> | <b>Ogļhidrāti</b> | <b>Sāls</b> | <b>Cukur<br/>s</b> | <b>Šķiedrviela<br/>s</b> | <b>Alerģēni</b> |
|--|----------------------|-------------|----------------------------|--------------|-------------------|-------------|--------------------|--------------------------|-----------------|
|--|----------------------|-------------|----------------------------|--------------|-------------------|-------------|--------------------|--------------------------|-----------------|

#### **Pusdienas**

|                                        |        |            |              |              |               |              |              |              |     |
|----------------------------------------|--------|------------|--------------|--------------|---------------|--------------|--------------|--------------|-----|
| Makaroni ar maltu cūkgaļu un dārzeņiem | 250    | 551        | 14,896       | 24,934       | 57,677        | 0,85         |              | 4,657        | 1;9 |
| Mazsālīti gurķi                        | 1 gab. | 14         | 0,473        | 0,159        | 2,623         | 1,4          | 1,05         | 0,408        |     |
| Kliju maize                            | 15     | 41         | 1,815        | 0,405        | 7,095         |              |              | 0,87         | 1   |
| Rudzu maize                            | 35     | 91         | 3,01         | 0,49         | 17,57         |              |              | 1,925        | 1   |
| Āboli/Bumbieri/Banāni vai citi augļi   | 1 gab. | 88         | 1,2          | 0,2          | 20,           |              |              | 1,8          |     |
| <b>kopā:</b>                           |        | <b>784</b> | <b>21,39</b> | <b>26,19</b> | <b>104,97</b> | <b>2,250</b> | <b>1,050</b> | <b>9,660</b> |     |

|  | <b>Svars<br/>, g</b> | <b>Kcal</b> | <b>Olbalto<br/>mvielās</b> | <b>Tauki</b> | <b>Ogļhidrāti</b> | <b>Sāls</b> | <b>Cukur<br/>s</b> | <b>Šķiedrviela<br/>s</b> | <b>Alerģēni</b> |
|--|----------------------|-------------|----------------------------|--------------|-------------------|-------------|--------------------|--------------------------|-----------------|
|--|----------------------|-------------|----------------------------|--------------|-------------------|-------------|--------------------|--------------------------|-----------------|

#### **Pusdienas**

|                                       |        |            |              |              |              |              |               |              |          |
|---------------------------------------|--------|------------|--------------|--------------|--------------|--------------|---------------|--------------|----------|
| Vistas fileja krējuma ingvera glazūrā | 100    | 215        | 25,067       | 12,467       | 0,903        | 0,5          |               |              | 1;10;3;7 |
| Vārīti rīsi                           | 150    | 170        | 3,366        | 0,297        | 38,462       | 0,15         |               | 0,693        |          |
| Gurķi                                 | 1 gab. | 9          | 0,42         | 0,14         | 1,26         |              |               | 0,35         |          |
| Rudzu maize                           | 35     | 91         | 3,01         | 0,49         | 17,57        |              |               | 1,925        | 1        |
| Kliju maize                           | 15     | 41         | 1,815        | 0,405        | 7,095        |              |               | 0,87         | 1        |
| Konditorejas izstrādājums             | 50     | 179        | 2,821        | 7,387        | 24,999       |              | 11,1          | 0,218        |          |
| <b>kopā:</b>                          |        | <b>704</b> | <b>36,50</b> | <b>21,19</b> | <b>90,29</b> | <b>0,650</b> | <b>11,100</b> | <b>4,056</b> |          |

|  | <b>Svars<br/>, g</b> | <b>Kcal</b> | <b>Olbalto<br/>mvielās</b> | <b>Tauki</b> | <b>Ogļhidrāti</b> | <b>Sāls</b> | <b>Cukur<br/>s</b> | <b>Šķiedrviela<br/>s</b> | <b>Alerģēni</b> |
|--|----------------------|-------------|----------------------------|--------------|-------------------|-------------|--------------------|--------------------------|-----------------|
|--|----------------------|-------------|----------------------------|--------------|-------------------|-------------|--------------------|--------------------------|-----------------|

