

ĒDIENKARTE 2.nedēļa 1-2 g.bērniem / Rudens sezona Kuldīga PII

| Pirmdiena                     |                                 |                       |       |       |       |                  |                                                          |                             |       |       |       |     |    |
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| Ēdiena nosaukums              |                                 |                       |       |       |       | Ēdiena nosaukums |                                                          |                             |       |       |       |     |    |
|                               | Gat.sv                          | Olbal.                | Tauki | Oglih | Kalor |                  | Gat.sv                                                   | Olbal.                      | Tauki | Oglih | Kalor |     |    |
| B1                            | 4graudu biezputra ar sviestu    | 100/2                 | 4.0   | 3.9   | 17.2  | 113              | P5                                                       | Ogu sīrupa dzēriens         | 100   | 0.0   | 0.0   | 8.0 | 32 |
| B2                            | Kliju maize ar sviestu, gurķiem | 8/2/10                | 0.8   | 1.8   | 4.1   | 37               | P6                                                       | Rudzu maize                 | 10    | 0.7   | 0.1   | 4.3 | 22 |
| B3                            | Kafijas dzēriens ar pienu       | 100                   | 2.3   | 1.4   | 6.4   | 48               | L1                                                       | Vārīta ola                  | 50    | 5.6   | 5.8   | 0.4 | 79 |
| P1                            | Siera-dārzenu zupa              | 100                   | 1.5   | 3.8   | 6.2   | 67               | L2                                                       | Zirņiši ar gurķiem un eļļu  | 40    | 1.4   | 2.0   | 4.7 | 44 |
| P2                            | Maltās gaļas mērce              | 80                    | 6.5   | 8.6   | 3.1   | 137              | L3                                                       | Graudu maize ar sviestu     | 8/2   | 0.9   | 2.4   | 3.5 | 40 |
| P3                            | Griķi ,vārīti                   | 80                    | 3.9   | 1.2   | 21.9  | 116              | L4                                                       | Tēja-kumelišu ( bez cukura) | 100   | 0.0   | 0.0   | 0.0 | 0  |
| P4                            | Redīsu-gurķu salāti ar eļļu     | 50                    | 0.5   | 2.6   | 1.1   | 29               | L5                                                       | Auglis(ābols)               | 60    | 0.2   | 0.5   | 5.9 | 29 |
| Kopā: Brokastis(B)            |                                 | E25%                  | 7.1   | 7.2   | 27.6  | 198              | KOPĀ:                                                    |                             |       |       |       |     |    |
| Kopā: Pusdienas(P)            |                                 | E51%                  | 13.1  | 16.3  | 44.7  | 404              |                                                          |                             |       |       |       |     |    |
| Kopā: Launags(L)              |                                 | E24%                  | 8.1   | 10.6  | 14.4  | 192              |                                                          |                             |       |       |       |     |    |
| Pievienotais sāls 0.668 grami |                                 | Dārzeni 126.5 grami   |       |       |       |                  | Siers, biežpiens 10 grami<br>Piena produkti 138.66 grami |                             |       |       |       |     |    |
| Pievienotais cukurs 3 grami   |                                 | Kartupeļi 30 grami    |       |       |       |                  |                                                          |                             |       |       |       |     |    |
| Augļi un ogas 60 grami        |                                 | Gaļa un zivs 40 grami |       |       |       |                  |                                                          |                             |       |       |       |     |    |
| 28.3 34.1 86.8 793            |                                 |                       |       |       |       |                  |                                                          |                             |       |       |       |     |    |

| Otrdiena         |                                |                       |       |       |       |                  |                           |                                  |         |       |       |     |     |
