# NEDĒĻAS ĒDIENKARTE

## 3-6 gadi EUR 0.00

**19.10.2026. pirmdiena**

| Nr. p.k. | Ēdienreize Ēdiena nosaukums | Daudzums 1 porcijā, g | Uzturvielas, g Olbaltumvielas | Tauki | Ogļhidrāti | Kcal |
|---|---|---|---|---|---|---|
| Brokastis | | | | | | |
| 1 | Tēja | 160.00 | 0.00 | 0.00 | 3.19 | 12.91 |
| 2 | Sviestmaize ar sieru | 40.00 | 7.63 | 5.81 | 9.78 | 115.44 |
| 3 | Auzu pārslas biezputra ar džemu | 160.00 | 5.37 | 3.70 | 26.06 | 160.15 |
| | **Kopā** | **360.00** | **13.00** | **9.51** | **39.03** | **288.50** |
| Pusdienas | | | | | | |
| 1 | Dārzeņu zupa ar krējumu | 160.00 | 4.08 | 4.21 | 7.38 | 86.32 |
| 2 | Malta gaļa | 70.00 | 9.92 | 9.98 | 2.80 | 140.93 |
| 3 | Vārīti makaroni | 130.00 | 5.25 | 2.63 | 35.07 | 185.04 |
| 4 | Burkānu un zaļo zirnīšu sal.ar eļļu | 70.00 | 1.40 | 2.18 | 5.67 | 49.12 |
| 5 | Dzēriens | 150.00 | 0.41 | 0.11 | 7.88 | 34.50 |
| 6 | Rudzu maize | 10.00 | 0.66 | 0.12 | 3.42 | 17.40 |
| | **Kopā** | **590.00** | **21.72** | **19.23** | **62.22** | **513.31** |
| Launags | | | | | | |
| 1 | Āboli | 100.00 | 0.40 | 0.80 | 9.80 | 48.00 |
| 2 | Biezpiena sieriņš | 45.00 | 4.64 | 10.41 | 11.14 | 157.73 |
| 3 | Kafija | 150.00 | 2.48 | 1.94 | 8.65 | 65.00 |
| | **Kopā** | **295.00** | **7.52** | **13.15** | **29.59** | **270.73** |
| | **Kopā - 3 ēdienreizes** | **1245.00** | **42.24** | **41.89** | **130.84** | **1072.54** |

**20.10.2026. otrdiena**

| Nr. p.k. | Ēdienreize Ēdiena nosaukums | Daudzums 1 porcijā, g | Uzturvielas, g Olbaltumvielas | Tauki | Ogļhidrāti | Kcal |
|---|---|---|---|---|---|---|
| Brokastis | | | | | | |
| 1 | Mannas biezputra ar džemu | 160.00 | 4.34 | 2.22 | 24.36 | 134.90 |
| 2 | Sviestmaize ar sieru | 30.00 | 5.72 | 4.35 | 7.34 | 86.58 |
| 3 | Kakao | 150.00 | 3.72 | 3.21 | 8.94 | 79.50 |
| | **Kopā** | **340.00** | **13.78** | **9.78** | **40.64** | **300.98** |
| Pusdienas | | | | | | |
| 1 | Rasoļņiks ar krējumu | 160.00 | 4.05 | 3.74 | 6.87 | 78.15 |
| 2 | Tefteļi | 70.00 | 13.24 | 10.86 | 9.25 | 187.58 |
| 3 | Kartupeļu biezenis | 130.00 | 2.79 | 2.06 | 16.36 | 97.36 |
| 4 | Rudzu maize | 15.00 | 0.99 | 0.18 | 5.13 | 26.10 |
| 5 | Dzēriens | 150.00 | 0.41 | 0.11 | 7.88 | 34.50 |
| 6 | Sv.tomātu un gurķu sal.ar krējumu | 80.00 | 0.94 | 3.11 | 2.33 | 40.90 |
| | **Kopā** | **605.00** | **22.42** | **20.06** | **47.82** | **464.59** |
| Launags | | | | | | |
| 1 | Kellogs ar pienu | 200.00 | 7.83 | 4.05 | 46.95 | 255.35 |
| 2 | Bumbieri | 90.00 | 0.29 | 0.22 | 6.84 | 30.46 |
| | **Kopā** | **290.00** | **8.12** | **4.27** | **53.79** | **285.81** |
| | **Kopā - 3 ēdienreizes** | **1235.00** | **44.32** | **34.11** | **142.25** | **1051.38** |