#### **Pusdienas**

|                           |     |            |              |              |              |              |               |              |   |
|---------------------------|-----|------------|--------------|--------------|--------------|--------------|---------------|--------------|---|
| Dārzeņu ragū              | 200 | 198        | 3,522        | 12,299       | 18,469       | 0,6          | 0,06          | 5,554        | 9 |
| Cepti vistas stilbiņi     | 100 | 253,1      | 23,4         | 15,4         | 5,2          | 0,4          |               | 0,06         |   |
| Tomāti                    | 70  | 12         | 0,7          | 0,14         | 1,82         |              |               | 0,7          |   |
| Kliju maize               | 15  | 41         | 1,815        | 0,405        | 7,095        |              |               | 0,87         | 1 |
| Rudzu maize               | 35  | 91         | 3,01         | 0,49         | 17,57        |              |               | 1,925        | 1 |
| Konditorejas izstrādājums | 50  | 260        | 2,806        | 12,396       | 33,738       | 0,005        | 15,           | 0,027        | 1 |
| <b>kopā:</b>              |     | <b>855</b> | <b>35,21</b> | <b>41,13</b> | <b>83,92</b> | <b>1,005</b> | <b>15,060</b> | <b>9,136</b> |   |

# VEĢETĀRĀ ĒDIENKARTE

|                            | Svars<br>, g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāt<br>i | Sāls         | Cukurs       | Šķiedrviela<br>s | Alerģēn<br>i |
|----------------------------|--------------|------------|--------------------|--------------|----------------|--------------|--------------|------------------|--------------|
| <b>Pusdienas</b>           |              |            |                    |              |                |              |              |                  |              |
| Pupiņas dārzeņu čili mērcē | 200          | 240        | 10,9               | 9,409        | 28,56          | 0,8          |              | 10,273           | 9            |
| Vārīti griķi               | 150          | 166        | 3,712              | 0,792        | 35,937         | 0,15         |              | 1,584            |              |
| Biešu salāti ar eļļu       | 100          | 71         | 1,496              | 3,104        | 9,328          | 0,2          | 1,           | 2,486            |              |
| Rudzu maize                | 35           | 91         | 3,01               | 0,49         | 17,57          |              |              | 1,925            | 1            |
| Kliju maize                | 15           | 41         | 1,815              | 0,405        | 7,095          |              |              | 0,87             | 1            |
| Konditorejas izstrādājums  | 40           | 159        | 3,55               | 5,446        | 23,811         |              | 6,66         | 0,821            | 1;3;7        |
| <b>kopā:</b>               |              | <b>768</b> | <b>24,48</b>       | <b>19,65</b> | <b>122,30</b>  | <b>1,150</b> | <b>7,660</b> | <b>17,959</b>    |              |

|                                                       | Svars<br>, g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāt<br>i | Sāls         | Cukurs       | Šķiedrviela<br>s | Alerģēn<br>i |
|-------------------------------------------------------|--------------|------------|--------------------|--------------|----------------|--------------|--------------|------------------|--------------|
| <b>Pusdienas</b>                                      |              |            |                    |              |                |              |              |                  |              |
| Cukīni-tomātu sautējums ar burkāniem un turku zirņiem | 200          | 136        | 3,996              | 8,153        | 11,864         | 0,8          |              | 3,589            | 9            |
| Vārīti makaroni                                       | 180          | 288        | 8,856              | 5,616        | 50,328         | 0,36         |              | 2,448            | 1;3          |
| Kāpostu salāti ar zaļumiem un eļļu                    | 100          | 64         | 1,42               | 4,196        | 5,084          | 0,1          | 1,           | 2,889            |              |
| Rudzu maize                                           | 35           | 91         | 3,01               | 0,49         | 17,57          |              |              | 1,925            | 1            |
| Kliju maize                                           | 15           | 41         | 1,815              | 0,405        | 7,095          |              |              | 0,87             | 1            |
| Āboli/Bumbieri/Banāni vai citi augļi                  | 1 gab.       | 88         | 1,2                | 0,2          | 20,            |              |              | 1,8              |              |
| <b>kopā:</b>                                          |              | <b>707</b> | <b>20,30</b>       | <b>19,06</b> | <b>111,94</b>  | <b>1,260</b> | <b>1,000</b> | <b>13,521</b>    |              |