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| Ēdiena nosaukums |                                |                       |       |       |       | Ēdiena nosaukums |                           |                                  |         |       |       |     |     |
|                  | Gat.sv                         | Olbal.                | Tauki | Oglih | Kalor |                  | Gat.sv                    | Olbal.                           | Tauki   | Oglih | Kalor |     |     |
| B1               | Prosas biezputra ar ievārījumu | 100/5                 | 3.8   | 1.9   | 20.5  | 115              | P5                        | Ogu sīrupa dzēriens              | 100     | 0.0   | 0.0   | 8.0 | 32  |
| B2               | Sviestmaize                    | 8/2                   | 0.7   | 1.9   | 4.0   | 36               | L1                        | Biezpiens ar krējumu un zaļumiem | 70/20/3 | 10.7  | 4.4   | 2.0 | 101 |
| B3               | Tēja augļu                     | 100                   | 0.0   | 0.0   | 2.0   | 8                | L2                        | Saldskābmaize ar sviestu         | 10/2    | 0.6   | 1.7   | 5.0 | 39  |
| P1               | Borščs ar krējumu              | 100/3                 | 2.3   | 2.6   | 6.5   | 59               | L3                        | Tēja piparmētru                  | 100     | 0.0   | 0.0   | 2.0 | 8   |
| P2               | Vistas gaļas kotlete           | 60                    | 8.4   | 10.9  | 8.5   | 161              | L4                        | Auglis(bumbieris)                | 60      | 0.2   | 0.2   | 5.7 | 25  |
| P3               | Rīsi ar krāsainiem dārzeņiem   | 80                    | 2.1   | 1.8   | 21.4  | 112              |                           |                                  |         |       |       |     |     |
| P4               | Jauktu dārzeņu salāti ar eļļu  | 50                    | 0.7   | 2.5   | 2.9   | 36               |                           |                                  |         |       |       |     |     |
|                  | Kopā: Brokastis(B)             | E22%                  | 4.5   | 3.7   | 26.6  | 160              |                           |                                  |         |       |       |     |     |
|                  | Kopā: Pusdienas(P)             | E55%                  | 13.4  | 17.9  | 47.3  | 400              |                           |                                  |         |       |       |     |     |
|                  | Kopā: Launags(L)               | E24%                  | 11.5  | 6.3   | 14.8  | 173              |                           |                                  |         |       |       |     |     |
|                  | Pievienotais sāls 0.8 grami    |                       |       |       |       |                  |                           |                                  |         |       |       |     |     |
|                  | Pievienotais cukurs 6.1 grami  |                       |       |       |       |                  |                           |                                  |         |       |       |     |     |
|                  | Augļi un ogas 60.5 grami       |                       |       |       |       |                  |                           |                                  |         |       |       |     |     |
|                  |                                | Dārzeni 108.8 grami   |       |       |       |                  |                           |                                  |         |       |       |     |     |
|                  |                                | Kartupeļi 15 grami    |       |       |       |                  |                           |                                  |         |       |       |     |     |
|                  |                                | Gaļa un zivs 50 grami |       |       |       |                  |                           |                                  |         |       |       |     |     |
|                  |                                |                       |       |       |       |                  | Siers, biezpiens 70 grami |                                  |         |       |       |     |     |
|                  |                                |                       |       |       |       |                  | Piena produkti 87 grami   |                                  |         |       |       |     |     |
|                  |                                |                       |       |       |       |                  |                           |                                  |         |       |       |     |     |

| Trešdiena                         |                       |        |       |       |       |                                      |        |        |       |       |       |