**21.10.2026. trešdiena**

| Nr. p.k. | Ēdienreize Ēdiena nosaukums | Daudzums 1 porcijā, g | Uzturvielas, g Olbaltumvielas | Tauki | Ogļhidrāti | Kcal |
|---|---|---|---|---|---|---|
| Brokastis | | | | | | |

# NEDĒĻAS ĒDIENKARTE

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | Griķu biezputra ar sviestu | 150.00 | 4.73 | 4.26 | 18.82 | 132.62 |
| 2 | Sviestmaize | 30.00 | 1.95 | 5.17 | 11.74 | 101.45 |
| 3 | Piens | 150.00 | 4.23 | 3.75 | 7.10 | 79.05 |
| 4 | Sv.tomāti | 40.00 | 0.44 | 0.08 | 1.52 | 8.56 |
| | **Kopā** | **370.00** | **11.35** | **13.26** | **39.18** | **321.68** |
| Pusdienas | | | | | | |
| 1 | Mājas sautējums ar cūkgaļu | 200.00 | 13.36 | 11.51 | 21.56 | 246.37 |
| 2 | Dzēriens | 150.00 | 0.41 | 0.11 | 7.88 | 34.50 |
| 3 | Rudzu maize | 20.00 | 1.32 | 0.24 | 6.84 | 34.80 |
| 4 | Makaronu zupa | 160.00 | 3.81 | 2.61 | 9.47 | 77.70 |
| 5 | Sv.gurķi | 50.00 | 0.35 | 0.05 | 0.95 | 5.45 |
| | **Kopā** | **580.00** | **19.25** | **14.52** | **46.70** | **398.82** |
| Launags | | | | | | |
| 1 | Biezpiens ar krējumu un cukuru | 80.00 | 10.17 | 8.46 | 8.24 | 149.83 |
| 2 | Piens | 150.00 | 4.23 | 3.75 | 7.10 | 79.05 |
| 3 | Āboli | 80.00 | 0.32 | 0.64 | 7.84 | 38.40 |
| 4 | Baltmaize | 10.00 | 0.80 | 0.09 | 4.89 | 23.57 |
| | **Kopā** | **320.00** | **15.52** | **12.94** | **28.07** | **290.85** |
| | **Kopā - 3 ēdienreizes** | **1270.00** | **46.12** | **40.72** | **113.95** | **1011.35** |

**22.10.2026. ceturtdiena**

| Nr. | Ēdienreize | Daudzums | Uzturvielas, g | | | Kcal |
|---|---|---|---|---|---|---|
| p.k. | Ēdiena nosaukums | 1 porcijā, g | Olbaltumvielas | Tauki | Ogļhidrāti | |
| Brokastis | | | | | | |
| 1 | Rīsu biezputra ar džemu | 160.00 | 3.87 | 2.09 | 30.85 | 157.91 |
| 2 | Sviestmaize ar sieru | 40.00 | 7.63 | 5.81 | 9.78 | 115.44 |
| 3 | Tēja | 150.00 | 0.00 | 0.00 | 2.99 | 12.10 |
| | **Kopā** | **350.00** | **11.50** | **7.90** | **43.62** | **285.45** |
| Pusdienas | | | | | | |
| 1 | Zivju zupa | 150.00 | 5.63 | 3.36 | 6.12 | 78.35 |
| 2 | Vārīti rīsi | 150.00 | 3.57 | 2.04 | 36.36 | 178.14 |
| 3 | Sv.tomātu un gurķu sal.ar krējumu | 70.00 | 0.82 | 2.72 | 2.04 | 35.79 |
| 4 | Dzēriens | 150.00 | 0.41 | 0.11 | 7.88 | 34.50 |
| 5 | Rudzu maize | 15.00 | 0.99 | 0.18 | 5.13 | 26.10 |
| 6 | Cepta vista | 85.00 | 14.67 | 17.73 | 0.68 | 220.93 |
| | **Kopā** | **620.00** | **26.09** | **26.14** | **58.21** | **573.81** |
| Launags | | | | | | |
| 1 | Jogurts | 150.00 | 8.10 | 3.60 | 10.13 | 105.30 |
| 2 | Cepumi | 20.00 | 1.46 | 5.20 | 12.60 | 103.40 |
| 3 | Āboli | 90.00 | 0.36 | 0.72 | 8.82 | 43.20 |
| | **Kopā** | **260.00** | **9.92** | **9.52** | **31.55** | **251.90** |
| | **Kopā - 3 ēdienreizes** | **1230.00** | **47.51** | **43.56** | **133.38** | **1111.16** |

