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

Rīgas 4.pamatskolas

direktore I.Pastere

ĒDIENKARTE

5.- 9. 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 | 250 | 5.39 | 2.72 | 14.10 | 100.17 |  |
| 2 | Skābais krējums | 10 | 0.26 | 2.50 | 0.27 | 24.62 | A7 |
| 3 | Rudzu maize | 40 | 2.44 | 0.48 | 16.36 | 79.52 | A1 |
| 4 | Maltās cūkgaļas mērce | 100 | 10.62 | 22.10 | 5.77 | 265.00 | A1, A7 |
| 5 | Vārīti griķi | 140 | 8.55 | 6.08 | 42.02 | 261.59 | 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 | | 890 | 28.41 | 35.23 | 103.72 | 848.90 |  |
| Launags | | | | | | |  |
| 1 | Piena makaronu zupa | 250 | 6.54 | 5.44 | 28.41 | 189.06 | A1, A7 |
| 2 | Sviestmaize ar tomātiem | 20/3/40 | 1.90 | 3.46 | 12.16 | 85.84 | A1, A7 |
| Kopā | | 313 | 8.44 | 8.90 | 40.57 | 274.89 |  |
| Vakariņas | | | | | | |  |
| 1 | Kartupeļu biezenis | 140 | 3.29 | 3.98 | 20.52 | 129.17 | A7 |
| 2 | Biezpiens ar zaļumiem | 90 | 13.48 | 9.91 | 1.96 | 150.93 | A7 |
| 3 | Kviešu maize ar kausēto sieru un marinētiem gurķiem | 35/23/12 | 5.43 | 7.61 | 18.85 | 163.92 | A1, A7 |
| 4 | Burkānu salāti ar majonēzi | 80 | 0.87 | 5.72 | 6.73 | 78.51 | A3, A7 |
| 5 | Tēja ar citronu | 200 | 0.25 | 0.13 | 8.16 | 33.92 |  |
| Kopā | | 580 | 23.32 | 27.35 | 56.22 | 556.45 |  |
| **Kopā - 3 ēdienreizes** | | **1783** | **60.17** | **71.48** | **200.51** | **1680.24** |  |

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 | 153/17 | 11.69 | 14.44 | 16.80 | 240.55 | A3, A7 |
| 2 | Baltmaize ar biezpienu | 50/45 | 11.22 | 8.28 | 20.97 | 201.13 | A1, A7 |
| 3 | Kakao | 200 | 3.50 | 3.16 | 10.98 | 85.09 | A7 |
| Kopā | | 465 | 26.41 | 25.88 | 48.75 | 526.77 |  |
| Pusdienas | | | | | | |  |
| 1 | Borščs ar svaigiem kāpostiem | 250 | 5.69 | 2.91 | 20.03 | 123.74 |  |
| 2 | Skābais krējums (pie zupas un sautējuma) | 20 | 0.52 | 5.00 | 0.54 | 49.24 | A7 |
| 3 | Rudzu maize | 40 | 2.44 | 0.48 | 16.36 | 79.52 | A1 |
| 4 | Cepta vista | 70 | 20.63 | 5.85 | 1.53 | 141.71 |  |
| 5 | Kāpostu un kartupeļu sautējums | 200 | 3.31 | 3.08 | 24.64 | 132.06 | A9 |
| 6 | Svaigo kāpostu-gurķu salāti ar eļļu | 80 | 0.84 | 3.08 | 4.79 | 47.76 |  |
| 7 | Ogu kompots | 200 | 0.36 | 0.40 | 10.85 | 48.96 |  |
|  | Apelsīni | 150 | 1.35 | 0.90 | 17.40 | 76.50 |  |
| Kopā | | 1010 | 35.14 | 21.70 | 96.14 | 699.49 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Launags | | | | | | |  |
| 1 | Pīrāgs ar āboliem | 150 | 8.32 | 11.27 | 55.27 | 353.26 | A1, A3, A7 |
| 2 | Piparmētru tēja | 200 | 0.60 | 0.18 | 6.56 | 28.85 |  |
| Kopā | | 350 | 8.92 | 11.45 | 6.83 | 382.11 |  |
| Vakariņas | | | | | | |  |
| 1 | Salāti "Rosols" | 200 | 8.09 | 21.56 | 19.72 | 300.62 | 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 | | 470 | 18.40 | 35.82 | 46.08 | 572.89 |  |
| Papildus: skolas piens | | 200 | 5.64 | 5.00 | 9.46 | 105.40 | A7 |
| **Kopā - 4 ēdienreizes** | | **2495** | **94.51** | **99.85** | **262.26** | **2286.66** |  |

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 | 190/10 | 5.53 | 11.13 | 35.66 | 265.52 |  |
| 2 | Sviestmaize ar desu | 35/5/35 | 7.23 | 13.93 | 18.52 | 226.62 | A1, A7 |
| 3 | Tēja ar citronu | 200 | 0.25 | 0.13 | 8.16 | 33.92 |  |
| Kopā | | 475 | 13.01 | 25.19 | 62.34 | 526.06 |  |
| Pusdienas | | | | | | |  |
| 1 | Pupiņu zupa | 250 | 11.42 | 5.49 | 34.23 | 218.54 |  |
| 2 | Skābais krējums | 10 | 0.26 | 2.50 | 0.27 | 24.62 | A7 |
| 3 | Rudzu maize | 40 | 2.44 | 0.48 | 16.36 | 79.52 | A1 |
| 4 | Cepta zivs marinādē | 75/25 | 18.43 | 13.59 | 12.58 | 245.25 | A1, A3, A4 |
| 5 | Vārīti rīsi | 150 | 4.31 | 3.03 | 41.47 | 212.74 | A7 |
| 6 | Ziedkāpostu un burkānu salāti | 80 | 1.53 | 4.24 | 4.92 | 60.81 |  |
| 7 | Rozīņu kompots | 200 | 0.96 | 0.48 | 28.49 | 121.70 |  |
| 8 | Bumbieri | 150 | 0.45 | 0.45 | 21.15 | 81 |  |
| Kopā | | 980 | 39.54 | 27.76 | 159.20 | 1019.56 |  |
| Launags | | | | | | |  |
| 1 | Karstmaize ar āboliem un biezpienu | 120 | 8.30 | 7.51 | 36.48 | 244.49 | A1, A7 |
| 2 | Tēja | 200 | 0.20 | 0.02 | 6.62 | 26.66 |  |
| Kopā | | 320 | 8.50 | 7.53 | 43.10 | 271.15 |  |
| Vakariņas | | | | | | |  |
| 1 | Makaroni ar gaļu | 200 | 16.92 | 10.38 | 41.65 | 325.66 | A1 |
| 2 | Svaigo kāpostu un gurķu salāti ar eļļu | 70 | 0.73 | 2.70 | 4.19 | 41.79 |  |
| 3 | Kefīrs | 200 | 6.40 | 5.00 | 8.20 | 108.00 | A7 |
| Kopā | | 470 | 24.05 | 18.08 | 54.04 | 475.45 |  |
| Papildus: skolas piens | | 200 | 5.64 | 5.00 | 9.46 | 105.40 | A7 |
| **Kopā - 4 ēdienreizes** | | **2445** | **90.74** | **83.56** | **328.14** | **2397.62** |  |

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 | 180/9 | 6.00 | 10.02 | 30.25 | 237.05 | A1, A7 |
| 2 | Biezpiens ar krējumu | 90 | 13.63 | 9.07 | 4.00 | 152.33 | A7 |
| 3 | Sviestmaize ar gurķiem | 26/4/35 | 2.34 | 4.73 | 14.35 | 107.55 | A1, A7 |
| 4 | Kakao | 200 | 3.50 | 3.16 | 10.98 | 85.09 | A7 |
| Kopā | | 535 | 25.47 | 26.98 | 59.58 | 582.02 |  |
| Pusdienas | | | | | | |  |
| 1 | Harčo | 250 | 6.15 | 2.38 | 28.17 | 156.42 | A9 |
| 2 | Skābais krējums (pie zupas un sautējuma) | 20 | 0.52 | 5.00 | 0.54 | 49.24 | A7 |
| 3 | Rudzu maize | 40 | 2.44 | 0.48 | 16.36 | 79.52 | A1 |
| 4 | Dārzeņu sautējums ar cūkgaļu | 220 | 20.00 | 13.71 | 18.98 | 272.19 |  |
| 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 | | 900 | 30.05 | 22.27 | 88.47 | 657.79 |  |
| Launags | | | | | | |  |
| 1 | Biešu un marinētu gurķu salāti | 120 | 1.74 | 6.24 | 11.44 | 104.55 |  |
| 2 | Karstmaize ar sieru | 70 | 10.34 | 12.24 | 18.52 | 223.44 | A1, A7 |
| 3. | Kefīrs | 200 | 6.40 | 5.00 | 8.20 | 108.00 | A7 |
| Kopā | | 390 | 18.48 | 23.48 | 38.16 | 435.99 |  |
| Vakariņas | | | | | | |  |
| 1 | Pankūkas ar āboliem | 200 | 10.38 | 22.86 | 72.89 | 537.60 | A1, A3, A7 |
| 2 | Ievārījums | 20 | 0.06 | 0.04 | 11.60 | 47.40 |  |
| 3 | Piparmētru tēja | 200 | 0.60 | 0.18 | 6.56 | 28.85 |  |
| Kopā | | 420 | 11.04 | 23.08 | 91.05 | 613.85 |  |
| Papildus: skolas piens | | 200 | 5.64 | 5.00 | 9.46 | 105.40 | A7 |
| **Kopā - 4 ēdienreizes** | | **2445** | **90.68** | **100.81** | **286.72** | **2395.05** |  |