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| Ēdiena nosaukums                  |                       |        |       |       |       | Ēdiena nosaukums                     |        |        |       |       |       |
|                                   | Gat.sv                | Olbal. | Tauki | Oglih | Kalor |                                      | Gat.sv | Olbal. | Tauki | Oglih | Kalor |
| B1 Omlete                         | 60                    | 5.4    | 6.5   | 1.0   | 87    | P5 Ogu sīrupa dzēriens               | 100    | 0.0    | 0.0   | 8.0   | 32    |
| B2 Graudu maize ar gurķiem        | 10/2/10               | 1.2    | 2.6   | 4.6   | 48    | P6 Saldskābmaize                     | 10     | 0.6    | 0.1   | 5.0   | 24    |
| B3 Tēja-kumelišu                  | 100                   | 0.0    | 0.0   | 2.0   | 8     | L1 Kukurūzas biezputra ar ievārījumu | 100    | 3.2    | 1.4   | 21.5  | 113   |
| P1 Kāpostu-tomātu zupa ar krējumu | 100/3                 | 2.2    | 3.5   | 4.3   | 58    | L2 Piens                             | 120    | 3.4    | 3.0   | 5.7   | 63    |
| P2 Cūkgaļas strogonovs            | 80                    | 6.5    | 9.0   | 2.7   | 139   | L3 Auglis(bumbieris)                 | 60     | 0.2    | 0.2   | 5.7   | 25    |
| P3 Pērļu grūbas,vārītas           | 80                    | 2.3    | 0.7   | 22.8  | 107   |                                      |        |        |       |       |       |
| P4 Burkānu salāti ar eļļu         | 50                    | 0.6    | 3.6   | 5.4   | 58    |                                      |        |        |       |       |       |
| Kopā: Brokastis(B)                | E19%                  | 6.7    | 9.1   | 7.6   | 143   | KOPĀ:                                | 25.8   | 30.5   | 88.8  | 763   |       |
| Kopā: Pusdienas(P)                | E55%                  | 12.3   | 16.8  | 48.3  | 419   |                                      |        |        |       |       |       |
| Kopā: Launags(L)                  | E26%                  | 6.8    | 4.6   | 32.9  | 202   |                                      |        |        |       |       |       |
| Pievienotais sāls 2.05 grami      | Dārzeni 106.7 grami   |        |       |       |       |                                      |        |        |       |       |       |
| Pievienotais cukurs 5 grami       | Kartupeļi 14 grami    |        |       |       |       | Siers, biezpiens 0 grami             |        |        |       |       |       |
| Augļi un ogas 62.2 grami          | Gaļa un zivs 40 grami |        |       |       |       | Piena produkti 208 grami             |        |        |       |       |       |

| Ceturtdiena                       |                       |        |       |       |       |                                |         |        |       |       |       |     |
|-----------------------------------|-----------------------|--------|-------|-------|-------|--------------------------------|---------|--------|-------|-------|-------|-----|
| Ēdiena nosaukums                  |                       |        |       |       |       | Ēdiena nosaukums               |         |        |       |       |       |     |
|                                   | Gat.sv                | Olbal. | Tauki | Oglih | Kalor |                                | Gat.sv  | Olbal. | Tauki | Oglih | Kalor |     |
| B1 Rīsu biezputra ar zemeņu mērci | 100/15                | 3.3    | 1.4   | 20.7  | 109   | P5 Rudzu maize                 | 10      | 0.7    | 0.1   | 4.3   | 22    |     |
| B2 Kliju maize ar sviestu         | 15/4                  | 1.3    | 3.6   | 7.1   | 68    | L1 Sviestmaize ar desu (70%)   | 15/4/15 | 3.4    | 5.4   | 7.8   | 95    |     |
| B3 Piens                          | 120                   | 3.4    | 3.0   | 5.7   | 63    | L2 Gurķu-zaļumu salāti ar eļļu | 50      | 0.4    | 2.6   | 1.3   | 30    |     |
| P1 Frikadeļu zupa                 | 100/2                 | 5.2    | 6.3   | 6.8   | 106   | L3 Tēja-kumelišu               | 100     | 0.0    | 0.0   | 2.0   | 8     |     |
| P2 Makaroni ar sieru              | 90/15                 | 5.7    | 5.2   | 24.5  | 180   | L4 Auglis(ābols)               | 60      | 0.2    | 0.5   | 5.9   | 29    |     |
| P3 Tomāti ar dillēm               | 50                    | 0.6    | 0.1   | 1.9   | 11    |                                |         |        |       |       |       |     |
| P4 Ogu sīrupa dzēriens            | 100                   | 0.0    | 0.0   | 8.0   | 32    |                                |         |        |       |       |       |     |
| Kopā: Brokastis(B)                | E32%                  | 8.0    | 8.1   | 33.5  | 240   | KOPĀ:                          |         |        |       |       |       |     |
| Kopā: Pusdienas(P)                | E47%                  | 12.2   | 11.7  | 45.5  | 351   |                                |         |        |       |       |       |     |
| Kopā: Launags(L)                  | E21%                  | 4.0    | 8.4   | 17.0  | 161   |                                |         |        |       |       |       |     |
| Pievienotais sāls 0.58 grami      | Dārzeni 107.54 grami  |        |       |       |       |                                |         |        | 24.2  | 28.2  | 96.0  | 753 |
| Pievienotais cukurs 5 grami       | Kartupeļi 40 grami    |        |       |       |       | Siers, biezpiens 15 grami      |         |        |       |       |       |     |
| Augļi un ogas 70 grami            | Gaļa un zivs 38 grami |        |       |       |       | Piena produkti 191 grami       |         |        |       |       |       |     |

| Piektdiena       |                                  |                        |       |       |       |                  |        |                       |         |       |       |      |     |
|------------------|----------------------------------|------------------------|-------|-------|-------|------------------|--------|-----------------------|---------|-------|-------|------|-----|
| Ēdiena nosaukums |                                  |                        |       |       |       | Ēdiena nosaukums |        |                       |         |       |       |      |     |
|                  | Gat.sv                           | Olbal.                 | Tauki | Oglih | Kalor |                  | Gat.sv | Olbal.                | Tauki   | Oglih | Kalor |      |     |
| B1               | Auzu pārslu biezputra ar sviestu | 100/4                  | 3.1   | 3.4   | 10.9  | 87               | P5     | Rudzu maize           | 10      | 0.7   | 0.1   | 4.3  | 22  |
| B2               | Kliju maize ar tomātiem          | 8/2/10                 | 0.8   | 1.8   | 4.2   | 37               | L1     | Graudu maize ar sieru | 15/4/15 | 5.1   | 8.7   | 6.5  | 128 |
| B3               | Piens                            | 100                    | 2.8   | 2.5   | 4.7   | 53               | L2     | Cepumi                | 20      | 1.4   | 2.5   | 14.0 | 84  |
| P1               | Zivju frikadeles ar tomātu mērci | 60/30                  | 7.7   | 5.4   | 6.9   | 103              | L3     | Tēja piparmētru       | 100     | 0.0   | 0.0   | 2.0  | 8   |
| P2               | Kartupeļi, vārīti                | 80                     | 1.6   | 0.1   | 12.2  | 58               |        |                       |         |       |       |      |     |
| P3               | Sv.kāpostu-gurķu salāti ar eļļu  | 50                     | 0.7   | 3.0   | 2.8   | 39               |        |                       |         |       |       |      |     |
| P4               | Jogurta krēms ar sīrupa ķīseli   | 40/100                 | 0.7   | 2.2   | 21.8  | 111              |        |                       |         |       |       |      |     |
|                  | Kopā: Brokastis(B)               | E24%                   | 6.7   | 7.7   | 19.8  | 178              | KOPĀ:  |                       |         |       |       |      |     |
|                  | Kopā: Pusdienas(P)               | E46%                   | 11.6  | 10.9  | 48.0  | 333              |        |                       |         |       |       |      |     |
|                  | Kopā: Launags(L)                 | E30%                   | 6.4   | 11.3  | 22.4  | 220              |        |                       |         |       |       |      |     |
|                  | Pievienotais sāls 0.55 grami     | Dārzeni 61 grami       |       |       |       |                  |        |                       |         |       |       |      |     |
|                  | Pievienotais cukurs 8.1 grami    | Kartupeļi 82.66 grami  |       |       |       |                  |        |                       |         |       |       |      |     |
|                  | Augļi un ogas 0.5 grami          | Gaļa un zivs 50 grami  |       |       |       |                  |        |                       |         |       |       |      |     |
|                  | Pievienotais sāls 4.648 grami    | Dārzeni 510.54 grami   |       |       |       |                  |        |                       |         |       |       |      |     |
|                  | Pievienotais cukurs 27.2 grami   | Kartupeļi 181.66 grami |       |       |       |                  |        |                       |         |       |       |      |     |
|                  | Augļi un ogas 253.2 grami        | Gaļa un zivs 218 grami |       |       |       |                  |        |                       |         |       |       |      |     |
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