|                           | Svar<br>s, g | Kcal       | Olbalto<br>mvielas | Tauki        | Ogļhidrā<br>ti | Sāls         | Cukur<br>s    | Šķiedrviel<br>as | Alerģē<br>ni |
|---------------------------|--------------|------------|--------------------|--------------|----------------|--------------|---------------|------------------|--------------|
| <b>Pusdienas</b>          |              |            |                    |              |                |              |               |                  |              |
| Dārzeņu lečo              | 200          | 140        | 3,437              | 4,677        | 20,751         | 0,8          | 3,            | 7,505            |              |
| Vārīti kartupeļi          | 180          | 134        | 3,816              | 0,191        | 28,238         | 0,18         |               | 4,007            |              |
| Mazsālīti gurķi           | 1 gab.       | 21         | 0,491              | 0,148        | 4,36           | 0,07         | 2,8           | 0,374            |              |
| Rudzu maize               | 35           | 91         | 3,01               | 0,49         | 17,57          |              |               | 1,925            | 1            |
| Kliju maize               | 15           | 41         | 1,815              | 0,405        | 7,095          |              |               | 0,87             | 1            |
| Jogurts bez piedevām      | 200          | 144        | 8,                 | 4,4          | 18,            |              |               |                  |              |
| Konditorejas izstrādājums | 50           | 235        | 2,937              | 14,009       | 24,233         |              | 12,204        | 0,321            | 1;3;7        |
| <b>kopā:</b>              |              | <b>806</b> | <b>23,51</b>       | <b>24,32</b> | <b>120,25</b>  | <b>1,050</b> | <b>18,004</b> | <b>15,002</b>    |              |

|                                             | Svars<br>, g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāt<br>i | Sāls         | Cukurs     | Šķiedrviela<br>s | Alerģēn<br>i |
|---------------------------------------------|--------------|------------|--------------------|--------------|----------------|--------------|------------|------------------|--------------|
| <b>Pusdienas</b>                            |              |            |                    |              |                |              |            |                  |              |
| Vārītas pārļu grūbas ar dārzeņiem un čedaru | 350          | 457,46     | 15,83092           | 23,184       | 46,9756        | 0,3111       |            | 5,11             | 1;7          |
| Svaigu kāpostu salāti ar āboliem un eļļu    | 100          | 59         | 1,32               | 3,3          | 6,06           | 0,1          |            | 3,1              |              |
| Rudzu maize                                 | 35           | 91         | 3,01               | 0,49         | 17,57          |              |            | 1,925            | 1            |
| Kliju maize                                 | 15           | 41         | 1,815              | 0,405        | 7,095          |              |            | 0,87             | 1            |
| Āboli/Bumbieri/Banāni vai citi augļi        | 1 gab.       | 88         | 1,2                | 0,2          | 20,            |              |            | 1,8              |              |
| <b>kopā:</b>                                |              | <b>736</b> | <b>23,18</b>       | <b>27,58</b> | <b>97,70</b>   | <b>0,411</b> | <b>0</b>   | <b>12,805</b>    |              |
|                                             | Svars<br>, g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāt<br>i | Sāls         | Cukur<br>s | Šķiedrviela<br>s | Alerģēni     |
| <b>Pusdienas</b>                            |              |            |                    |              |                |              |            |                  |              |

|                                                       |     |            |              |              |               |              |              |               |           |
|-------------------------------------------------------|-----|------------|--------------|--------------|---------------|--------------|--------------|---------------|-----------|
| Kvinoja ar sarkanajām pupiņām, kukurūzu un tomātiem   | 150 | 182        | 6,687        | 7,081        | 22,794        | 1,2          |              | 2,81          | 9         |
| Vārīti kartupeļi                                      | 180 | 134        | 3,816        | 0,191        | 28,238        | 0,18         |              | 4,007         |           |
| Biešu salāti ar marinētiem gurķiem un majonēzes mērci | 100 | 97         | 1,615        | 6,796        | 7,439         | 0,016        | 0,016        | 1,625         | 10;3;7    |
| Rudzu maize                                           | 35  | 91         | 3,01         | 0,49         | 17,57         |              |              | 1,925         | 1         |
| Kliju maize                                           | 15  | 41         | 1,815        | 0,405        | 7,095         |              |              | 0,87          | 1         |
| Konditorejas izstrādājums                             | 40  | 187        | 2,88         | 5,96         | 27,24         |              |              |               | 1;3;5;7;8 |
| <b>kopā:</b>                                          |     | <b>732</b> | <b>19,82</b> | <b>20,92</b> | <b>110,38</b> | <b>1,396</b> | <b>0,016</b> | <b>11,237</b> |           |

