# Nedēļas ēdienkarte

Daily

## Grupa 10.-12.klase

| pirmdiena, 25.maijs | Svars, g | Kcal | Olbaltum | Tauki | Ogļhidrāt | Sāls | Cukurs | Šķiedrvie | Alergēni |
|---|---|---|---|---|---|---|---|---|---|
| **Pusdienas** | | | | | | | | | |
| Vistas buljona zupa ar rīsiem | 250 | 130 | 5.677 | 4.872 | 15.695 | 212.5 | | 1.928 | |
| Krējums skābs | 5 | 10 | 0.13 | 1. | 0.135 | | | | 7. |
| Cūkgaļas strogonovs | 120 | 243 | 13.849 | 18.343 | 5.79 | 360. | | 0.196 | 7. |
| Vārīti griķi | 200 | 221 | 4.95 | 1.056 | 47.916 | 200. | | 2.112 | |
| Balto redīsu un gurķu salāti ar krējumu | 100 | 43 | 1.199 | 3.139 | 2.234 | | | 0.988 | 7. |
| Augļu un ogu dzēriens | 200 | 29 | 0.312 | 0.272 | 5.931 | | 500. | 1.624 | |
| Rudzu maize | 80 | 207 | 6.88 | 1.12 | 40.16 | | | 4.4 | 1. |
| **kopā:** | | **883** | **33.00** | **29.80** | **117.86** | **772.500** | **500.000** | **11.248** | |

| otrdiena, 26.maijs | Svars, g | Kcal | Olbaltum | Tauki | Ogļhidrāt | Sāls | Cukurs | Šķiedrvie | Alergēni |
|---|---|---|---|---|---|---|---|---|---|
| **Pusdienas** | | | | | | | | | |
| Svaigu kāpostu zupa ar cūkgaļu | 200 | 94 | 3.072 | 5.582 | 7.641 | 200. | | 3.173 | |
| Plovs ar cūkgaļu | 250 | 509 | 19.28 | 20.725 | 61.524 | 1000. | | 2.989 | |
| Biešu - burkānu salāti | 100 | 54 | 1.35 | 2.13 | 7.32 | 200. | | 2.83 | |
| Kefīrs | 200 | 96 | 6. | 4. | 9. | | | | 7. |
| Rudzu maize | 60 | 155 | 5.16 | 0.84 | 30.12 | | | 3.3 | 1. |
| **kopā:** | | **909** | **34.86** | **33.28** | **115.61** | **1400.000** | **0** | **12.292** | |

| trešdiena, 27.maijs | Svars, g | Kcal | Olbaltum | Tauki | Ogļhidrāt | Sāls | Cukurs | Šķiedrvie | Alergēni |
|---|---|---|---|---|---|---|---|---|---|
| **Pusdienas** | | | | | | | | | |
| Cūkgaļas teftelis | 80 | 178 | 11.18 | 10.844 | 8.644 | 96. | | 0.462 | 1;3;7 |
| Kartupeļu biezputra | 200 | 169 | 5.414 | 1.905 | 31.624 | 200. | | 4.2 | 7. |
| Ķīnas kāpostu salāti ar dillēm un eļļu | 100 | 22 | 1.525 | 1.205 | 2.241 | 400. | | 1.035 | |
| Rudzu maize | 80 | 207 | 6.88 | 1.12 | 40.16 | | | 4.4 | 1. |
| Jogurta krēms | 70 | 160 | 3.348 | 11.868 | 9.909 | | 3500. | | 7. |
| Ogu ķīselis | 100 | 99 | 0.32 | 0.102 | 23.644 | | 5000. | 0.993 | |
| Ūdens ar citronu | 200 | 4 | 0.07 | 0.06 | 0.32 | | | | |
| **kopā:** | | **838** | **28.74** | **27.10** | **116.54** | **696.000** | **8500.000** | **11.090** | |

Rūjienas vidusskola
Medicīnas māsa
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