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 | 220 | 8.68 | 8.27 | 37.05 | 249.88 | A1, A7 |
| 2 | Ievārījums | 25 | 0.08 | 0.05 | 14.50 | 59.25 |  |
| 3 | Sviestmaize ar gurķiem un olu | 35/4/17/24 | 5.86 | 7.37 | 18.77 | 162.77 | A1, A3, A7 |
| 4 | Kafijas dzēriens | 200 | 3.21 | 2.57 | 12.18 | 88.26 | A1, A7 |
| Kopā | | 525 | 17.83 | 18.26 | 82.50 | 560.16 |  |
| Pusdienas | | | | | | |  |
| 1 | Gaļas bumbiņas | 120 | 19.85 | 9.74 | 6.61 | 192.00 |  |
| 2 | Tomātu mērce | 50 | 0.73 | 2.35 | 4.11 | 39.76 | A1, A7 |
| 3 | Rudzu maize | 40 | 2.44 | 0.48 | 16.36 | 79.52 | A1 |
| 4 | Vārīti kartupeļi | 150 | 3.12 | 0.47 | 26.99 | 121.68 |  |
| 5 | Skābēto kāposti salāti | 80 | 1.26 | 4.93 | 5.13 | 69.92 |  |
| 6 | Saldā rīsu putra | 100 | 3.24 | 3.85 | 24.09 | 145.08 | A7 |
| 7 | Ķīselis | 100 | 0.25 | 0.00 | 10.32 | 42.45 |  |
| 8 | Āboli | 100 | 0.40 | 0.80 | 9.80 | 48.00 |  |
| Kopā | | 740 | 31.29 | 22.62 | 103.41 | 738.41 |  |
| Launags | | | | | | |  |
| 1 | Biezpiena un burkānu sacepums | 150 | 21.27 | 10.71 | 27.54 | 286.96 | A1, A3, A7 |
| 2 | Skābais krējums | 20 | 0.52 | 5.00 | 0.54 | 49.24 | A7 |
| 3 | Sulas dzēriens | 200 | 0.55 | 0.15 | 10.50 | 46.00 |  |
| Kopā | | 370 | 22.34 | 15.86 | 38.58 | 382.20 |  |
| **Kopā - 3 ēdienreizes** | | **1635** | **71.46** | **56.74** | **224.49** | **1680.77** |  |

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| Produktu nosaukums | 1 | 2 | 3 | 4 | 5 | Vidēji nedēļā | Norma |
| Liesa gaļa vai zivs (fileja) (g) | 80 | 116.11+27.8 g desas | 145.64 +  35 g desas | 100.56 | 100.00 | **605.10** | 350 |
| Kartupeļi (g) | 167.69 | 270.00 | 75.00 | 111.67 | 182.67 | **807.05** | 500 |
| Piens, kefīrs, jogurts vai cits skābpiena produkts, (skābais krējums (g) | 164.85 | 215 +200 g skolas piens | 300+200 g  skolas piens | 466.92+200 g skolas piens | 272.50 | **2019.25** (neskaitot skābo kr.) | 1860 |
| Ar piena olbaltumvielām bagāti produkti (biezpiens, siers) g | 102.08 | 76.67 | 24.00 | 109.66 | 109.62 | **422.05** | 370 |
| Augļi vai ogas (g) | 150.00 | 240.00 | 216.00 | 176.92 | 100.00 | **2340.90** | 2000 |
| Dārzeņi, tai skaitā svaigā veidā (g) | 237.30 | 421.67 | 220.74 | 422.84 | 155.47 |