# Nedēļas Ēdienkarte

Grupa 1.-4.klase

**Papildus 3x nedēļā LAD programma "Piens un Augļi skolai"(Pirmsskola un no 1.-9. klasei)**

| | Svars (g) | Enerģētiskā vērtība (kkal) | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alergēni |
|---|---|---|---|---|---|---|---|---|---|
| **pirmdiena, 25.marts** | | | | | | | | | |
| **Brokastis** | | | | | | | | | |
| mannas biezputra | 200 | 146 | 5.278 | 2.609 | 25.476 | 0.0002 | 0.001 | 1.178 | 7 |
| Zemeņu mērce | 30 | 26 | 0.2064 | 0.1032 | 5.91 | 0 | 0.0045 | 0.4128 | |
| Kliju maize | 20 | 55 | 2.42 | 0.54 | 9.46 | 0 | 0 | 1.16 | 1 |
| Holandes siers | 20 | 51 | 1.54 | 4.8 | 0.52 | 0 | 0 | 0 | 7 |
| Gurķi | 20 | 2 | 0.12 | 0.04 | 0.36 | 0 | 0 | 0.1 | |
| Zāļu tēja | 200 | 4 | 0.0624 | 0.1224 | 0.0192 | 0 | 0 | 0 | |
| Cukurs baltais | 5 | 20 | 0 | 0 | 4.99 | 0 | 0.005 | 0 | |
| *Kopā:* | | *304.257* | *9.627* | *8.215* | *46.735* | *0.* | *0.011* | *2.851* | |
| **Pusdienas** | | | | | | | | | |
| Dārzeņu biezeņzupa | 200 | 139 | 1.678 | 10.192 | 10.022 | 0.0002 | 0 | 3.034 | |
| Baltmaizes grauzdiņi | 10 | 28 | 0.78 | 0.41 | 5.14 | 0 | 0 | 0.38 | 1 |
| Vārīti rīsi | 120 | 136 | 2.6928 | 0.2376 | 30.7692 | 0.0001 | 0 | 0.5544 | |
| Cūkgaļas gabaliņi saldskābā mērcē | 80 | 141 | 7.6549 | 10.8336 | 3.1826 | 0.0001 | 0 | 0.4227 | |
| Burkānu salāti ar seleriju sakni | 50 | 12 | 0.605 | 0.118 | 2.1469 | 0 | 0 | 1.944 | 9 |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| Ūdens ar cidoniju garšu | 200 | 47 | 0.02 | 0.02 | 11.54 | 0 | 0 | 0 | |
| *Kopā:* | | *607.697* | *16.871* | *22.371* | *82.881* | *0.* | *0* | *8.535* | |
| **Launags** | | | | | | | | | |
| Piena zupa ar makaroniem | 200 | 181 | 9.6493 | 6.2358 | 21.397 | 0.0014 | 0.0034 | 0.0162 | 1,3,7 |
| Rudzu maize | 20 | 46 | 1.26 | 0.2 | 9.6 | 0 | 0 | 0.9 | 1 |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | 0 | 0 | 0 | 7 |
| Pusžāvēta desa | 20 | 84 | 2.6 | 8. | 0.36 | 0 | 0 | 0 | 7 |
| *Kopā:* | | *347.787* | *13.539* | *18.561* | *31.577* | *0.001* | *0.003* | *0.916* | |