**23.10.2026. piektdiena**

| Nr. | Ēdienreize | Daudzums | Uzturvielas, g | | | Kcal |
|---|---|---|---|---|---|---|
| p.k. | Ēdiena nosaukums | 1 porcijā, g | Olbaltumvielas | Tauki | Ogļhidrāti | |
| Brokastis | | | | | | |
| 1 | Tēja | 150.00 | 0.00 | 0.00 | 2.99 | 12.10 |
| 2 | Sviestmaize ar sieru | 40.00 | 7.63 | 5.81 | 9.78 | 115.44 |
| 3 | Kukurūzas biezputra ar džemu | 160.00 | 4.94 | 2.40 | 32.93 | 173.24 |
| 4 | Sv.tomāti | 50.00 | 0.55 | 0.10 | 1.90 | 10.70 |
| | **Kopā** | **400.00** | **13.12** | **8.31** | **47.60** | **311.48** |
| Pusdienas | | | | | | |

# NEDĒĻAS ĒDIENKARTE

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | Frikadeļu zupa | 250.00 | 6.87 | 5.97 | 12.34 | 131.96 |
| 2 | Plovs | 180.00 | 12.79 | 7.44 | 29.34 | 236.38 |
| 3 | Sv.tomāti | 50.00 | 0.55 | 0.10 | 1.90 | 10.70 |
| 4 | Kefīrs | 150.00 | 4.20 | 4.80 | 6.15 | 84.00 |
| 5 | Rudzu maize | 20.00 | 1.32 | 0.24 | 6.84 | 34.80 |
| | **Kopā** | **650.00** | **25.73** | **18.55** | **56.57** | **497.84** |
| Launags | | | | | | |
| 1 | Uzpūtenis ar pienu | 190.00 | 3.92 | 2.65 | 22.78 | 131.00 |
| 2 | Banāni | 90.00 | 1.35 | 0.09 | 18.90 | 81.81 |
| 3 | Cepumi | 10.00 | 0.73 | 2.60 | 6.30 | 51.70 |
| | **Kopā** | **290.00** | **6.00** | **5.34** | **47.98** | **264.51** |
| | **Kopā - 3 ēdienreizes** | **1340.00** | **44.85** | **32.20** | **152.15** | **1073.83** |

| Produktu nosaukums | 1 | 2 | 3 | 4 | 5 | Vidēji nedēļā |
|---|---|---|---|---|---|---|
| Liesa gaļa vai zivs (fileja) (g) | 62.54 | 76.63 | 66.65 | 104.00 | 75.40 | 77.04 |
| Kartupeļi (g) | 30.77 | 126.73 | 155.08 | 36.00 | 50.00 | 79.72 |
| Piens, kefīrs, jogurts vai cits skābpiena produkts (g) | 155.00 | 368.82 | 371.43 | 222.73 | 329.52 | 289.50 |
| Ar piena olbaltumvielām bagāti produkti (biezpiens, siers) g | 60.46 | 11.25 | 58.95 | 15.00 | 15.00 | 32.13 |
| Augļi vai ogas (g) | 100.00 | 72.00 | 80.00 | 90.00 | 90.00 | 86.40 |
| Dārzeņi, tai skaitā svaigā veidā (g) | 125.63 | 94.43 | 135.23 | 75.00 | 145.86 | 115.23 |
| Dārzeņi svaigā veidā (g) | 125.63 | 94.43 | 135.23 | 75.00 | 145.86 | 115.23 |

Ēdienkarti sastādīja: