APSTIPRINU:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rīgas 4.pamatskolas

direktore I.Pastere

ĒDIENKARTE

1.- 4. klašu skolēniem

**28.11.2022. – 02.12.2022.**

Pirmdiena

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| Nr.  p.k. | Ēdiena nosaukums | Daudzums  1 porcijā, g | Uzturvielas, g | | | Kcal | Alergēni |
| Olbaltum  vielas | Tauki | Ogļ  hidrāti |
| Pusdienas | | | | | | |  |
| 1 | Skābēto kāpostu zupa | 200 | 4.31 | 2.18 | 11.28 | 80.13 |  |
| 2 | Skābais krējums | 8 | 0.21 | 2.00 | 0.22 | 19.70 | A7 |
| 3 | Rudzu maize | 30 | 1.83 | 0.36 | 12.27 | 59.64 | A1 |
| 4 | Maltās cūkgaļas mērce | 80 | 8.49 | 17.68 | 4.62 | 212.00 | A1, A7 |
| 5 | Vārīti griķi | 120 | 7.33 | 5.21 | 36.02 | 224.22 | A7 |
| 6 | Sulas dzēriens | 200 | 0.55 | 0.15 | 10.50 | 46.00 |  |
| 7 | Āboli | 150 | 0.60 | 1.20 | 14.70 | 72.00 |  |
| Kopā | | 788 | 23.32 | 28.78 | 89.61 | 713.69 |  |
| Launags | | | | | | |  |
| 1 | Piena makaronu zupa | 200 | 5.23 | 4.35 | 22.73 | 151.24 | A1, A7 |
| 2 | Sviestmaize ar tomātiem | 20/3/40 | 1.90 | 3.46 | 12.16 | 85.84 | A1, A7 |
| Kopā | | 263 | 7.13 | 7.81 | 34.89 | 237.08 |  |
| Vakariņas | | | | | | |  |
| 1 | Kartupeļu biezenis | 100 | 2.35 | 2.85 | 14.65 | 92.26 | A7 |
| 2 | Biezpiens ar zaļumiem | 90 | 13.48 | 9.91 | 1.96 | 150.93 | A7 |
| 3 | Kviešu maize ar kausēto sieru un marinētiem gurķiem | 30/20/10 | 4.65 | 6.52 | 16.16 | 140.50 | A1, A7 |
| 4 | Burkānu salāti ar majonēzi | 70 | 0.76 | 5.01 | 5.89 | 68.69 | A3, A7 |
| 5 | Tēja ar citronu | 200 | 0.25 | 0.13 | 8.16 | 33.92 |  |
| Kopā | | 520 | 21.49 | 24.42 | 46.82 | 486.30 |  |
| **Kopā - 3 ēdienreizes** | | **1571** | **51.94** | **61.01** | **171.32** | **1437.07** |  |

Otrdiena

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| Nr.  p.k. | Ēdiena nosaukums | Daudzums  1 porcijā, g | Uzturvielas, g | | | Kcal | Alergēni |
| Olbaltum  vielas | Tauki | Ogļ  hidrāti |
| Brokastis | | | | | | |  |
| 1 | Omlete ar kartupeļiem un zirnīšiem | 108/12 | 8.25 | 10.19 | 11.86 | 169.80 | A3, A7 |
| 2 | Baltmaize ar biezpienu | 32/48 | 9.45 | 6.98 | 17.66 | 169.38 | A1, A7 |
| 3 | Kakao | 200 | 3.50 | 3.16 | 10.98 | 85.09 | A7 |
| Kopā | | 400 | 21.20 | 20.33 | 40.50 | 424.27 |  |
| Pusdienas | | | | | | |  |
| 1 | Borščs ar svaigiem kāpostiem | 200 | 4.55 | 2.33 | 16.02 | 98.99 |  |
| 2 | Skābais krējums (pie zupas un sautējuma) | 12 | 0.31 | 3.00 | 0.32 | 29.54 | A7 |
| 3 | Rudzu maize | 30 | 1.83 | 0.36 | 12.27 | 59.64 | A1 |
| 4 | Cepta vista | 50 | 14.73 | 4.18 | 1.09 | 101.22 |  |
| 5 | Kāpostu un kartupeļu sautējums | 170 | 2.82 | 2.62 | 20.94 | 112.25 | A9 |
| 6 | Svaigo kāpostu - gurķu salāti ar eļļu | 80 | 0.84 | 3.08 | 4.79 | 47.76 |  |
| 7 | Ogu kompots | 150 | 0.27 | 0.30 | 8.14 | 36.72 |  |
| 8 | Apelsīni | 150 | 1.35 | 0.90 | 17.40 | 76.50 |  |
| Kopā | | 842 | 26.70 | 17.77 | 80.97 | 562.62 |  |

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| Launags | | | | | | |  |
| 1 | Pīrāgs ar āboliem | 100 | 5.54 | 7.51 | 36.85 | 235.50 | A1, A3, A7 |
| 2 | Piparmētru tēja | 200 | 0.60 | 0.18 | 6.56 | 28.85 |  |
| Kopā | | 300 | 6.14 | 7.69 | 43.41 | 264.35 |  |
| Vakariņas | | | | | | |  |
| 1 | Salāti "Rosols" | 170 | 6.88 | 18.33 | 16.76 | 255.53 | A3, A7 |
| 2 | Sviestmaize ar sieru | 35/6/29 | 10.06 | 14.13 | 18.20 | 238.35 | A1, A7 |
| 3 | Tēja ar citronu | 200 | 0.25 | 0.13 | 8.16 | 33.92 |  |
| Kopā | | 440 | 17.10 | 32.59 | 43.12 | 527.80 |  |
| Papildus: skolas piens | | 200 | 5.64 | 5.00 | 9.46 | 105.40 | A7 |
| **Kopā - 4 ēdienreizes** | | **2182** | **76.87** | **82.38** | **217.46** | **1884.44** |  |

Trešdiena

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| Nr.  p.k. | Ēdiena nosaukums | Daudzums  1 porcijā, g | Uzturvielas, g | | | Kcal | Alergēni |
| Olbaltum  vielas | Tauki | Ogļ  hidrāti |
| Brokastis | | | | | | |  |
| 1 | Rīsu biezputra ar sviestu | 140/8 | 4.15 | 8.35 | 26.74 | 199.14 | A7 |
| 2 | Sviestmaize ar desu | 23/4/23 | 4.71 | 8.34 | 14.17 | 149.13 | A1, A7 |
| 3 | Tēja ar citronu | 200 | 0.25 | 0.13 | 8.16 | 33.92 |  |
| Kopā | | 400 | 9.22 | 17.77 | 47.25 | 384.14 |  |
| Pusdienas | | | | | | |  |
| 1 | Pupiņu zupa | 200 | 8.93 | 2.39 | 27.17 | 155.13 |  |
| 2 | Skābais krējums | 8 | 0.21 | 2.00 | 0.22 | 19.70 | A7 |
| 3 | Rudzu maize | 30 | 1.83 | 0.36 | 12.27 | 59.64 | A1 |
| 4 | Cepta zivs marinādē | 65/20 | 15.67 | 11.56 | 10.69 | 208.46 | A1, A3, A4 |
| 5 | Vārīti rīsi | 120 | 3.44 | 2.42 | 33.18 | 170.19 | A7 |
| 6 | Ziedkāpostu un burkānu salāti | 80 | 1.53 | 4.24 | 4.92 | 60.81 |  |
| 7 | Rozīņu kompots | 150 | 0.72 | 0.36 | 21.36 | 91.28 |  |
| 8 | Bumbieri | 150 | 0.45 | 0.45 | 21.15 | 81 |  |
| Kopā | | 823 | 32.78 | 23.78 | 130.95 | 846.21 |  |
| Launags | | | | | | |  |
| 1 | Karstmaize ar āboliem un biezpienu | 100 | 6.92 | 6.26 | 30.40 | 203.74 | A1, A7 |
| 2 | Tēja | 200 | 0.20 | 0.02 | 6.62 | 26.66 |  |
| Kopā | | 300 | 7.12 | 6.28 | 37.02 | 230.40 |  |
| Vakariņas | | | | | | |  |
| 1 | Makaroni ar gaļu | 180 | 15.22 | 9.34 | 37.49 | 293.09 | A1 |
| 2 | Svaigo kāpostu un gurķu salāti ar eļļu | 50 | 0.52 | 1.93 | 2.99 | 29.85 |  |
| 3 | Kefīrs | 200 | 6.40 | 5.00 | 8.20 | 108.00 | A7 |
| Kopā | | 430 | 22.14 | 16.27 | 48.68 | 430.94 |  |
| Papildus: skolas piens | | 200 | 5.64 | 5.00 | 9.46 | 105.40 | A7 |
| **Kopā - 4 ēdienreizes** | | **2153** | **76.90** | **69.10** | **273.37** | **1997.09** |  |