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|---|---|---|---|---|---|---|---|---|---|
| ***Diena kopā :*** | | ***1259.742*** | ***40.037*** | ***49.147*** | ***161.193*** | ***0.002*** | ***0.014*** | ***12.302*** | |
| **otrdiena, 26.marts** | | | | | | | | | |
| **Brokastis** | | | | | | | | | |
| Auzu pārslu putra | 200 | 119 | 5.36 | 2.128 | 20.5876 | 0.0002 | 0.0002 | 2.444 | 7 |
| Sviests | 3 | 22 | 0.018 | 2.475 | 0.132 | 0 | 0 | 0 | 7 |
| Aknu pastēte | 20 | 41 | 2.9144 | 2.7407 | 1.2308 | 0 | 0 | 0.1046 | 1,3,7 |
| Sēklu maize | 30 | 89 | 3.15 | 1.92 | 14.13 | 0 | 0 | 1.29 | 1,11 |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | 0 | 0 | 0 | 7 |
| Tēja | 200 | 3 | 0.52 | 0.102 | 0.016 | 0 | 0 | 0 | |
| Cukurs baltais | 5 | 20 | 0 | 0 | 4.99 | 0 | 0.005 | 0 | |
| *Kopā:* | | *331.954* | *11.992* | *13.491* | *41.306* | *0.* | *0.005* | *3.839* | |
| **Pusdienas** | | | | | | | | | |
| Biešu zupa ar kartupeļiem un gaļu | 200 | 185 | 8.3426 | 12.8302 | 8.7273 | 0.0002 | 0.0007 | 1.8567 | |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | 0 | 0 | 0 | 7 |
| Pasta ar dārzeņiem | 150 | 245 | 6.9148 | 7.9532 | 36.0483 | 0.0002 | 0 | 3.0664 | 1,9 |
| Kausētā siera mērce | 40 | 65 | 2.6428 | 5.1055 | 1.9722 | 0.0002 | 0 | 0.0378 | 7,9 |
| Ķīnas kāpostu salāti ar dillēm un kukurūzu | 70 | 46 | 1.2478 | 3.3968 | 3.1116 | 0.0001 | 0.0001 | 0.6072 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| Augļu dzēriens | 200 | 86 | 0.297 | 0.198 | 20.463 | 0 | 0.012 | 0.948 | |
| *Kopā:* | | *739.57* | *23.015* | *31.044* | *90.537* | *0.001* | *0.013* | *8.716* | |
| **Launags** | | | | | | | | | |
| Olā panēta cepta baltmaize | 50 | 123 | 3.5429 | 5.6327 | 14.0324 | 0 | 0.0002 | 0.95 | 1,3,7 |
| Zemeņu ievārījums | 30 | 67 | 0.18 | 0.09 | 16.2075 | 0 | 0.015 | 0.36 | |
| Zāļu tēja | 200 | 4 | 0.0624 | 0.1224 | 0.0192 | 0 | 0 | 0 | |
| Cukurs baltais | 5 | 20 | 0 | 0 | 4.99 | 0 | 0.005 | 0 | |
| *Kopā:* | | *214.188* | *3.785* | *5.845* | *35.249* | *0* | *0.02* | *1.31* | |
| ***Diena kopā :*** | | ***1285.711*** | ***38.793*** | ***50.38*** | ***167.093*** | ***0.001*** | ***0.038*** | ***13.865*** | |
| **trešdiena, 27.marts** | | | | | | | | | |
| **Brokastis** | | | | | | | | | |
| Mannā biezputra | 200 | 153 | 7.03 | 3.006 | 24.2336 | 0.0002 | 0.0002 | 0.026 | 1,7 |
| Saldskābmaize | 40 | 92 | 2.52 | 0.4 | 19.2 | 0 | 0 | 1.8 | 1 |