|                                      | Svars,<br>g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāt<br>i | Sāls         | Cukurs | Šķiedrviela<br>s | Alerģēni |
|--------------------------------------|-------------|------------|--------------------|--------------|----------------|--------------|--------|------------------|----------|
| <b>Pusdienas</b>                     |             |            |                    |              |                |              |        |                  |          |
| Turku zirņu un tomātu tadžina        | 200         | 173        | 5,318              | 9,37         | 17,319         | 0,8          |        | 2,933            |          |
| Vārīti griķi                         | 150         | 166        | 3,712              | 0,792        | 35,937         | 0,15         |        | 1,584            |          |
| Jogurts bez piedevām                 | 200         | 144        | 8,                 | 4,4          | 18,            |              |        |                  |          |
| Gurķi                                | 1 gab.      | 9          | 0,42               | 0,14         | 1,26           |              |        | 0,35             |          |
| Rudzu maize                          | 35          | 91         | 3,01               | 0,49         | 17,57          |              |        | 1,925            | 1        |
| Kliju maize                          | 15          | 41         | 1,815              | 0,405        | 7,095          |              |        | 0,87             | 1        |
| Āboli/Bumbieri/Banāni vai citi augļi | 1 gab.      | 88         | 1,2                | 0,2          | 20,            |              |        | 1,8              |          |
| <b>kopā:</b>                         |             | <b>710</b> | <b>23,48</b>       | <b>15,80</b> | <b>117,18</b>  | <b>0,950</b> |        | <b>9,462</b>     |          |

|                           | Svars<br>, g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāt<br>i | Sāls         | Cukur<br>s    | Šķiedrviela<br>s | Alerģēni |
|---------------------------|--------------|------------|--------------------|--------------|----------------|--------------|---------------|------------------|----------|
| <b>Pusdienas</b>          |              |            |                    |              |                |              |               |                  |          |
| Dārzeņu plov              | 300          | 359        | 8,37               | 7,065        | 65,463         | 1,2          |               | 5,541            |          |
| Mazsālīti gurķi           | 1 gab.       | 14         | 0,473              | 0,159        | 2,623          | 1,4          | 1,05          | 0,408            |          |
| Konditorejas izstrādājums | 50           | 225,5      | 2,7                | 12,5         | 25,6           |              | 13,03         | 0,004            | 1;3;7    |
| Kliju maize               | 15           | 41         | 1,815              | 0,405        | 7,095          |              |               | 0,87             | 1        |
| Rudzu maize               | 35           | 91         | 3,01               | 0,49         | 17,57          |              |               | 1,925            | 1        |
| <b>kopā:</b>              |              | <b>731</b> | <b>16,37</b>       | <b>20,62</b> | <b>118,35</b>  | <b>2,600</b> | <b>14,080</b> | <b>8,748</b>     |          |

|                                      | Svars,<br>g | Kcal       | Olbaltum<br>vielas | Tauki        | Ogļhidrāt<br>i | Sāls         | Cukurs | Šķiedrviela<br>s | Alerģēni |
|--------------------------------------|-------------|------------|--------------------|--------------|----------------|--------------|--------|------------------|----------|
| <b>Pusdienas</b>                     |             |            |                    |              |                |              |        |                  |          |
| Pākšaugu karijs                      | 280         | 328        | 16,842             | 10,858       | 41,364         | 1,2          |        | 11,15            | 9,       |
| Cepta siera gabaliņi                 | 70          | 180,6      | 14                 | 13,86        |                |              |        |                  | 7,       |
| Tomāti                               | 70          | 12         | 0,7                | 0,14         | 1,82           |              |        | 0,7              |          |
| Rudzu maize                          | 35          | 91         | 3,01               | 0,49         | 17,57          |              |        | 1,925            | 1        |
| Kliju maize                          | 15          | 41         | 1,815              | 0,405        | 7,095          |              |        | 0,87             | 1        |
| Āboli/Bumbieri/Banāni vai citi augļi | 1 gab.      | 88         | 1,2                | 0,2          | 20,            |              |        | 1,8              |          |
| <b>kopā:</b>                         |             | <b>740</b> | <b>37,57</b>       | <b>25,95</b> | <b>87,85</b>   | <b>1,200</b> |        | <b>16,445</b>    |          |

|                      | Svars,<br>g | Kcal | Olbaltum<br>vielas | Tauki | Ogļhidrāt<br>i | Sāls | Cukurs | Šķiedrviela<br>s | Alerģēni  |
|----------------------|-------------|------|--------------------|-------|----------------|------|--------|------------------|-----------|
| <b>Pusdienas</b>     |             |      |                    |       |                |      |        |                  |           |
| Pasta ar dārzeniņiem | 350         | 533  | 12                 | 28    | 56             | 1,40 |        | 6                | 1;3;6;7;9 |
| Tomāti               | 70          | 12   | 0,7                | 0,14  | 1,82           |      |        | 0,7              |           |