Ceturtdiena

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| Nr.  p.k. | Ēdiena nosaukums | Daudzums  1 porcijā, g | Uzturvielas, g | | | Kcal | Alergēni |
| Olbaltum-vielas | Tauki | Ogļhidrāti |
| Brokastis | | | | | | |  |
| 1 | Miežu biezputra ar sviestu | 150/8 | 5.00 | 8.35 | 25.20 | 197.54 | A1, A7 |
| 2 | Biezpiens ar krējumu | 80 | 12.12 | 8.07 | 3.56 | 135.40 | A7 |
| 3 | Sviestmaize ar gurķiem | 20/3/27 | 1.80 | 3.64 | 11.04 | 82.73 | A1, A7 |
| 4 | Kakao | 200 | 3.50 | 3.16 | 10.98 | 85.09 | A7 |
| Kopā | | 480 | 22.42 | 23.22 | 50.78 | 500.76 |  |

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| Pusdienas | | | | | | |  |
| 1 | Harčo | 200 | 4.92 | 1.91 | 22.53 | 125.14 | A9 |
| 2 | Skābais krējums (pie zupas un sautējuma) | 12 | 0.31 | 3.00 | 0.32 | 29.54 | A7 |
| 3 | Rudzu maize | 30 | 1.83 | 0.36 | 12.27 | 59.64 | A1 |
| 4 | Dārzeņu sautējums ar cūkgaļu | 180 | 16.37 | 11.22 | 15.53 | 222.70 |  |
| 5 | Svaigi gurķi | 70 | 0.49 | 0.07 | 1.68 | 8.40 |  |
| 6 | Citronu dzēriens | 200 | 0.15 | 0.33 | 8.64 | 38.02 |  |
| 7 | Bumbieri | 100 | 0.30 | 0.30 | 14.10 | 54.00 |  |
| Kopā | | 792 | 24.37 | 17.19 | 75.07 | 537.44 |  |
| Launags | | | | | | |  |
| 1 | Biešu un marinētu gurķu salāti | 80 | 1.16 | 4.16 | 7.63 | 69.70 |  |
| 2 | Karstmaize ar sieru | 50 | 7.38 | 8.74 | 13.23 | 159.60 | A1, A7 |
| 3. | Kefīrs | 200 | 6.40 | 5.00 | 8.20 | 108.00 | A7 |
| Kopā | | 330 | 14.94 | 17.90 | 29.06 | 337.30 |  |
| Vakariņas | | | | | | |  |
| 1 | Pankūkas ar āboliem | 150 | 7.78 | 17.15 | 54.67 | 403.20 | A1, A3, A7 |
| 2 | Ievārījums | 15 | 0.05 | 0.03 | 8.70 | 35.55 |  |
| 3 | Piparmētru tēja | 200 | 0.60 | 0.18 | 6.56 | 28.85 |  |
| Kopā | | 365 | 8.43 | 17.36 | 69.93 | 467.60 |  |
| Papildus: skolas piens | | 200 | 5.64 | 5.00 | 9.46 | 105.40 | A7 |
| **Kopā - 4 ēdienreizes** | | **2167** | **75.80** | **80.67** | **234.30** | **1948.50** |  |