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|---|---|---|---|---|---|---|---|---|---|
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | 0 | 0 | 0 | 7 |
| Vārīta desa | 20 | 51 | 2.1 | 4.5 | 0.62 | 0 | 0 | 0 | 1,7 |
| Tēja | 200 | 3 | 0.52 | 0.102 | 0.016 | 0 | 0 | 0 | |
| Cukurs baltais | 5 | 20 | 0 | 0 | 4.99 | 0 | 0.005 | 0 | |
| *Kopā:* | | *356.34* | *12.2* | *12.133* | *49.28* | *0.* | *0.005* | *1.826* | |
| **Pusdienas** | | | | | | | | | |
| Vistas gaļas kotlete mājas gaumē | 70 | 187 | 12.291 | 13.0376 | 4.9415 | 0.0003 | 0 | 0.2789 | 1,3 |
| Vārīti griķi | 120 | 133 | 2.97 | 0.6336 | 28.7496 | 0.0001 | 0 | 1.2672 | |
| Skābā krējuma sīpolu mērce | 30 | 38 | 0.5245 | 3.3467 | 1.5347 | 0 | 0 | 0.2601 | 1,7,9 |
| Biešu salāti ar eļļu | 70 | 50 | 1.0472 | 2.1728 | 6.5296 | 0.0001 | 0.0007 | 1.7402 | |
| Ābolu sulas, banānu un jogurta kokteilis | 200 | 140 | 5.504 | 2.828 | 23.046 | 0 | 0.01 | 0.702 | 7 |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| *Kopā:* | | *652.007* | *25.777* | *22.579* | *84.881* | *0.001* | *0.011* | *6.448* | |
| **Launags** | | | | | | | | | |
| Cepti kartupeļi | 200 | 257 | 5.2 | 8.4942 | 38.48 | 0.0002 | 0 | 5.46 | |
| Svaigi dārzeņi | 70 | 13 | 0.7686 | 0.1512 | 2.0916 | 0 | 0 | 1.4084 | |
| Krējums skābs | 30 | 60 | 0.78 | 6. | 0.81 | 0 | 0 | 0 | 7 |
| Zāļu tēja | 200 | 4 | 0.0624 | 0.1224 | 0.0192 | 0 | 0 | 0 | |
| Cukurs baltais | 5 | 20 | 0 | 0 | 4.99 | 0 | 0.005 | 0 | |
| *Kopā:* | | *353.243* | *6.811* | *14.768* | *46.391* | *0.* | *0.005* | *6.868* | |
| ***Diena kopā :*** | | ***1361.591*** | ***44.788*** | ***49.48*** | ***180.552*** | ***0.001*** | ***0.021*** | ***15.143*** | |
| **ceturtdiena, 28.marts** | | | | | | | | | |
| **Brokastis** | | | | | | | | | |
| Omlete | 100 | 144 | 10.2958 | 10.0205 | 2.1191 | 0.0001 | 0.0001 | 0.0265 | 3,7 |
| Baltmaize | 30 | 79 | 2.34 | 0.63 | 15.42 | 0 | 0 | 1.14 | 1 |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | 0 | 0 | 0 | 7 |
| Gurķi | 20 | 2 | 0.12 | 0.04 | 0.36 | 0 | 0 | 0.1 | |
| Tēja | 200 | 43 | 0.56 | 0.102 | 11.916 | 0 | 0 | 0.36 | |
| *Kopā:* | | *305.152* | *13.346* | *14.918* | *30.035* | *0.* | *0.* | *1.627* | |
| **Pusdienas** | | | | | | | | | |
| Šķelto zirņu zupa | 200 | 212 | 8.0482 | 10.5138 | 20.8712 | 0.001 | 0 | 6.42 | |

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|---|---|---|---|---|---|---|---|---|---|
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | 0 | 0 | 0 | 7 |
| Cūkgaļas bumbiņa ar papriku un burkāniem | 70 | 141 | 9.6776 | 9.4727 | 4.1503 | 0.0003 | 0 | 0.8522 | 1,3,7 |
| Kartupeļu biezputra | 120 | 101 | 3.2484 | 1.143 | 18.9744 | 0.0001 | 0 | 2.52 | 7 |
| Svaigu kāpostu un gurķu salāti ar eļļu | 70 | 34 | 0.854 | 2.24 | 2.5144 | 0.0001 | 0 | 1.694 | |
| Rabarberu dzēriens | 200 | 76 | 0.1828 | 0.0324 | 18.3968 | 0 | 0.018 | 0.96 | |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | 0 | 0 | 1.1 | 1 |
| *Kopā:* | | *626.736* | *23.861* | *24.682* | *75.082* | *0.002* | *0.018* | *13.546* | |
| **Launags** | | | | | | | | | |
| Zāļu tēja | 200 | 4 | 0.0624 | 0.1224 | 0.0192 | 0 | 0 | 0 | |
| Karstmaize ar sieru un tomātiem | 50 | 156 | 5.2168 | 8.804 | 13.8 | 0 | 0 | 0.975 | 1,10,3,7 |
| *Kopā:* | | *159.544* | *5.279* | *8.926* | *13.819* | *0* | *0* | *0.975* | |
| ***Diena kopā :*** | | ***1091.432*** | ***42.486*** | ***48.526*** | ***118.936*** | ***0.002*** | ***0.018*** | ***16.148*** | |
| **piektdiena, 29.marts** | | | | | | | | | |
| **Brokastis** | | | | | | | | | |
| Biezpiens ar krējumu | 100 | 107 | 17.36 | 2.45 | 3.87 | 0 | 0 | 0 | 7 |
| Kliju maize | 30 | 82 | 3.63 | 0.81 | 14.19 | 0 | 0 | 1.74 | 1 |
| Sviests | 10 | 75 | 0.06 | 8.25 | 0.44 | 0 | 0 | 0 | 7 |
| Tomāti | 30 | 5 | 0.3 | 0.06 | 0.78 | 0 | 0 | 0.3 | |
| Tēja | 200 | 43 | 0.56 | 0.102 | 11.916 | 0 | 0 | 0.36 | |
| *Kopā:* | | *311.972* | *21.91* | *11.672* | *31.196* | *0* | *0* | *2.4* | |
| **Pusdienas** | | | | | | | | | |
| Sātīgā gaļas zupa ar grūbām | 200 | 147 | 10.0005 | 8.5588 | 7.3704 | 0.0002 | 0 | 1.112 | 1 |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | 0 | 0 | 0 | 7 |
| Ceptas auzu pārslas ar putukrējumu | 50 | 192 | 2.9708 | 12.4875 | 16.9608 | 0 | 0.0043 | 1.0058 | 1,7 |
| Ogu ķīselis | 75 | 74 | 0.27 | 0.1065 | 17.808 | 0 | 0.0038 | 0.8048 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| Ūdens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 | 0 | 0 | 0 | |
| Āboli | 100 | 54 | 0.3 | 0.6 | 11.4 | 0 | 0 | 2. | |
| *Kopā:* | | *584.085* | *17.181* | *23.373* | *74.074* | *0.* | *0.008* | *7.123* | |
| **Launags** | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|
| Kartupeļu pankūka | 100 | 237 | 4.2352 | 15.4148 | 19.5203 | 0.0001 | 0 | 2.751 | 3 |
| Krējums skābs | 20 | 40 | 0.52 | 4. | 0.54 | 0 | 0 | 0 | 7 |
| Zāļu tēja | 200 | 4 | 0.0624 | 0.1224 | 0.0192 | 0 | 0 | 0 | |
| Cukurs baltais | 5 | 20 | 0 | 0 | 4.99 | 0 | 0.005 | 0 | |
| *Kopā:* | | *301.093* | *4.818* | *19.537* | *25.07* | *0.* | *0.005* | *2.751* | |
| ***Diena kopā :*** | | ***1197.151*** | ***43.909*** | ***54.582*** | ***130.34*** | ***0.*** | ***0.013*** | ***12.274*** | |