|                                      |        |              |              |              |               |              |  |               |       |
|--------------------------------------|--------|--------------|--------------|--------------|---------------|--------------|--|---------------|-------|
| Kliju maize                          | 15     | 41           | 1,815        | 0,405        | 7,095         |              |  | 0,87          | 1     |
| Rudzu maize                          | 35     | 91           | 3,01         | 0,49         | 17,57         |              |  | 1,925         | 1     |
| Āboli/Bumbieri/Banāni vai citi augļi | 1 gab. | 88           | 1,2          | 0,2          | 20,           |              |  | 1,8           | 1;3;7 |
| <b>kopā:</b>                         |        | <b>764,8</b> | <b>18,28</b> | <b>29,17</b> | <b>102,84</b> | <b>1,400</b> |  | <b>11,455</b> |       |

|  | <b>Svars<br/>, g</b> | <b>Kcal</b> | <b>Olbaltum<br/>vielas</b> | <b>Tauki</b> | <b>Ogļhidrāt<br/>i</b> | <b>Sāls</b> | <b>Cukurs</b> | <b>Šķiedrviela<br/>s</b> | <b>Alergēni</b> |
|--|----------------------|-------------|----------------------------|--------------|------------------------|-------------|---------------|--------------------------|-----------------|
|--|----------------------|-------------|----------------------------|--------------|------------------------|-------------|---------------|--------------------------|-----------------|

#### **Pusdienas**

|                                                     |        |            |              |              |               |              |               |              |       |
|-----------------------------------------------------|--------|------------|--------------|--------------|---------------|--------------|---------------|--------------|-------|
| Kvinoja ar sarkanajām pupiņām, kukurūzu un tomātiem | 200    | 242        | 8,916        | 9,442        | 30,392        | 0,8          |               | 3,746        | 9     |
| Vārīti rīsi                                         | 150    | 170        | 3,366        | 0,297        | 38,462        | 0,15         |               | 0,693        |       |
| Gurķi                                               | 1 gab. | 9          | 0,42         | 0,14         | 1,26          |              |               | 0,35         |       |
| Rudzu maize                                         | 35     | 91         | 3,01         | 0,49         | 17,57         |              |               | 1,925        | 1     |
| Kliju maize                                         | 15     | 41         | 1,815        | 0,405        | 7,095         |              |               | 0,87         | 1     |
| Konditorejas izstrādājums                           | 50     | 179        | 2,821        | 7,387        | 24,999        |              | 11,1          | 0,218        | 1;3;7 |
| <b>kopā:</b>                                        |        | <b>732</b> | <b>20,35</b> | <b>18,16</b> | <b>119,78</b> | <b>1,750</b> | <b>11,100</b> | <b>7,802</b> |       |

|  | <b>Svars,<br/>g</b> | <b>Kcal</b> | <b>Olbaltum<br/>vielas</b> | <b>Tauki</b> | <b>Ogļhidrāt<br/>i</b> | <b>Sāls</b> | <b>Cukurs</b> | <b>Šķiedrviela<br/>s</b> | <b>Alergēni</b> |
|--|---------------------|-------------|----------------------------|--------------|------------------------|-------------|---------------|--------------------------|-----------------|
|--|---------------------|-------------|----------------------------|--------------|------------------------|-------------|---------------|--------------------------|-----------------|

#### **Pusdienas**

|                           |     |            |              |              |              |              |               |               |    |
|---------------------------|-----|------------|--------------|--------------|--------------|--------------|---------------|---------------|----|
| Dārzeņu ragū              | 300 | 297        | 5,283        | 18,448       | 27,704       | 0,09         | 0,09          | 8,331         | 9  |
| Cepts svaigais siers      | 50  | 129        | 10           | 9,9          |              |              |               |               | 7, |
| Tomāti                    | 70  | 12         | 0,7          | 0,14         | 1,82         |              |               | 0,7           |    |
| Kliju maize               | 15  | 41         | 1,815        | 0,405        | 7,095        |              |               | 0,87          | 1  |
| Rudzu maize               | 35  | 91         | 3,01         | 0,49         | 17,57        |              |               | 1,925         | 1  |
| Konditorejas izstrādājums | 50  | 260        | 2,806        | 12,396       | 33,738       | 0,005        | 15,           | 0,027         | 1  |
| <b>kopā:</b>              |     | <b>830</b> | <b>23,61</b> | <b>41,78</b> | <b>87,93</b> | <b>0,095</b> | <b>15,090</b> | <b>11,853</b> |    |