Piektdiena

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| Nr.  p.k. | Ēdiena nosaukums | Daudzums  1 porcijā, g | Uzturvielas, g | | | Kcal | Alergēni |
| Olbaltumvielas | Tauki | Ogļhidrāti |  |
| Brokastis | | | | | | |  |
| 1 | Auzu pārslu biezputra | 180 | 7.10 | 6.77 | 30.31 | 204.44 | A1, A7 |
| 2 | Ievārījums | 20 | 0.06 | 0.04 | 11.60 | 47.40 |  |
| 3 | Sviestmaize ar gurķiem un olu | 26/3/13/18 | 4.40 | 5.53 | 14.08 | 122.08 | A1, A3, A7 |
| 4 | Kafijas dzēriens | 200 | 3.21 | 2.57 | 12.18 | 88.26 | A1, A7 |
| Kopā | | 460 | 14.77 | 14.91 | 68.17 | 462.18 |  |
| Pusdienas | | | | | | |  |
| 1 | Gaļas bumbiņas | 100 | 16.54 | 8.12 | 5.51 | 160.00 |  |
| 2 | Tomātu mērce | 30 | 0.44 | 1.41 | 2.37 | 23.86 | A1, A7 |
| 3 | Rudzu maize | 30 | 1.83 | 0.36 | 12.27 | 59.64 | A1 |
| 4 | Vārīti kartupeļi | 120 | 2.50 | 0.37 | 21.59 | 97.34 |  |
| 5 | Skābēto kāposti salāti | 80 | 1.26 | 4.93 | 5.13 | 69.92 |  |
| 6 | Saldā rīsu putra | 60 | 1.94 | 2.31 | 14.45 | 87.05 | A7 |
| 7 | Ķīselis | 80 | 0.20 | 0.00 | 8.26 | 33.96 |  |
| 8 | Āboli | 100 | 0.40 | 0.80 | 9.80 | 48.00 |  |
| Kopā | | 600 | 25.11 | 18.30 | 79.48 | 579.77 |  |
| Launags | | | | | | |  |
| 1 | Biezpiena un burkānu sacepums | 130 | 18.43 | 9.28 | .23.87 | 248.70 | A1, A3, A7 |
| 2 | Skābais krējums | 15 | 0.39 | 3.75 | 0.41 | 36.93 | A7 |
| 3 | Sulas dzēriens | 200 | 0.55 | 0.15 | 10.50 | 46.00 |  |
| Kopā | | 345 | 19.37 | 13.18 | 34.78 | 331.63 |  |
| **Kopā - 3 ēdienreizes** | | **1405** | **59.25** | **46.39** | **182.43** | **1373.58** |  |

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| Produktu nosaukums | 1 | 2 | 3 | 4 | 5 | Vidēji nedēļā | Norma |
| Liesa gaļa vai zivs (fileja) (g) | 64.00 | 84.22  +23.6 g desas | 125.75  +20 desas | 82.00 | 83.33 | **482.90** | 350 |
| Kartupeļi (g) | 124.92 | 218.58 | 60.00 | 90.00 | 147.02 | **640.50** | 500 |
| Piens, kefīrs, jogurts vai cits skābpiena produkts, (skābais krējums (g) | 128.46 | 178.89 +200 g skolas piens | 275+200 g  skolas piens | 432.69+200 g skolas piens | 227.50 | **1842** +126 g skābais kr. | 1860 |
| Ar piena olbaltumvielām bagāti produkti (biezpiens, siers) g | 98.75 | 69.17 | 20.00 | 92.37 | 95.00 | **375.30** | 370 |
| Augļi vai ogas (g) | 150.00 | 213.33 | 202.50 | 157.69 | 100.00 | **2065.35** | 2000 |
| Dārzeņi, tai skaitā svaigā veidā (g) | 206.02 | 360.59 | 191.28 | 344.47 | 139.51 |