# Nedēļas Ēdienkarte

Grupa 5.-9.klase

**Papildus 3x nedēļā LAD programma "Piens un Augļi skolai"(Pirmsskola un no 1.-9. klasei)**

| | Svars (g) | Enerģētiskā vērtība (kkal) | Olbaltum vielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alergēni |
|---|---|---|---|---|---|---|---|---|---|
| **pirmdiena, 25.marts** | | | | | | | | | |
| **Brokastis** | | | | | | | | | |
| mannas biezputra | 200 | 146 | 5.278 | 2.609 | 25.476 | 0.0002 | 0.001 | 1.178 | 7 |
| Zemeņu mērce | 30 | 26 | 0.2064 | 0.1032 | 5.91 | 0 | 0.0045 | 0.4128 | |
| Kliju maize | 20 | 55 | 2.42 | 0.54 | 9.46 | 0 | 0 | 1.16 | 1 |
| Holandes siers | 20 | 51 | 1.54 | 4.8 | 0.52 | 0 | 0 | 0 | 7 |
| Gurķi | 20 | 2 | 0.12 | 0.04 | 0.36 | 0 | 0 | 0.1 | |
| Zāļu tēja | 200 | 4 | 0.0624 | 0.1224 | 0.0192 | 0 | 0 | 0 | |
| Cukurs baltais | 5 | 20 | 0 | 0 | 4.99 | 0 | 0.005 | 0 | |
| *Kopā:* | | *304.257* | *9.627* | *8.215* | *46.735* | *0.* | *0.011* | *2.851* | |
| **Pusdienas** | | | | | | | | | |
| Dārzeņu biezeņzupa | 200 | 139 | 1.678 | 10.192 | 10.022 | 0.0002 | 0 | 3.034 | |
| Baltmaizes grauzdiņi | 10 | 28 | 0.78 | 0.41 | 5.14 | 0 | 0 | 0.38 | 1 |
| Vārīti rīsi | 150 | 170 | 3.366 | 0.297 | 38.4615 | 0.0001 | 0 | 0.693 | |
| Cūkgaļas gabaliņi saldskābā mērcē | 100 | 177 | 9.5686 | 13.5421 | 3.9783 | 0.0001 | 0 | 0.5284 | |
| Burkānu salāti ar seleriju sakni | 70 | 17 | 0.847 | 0.1652 | 3.0057 | 0.0001 | 0.0001 | 2.7216 | 9 |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| Ūdens ar cidoniju garšu | 200 | 47 | 0.02 | 0.02 | 11.54 | 0 | 0 | 0 | |
| *Kopā:* | | *681.998* | *19.7* | *25.186* | *92.228* | *0.001* | *0.* | *9.557* | |
| **Launags** | | | | | | | | | |
| Piena zupa ar makaroniem | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1,3,7 |
| Rudzu maize | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 |
| Sviests | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 7 |
| Pusžāvēta desa | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 7 |
| *Kopā:* | | *0* | *0* | *0* | *0* | *0* | *0* | *0* | |

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|---|---|---|---|---|---|---|---|---|---|
| ***Diena kopā :*** | | ***986.255*** | ***29.326*** | ***33.401*** | ***138.963*** | ***0.001*** | ***0.011*** | ***12.408*** | |
| **otrdiena, 26.marts** | | | | | | | | | |
| **Brokastis** | | | | | | | | | |
| Auzu pārslu putra | 200 | 119 | 5.36 | 2.128 | 20.5876 | 0.0002 | 0.0002 | 2.444 | 7 |
| Sviests | 3 | 22 | 0.018 | 2.475 | 0.132 | 0 | 0 | 0 | 7 |
| Aknu pastēte | 20 | 41 | 2.9144 | 2.7407 | 1.2308 | 0 | 0 | 0.1046 | 1,3,7 |
| Sēklu maize | 30 | 89 | 3.15 | 1.92 | 14.13 | 0 | 0 | 1.29 | 1,11 |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | 0 | 0 | 0 | 7 |
| Tēja | 200 | 3 | 0.52 | 0.102 | 0.016 | 0 | 0 | 0 | |
| Cukurs baltais | 5 | 20 | 0 | 0 | 4.99 | 0 | 0.005 | 0 | |
| *Kopā:* | | *331.954* | *11.992* | *13.491* | *41.306* | *0.* | *0.005* | *3.839* | |
| **Pusdienas** | | | | | | | | | |
| Biešu zupa ar kartupeļiem un gaļu | 250 | 231 | 10.4282 | 16.0378 | 10.9091 | 0.0002 | 0.0008 | 2.3209 | |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | 0 | 0 | 0 | 7 |
| Pasta ar dārzeņiem | 200 | 326 | 9.2198 | 10.6042 | 48.0644 | 0.0003 | 0 | 4.0885 | 1,9 |
| Kausētā siera mērce | 40 | 65 | 2.6428 | 5.1055 | 1.9722 | 0.0002 | 0 | 0.0378 | 7,9 |
| Ķīnas kāpostu salāti ar dillēm un kukurūzu | 70 | 46 | 1.2478 | 3.3968 | 3.1116 | 0.0001 | 0.0001 | 0.6072 | |
| Rudzu maize | 20 | 52 | 1.72 | 0.28 | 10.04 | 0 | 0 | 1.1 | 1 |
| Augļu dzēriens | 200 | 86 | 0.297 | 0.198 | 20.463 | 0 | 0.012 | 0.948 | |
| *Kopā:* | | *815.559* | *25.686* | *36.622* | *94.695* | *0.001* | *0.013* | *9.102* | |
| **Launags** | | | | | | | | | |
| Olā panēta cepta baltmaize | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1,3,7 |
| Zemeņu ievārījums | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Zāļu tēja | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Cukurs baltais | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| *Kopā:* | | *0* | *0* | *0* | *0* | *0* | *0* | *0* | |
| ***Diena kopā :*** | | ***1147.513*** | ***37.678*** | ***50.113*** | ***136.002*** | ***0.001*** | ***0.018*** | ***12.941*** | |
| **trešdiena, 27.marts** | | | | | | | | | |
| **Brokastis** | | | | | | | | | |
| Mannā biezputra | 200 | 153 | 7.03 | 3.006 | 24.2336 | 0.0002 | 0.0002 | 0.026 | 1,7 |
| Saldskābmaize | 40 | 92 | 2.52 | 0.4 | 19.2 | 0 | 0 | 1.8 | 1 |

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | 0 | 0 | 0 | 7 |
| Vārīta desa | 20 | 51 | 2.1 | 4.5 | 0.62 | 0 | 0 | 0 | 1,7 |
| Tēja | 200 | 3 | 0.52 | 0.102 | 0.016 | 0 | 0 | 0 | |
| Cukurs baltais | 5 | 20 | 0 | 0 | 4.99 | 0 | 0.005 | 0 | |
| *Kopā:* | | *356.34* | *12.2* | *12.133* | *49.28* | *0.* | *0.005* | *1.826* | |
| **Pusdienas** | | | | | | | | | |
| Vistas gaļas kotlete mājas gaumē | 80 | 213 | 14.0469 | 14.9001 | 5.6474 | 0.0003 | 0 | 0.3188 | 1,3 |
| Vārīti griķi | 200 | 221 | 4.95 | 1.056 | 47.916 | 0.0002 | 0 | 2.112 | |
| Skābā krējuma sīpolu mērce | 40 | 51 | 0.6993 | 4.4623 | 2.0463 | 0 | 0 | 0.3469 | 1,7,9 |
| Biešu salāti ar eļļu | 70 | 50 | 1.0472 | 2.1728 | 6.5296 | 0.0001 | 0.0007 | 1.7402 | |
| Ābolu sulas, banānu un jogurta kokteilis | 200 | 140 | 5.504 | 2.828 | 23.046 | 0 | 0.01 | 0.702 | 7 |
| Rudzu maize | 60 | 155 | 5.16 | 0.84 | 30.12 | 0 | 0 | 3.3 | 1 |
| *Kopā:* | | *831.621* | *31.407* | *26.259* | *115.305* | *0.001* | *0.011* | *8.52* | |
| **Launags** | | | | | | | | | |
| Cepti kartupeļi | 200 | 257 | 5.2 | 8.4942 | 38.48 | 0.0002 | 0 | 5.46 | |
| Svaigi dārzeņi | 70 | 13 | 0.7686 | 0.1512 | 2.0916 | 0 | 0 | 1.4084 | |
| Krējums skābs | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 7 |
| Zāļu tēja | 200 | 4 | 0.0624 | 0.1224 | 0.0192 | 0 | 0 | 0 | |
| Cukurs baltais | 5 | 20 | 0 | 0 | 4.99 | 0 | 0.005 | 0 | |
| *Kopā:* | | *292.883* | *6.031* | *8.768* | *45.581* | *0.* | *0.005* | *6.868* | |
| ***Diena kopā :*** | | ***1480.845*** | ***49.638*** | ***47.16*** | ***210.166*** | ***0.001*** | ***0.021*** | ***17.214*** | |
| **ceturtdiena, 28.marts** | | | | | | | | | |
| **Brokastis** | | | | | | | | | |
| Omlete | 100 | 144 | 10.2958 | 10.0205 | 2.1191 | 0.0001 | 0.0001 | 0.0265 | 3,7 |
| Baltmaize | 30 | 79 | 2.34 | 0.63 | 15.42 | 0 | 0 | 1.14 | 1 |
| Sviests | 5 | 37 | 0.03 | 4.125 | 0.22 | 0 | 0 | 0 | 7 |
| Gurķi | 20 | 2 | 0.12 | 0.04 | 0.36 | 0 | 0 | 0.1 | |
| Tēja | 200 | 43 | 0.56 | 0.102 | 11.916 | 0 | 0 | 0.36 | |
| *Kopā:* | | *305.152* | *13.346* | *14.918* | *30.035* | *0.* | *0.* | *1.627* | |
| **Pusdienas** | | | | | | | | | |
| Šķelto zirņu zupa | 250 | 265 | 10.0602 | 13.1422 | 26.089 | 0.0012 | 0 | 8.025 | |

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Krējums skābs | 20 | 40 | 0.52 | 4. | 0.54 | 0 | 0 | 0 | 7 |
| Cūkgaļas bumbiņa ar papriku un burkāniem | 70 | 141 | 9.6776 | 9.4727 | 4.1503 | 0.0003 | 0 | 0.8522 | 1,3,7 |
| Kartupeļu biezputra | 150 | 127 | 4.0605 | 1.4288 | 23.718 | 0.0001 | 0 | 3.15 | 7 |
| Svaigu kāpostu un gurķu salāti ar eļļu | 70 | 34 | 0.854 | 2.24 | 2.5144 | 0.0001 | 0 | 1.694 | |
| Rabarberu dzēriens | 200 | 76 | 0.1828 | 0.0324 | 18.3968 | 0 | 0.018 | 0.96 | |
| Rudzu maize | 60 | 155 | 5.16 | 0.84 | 30.12 | 0 | 0 | 3.3 | 1 |
| *Kopā:* | | *838.949* | *30.515* | *31.156* | *105.529* | *0.002* | *0.018* | *17.981* | |
| **Launags** | | | | | | | | | |
| Zāļu tēja | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Karstmaize ar sieru un tomātiem | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1,10,3,7 |
| *Kopā:* | | *0* | *0* | *0* | *0* | *0* | *0* | *0* | |
| ***Diena kopā :*** | | ***1144.101*** | ***43.861*** | ***46.074*** | ***135.564*** | ***0.002*** | ***0.018*** | ***19.608*** | |
| **piektdiena, 29.marts** | | | | | | | | | |
| **Brokastis** | | | | | | | | | |
| Biezpiens ar krējumu | 100 | 107 | 17.36 | 2.45 | 3.87 | 0 | 0 | 0 | 7 |
| Kliju maize | 30 | 82 | 3.63 | 0.81 | 14.19 | 0 | 0 | 1.74 | 1 |
| Sviests | 10 | 75 | 0.06 | 8.25 | 0.44 | 0 | 0 | 0 | 7 |
| Tomāti | 30 | 5 | 0.3 | 0.06 | 0.78 | 0 | 0 | 0.3 | |
| Tēja | 200 | 43 | 0.56 | 0.102 | 11.916 | 0 | 0 | 0.36 | |
| *Kopā:* | | *311.972* | *21.91* | *11.672* | *31.196* | *0* | *0* | *2.4* | |
| **Pusdienas** | | | | | | | | | |
| Sātīgā gaļas zupa ar grūbām | 300 | 221 | 15.0008 | 12.8381 | 11.0555 | 0.0003 | 0 | 1.6679 | 1 |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | 0 | 0 | 0 | 7 |
| Ceptas auzu pārslas ar putukrējumu | 75 | 288 | 4.4562 | 18.7312 | 25.4412 | 0 | 0.0064 | 1.5086 | 1,7 |
| Ogu ķīselis | 75 | 74 | 0.27 | 0.1065 | 17.808 | 0 | 0.0038 | 0.8048 | |
| Rudzu maize | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| Ūdens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 | 0 | 0 | 0 | |
| Āboli | 100 | 54 | 0.3 | 0.6 | 11.4 | 0 | 0 | 2. | |
| *Kopā:* | | *753.492* | *23.667* | *33.896* | *86.24* | *0.* | *0.01* | *8.181* | |
| **Launags** | | | | | | | | | |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Kartupeļu pankūka | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 |
| Krējums skābs | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 7 |
| Zāļu tēja | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Cukurs baltais | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| *Kopā:* | *0* | *0* | *0* | *0* | *0* | *0* | *0* | |
| ***Diena kopā :*** | ***1065.464*** | ***45.577*** | ***45.568*** | ***117.436*** | ***0.*** | ***0.01*** | ***10.581*** | |