

**Ēdienkarte nedēļai: 20.05.2024 - 24.05.2024****(2024.g) 27.pirmsskolas izglītības iestāde, Bauskas iela 104a****Grupa: 3-6**

| Pirmdiena 20.05.2024                                                                                                                                                                                                                         |       |       |       | Otrdiena 21.05.2024                                                                                                                                                                                                                         |       |       |       | Trešdiena 22.05.2024                                                                                                                                                                                                                             |       |       |       | Ceturtdiena 23.05.2024                                                                                                                                                                                                                                                                   |       |       |       | Piektdiena 24.05.2024                                                                                                                                                                                                                                                                                                                                       |       |       |       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|-------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|-------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|-------|
| Olb.                                                                                                                                                                                                                                         | Ogļh. | Tauki | Kcal  | Olb.                                                                                                                                                                                                                                        | Ogļh. | Tauki | Kcal  | Olb.                                                                                                                                                                                                                                             | Ogļh. | Tauki | Kcal  | Olb.                                                                                                                                                                                                                                                                                     | Ogļh. | Tauki | Kcal  | Olb.                                                                                                                                                                                                                                                                                                                                                        | Ogļh. | Tauki | Kcal  |
| <b>Brokastis</b><br>Mannas biežputra ar iebiezinātu piņpienu 180/30-25 [A01, A07] (180g/109,7 kcal)<br>Skolas piens (bezmaksas) [A07] (250g/50,0 kcal)<br>Cepumi (4-6) [A01] (20g/64,3 kcal)                                                 |       |       |       | <b>Brokastis</b><br>Nūdeles pienā [A01, A07] (180g/235,5 kcal)<br>Baltmaize ar saldo biežpiena masu [A01] (70g/161,0 kcal)<br>Bumbieri 80/90 (80g/43,4 kcal)                                                                                |       |       |       | <b>Brokastis</b><br>Kukurūzas biežputra 180/35-140 [A07] (180g/229,9 kcal)<br>Skolas piens (bezmaksas) [A07] (250g/100,0 kcal)<br>Apelsīns 80/100 (80g/31,2 kcal)                                                                                |       |       |       | <b>Brokastis</b><br>Vārtīti makaroni (4-6) [A01, A07] (200g/252,2 kcal)<br>Kafijas dzēriens ar pienu 200/160-3.5 [A07] (200g/75,7 kcal)<br>Bumbieri 80/90 (80g/43,4 kcal)                                                                                                                |       |       |       | <b>Brokastis</b><br>Assorti biežputra (rī+pro+gri) 150/110 [A07] (150g/197,2 kcal)<br>Skolas piens (bezmaksas) [A07] (250g/100,0 kcal)<br>Banāns 80/95 (80g/62,7 kcal)                                                                                                                                                                                      |       |       |       |
| 8,5                                                                                                                                                                                                                                          | 36,6  | 4,5   | 224,0 | 15,0                                                                                                                                                                                                                                        | 70,7  | 10,4  | 439,9 | 14,7                                                                                                                                                                                                                                             | 47,4  | 13,0  | 361,1 | 13,1                                                                                                                                                                                                                                                                                     | 62,5  | 7,8   | 371,3 | 14,6                                                                                                                                                                                                                                                                                                                                                        | 50,8  | 10,8  | 359,9 |
| <b>Pusdienas</b><br>Zemnieku zupa (4-6)ziema-pavasaris [A07] (200g/99,0 kcal)<br>Rupjmaize [A01] (30g/70,3 kcal)<br>Plovs no cūkgaļas 4-6 [A07] (210g/267,5 kcal)<br>Skābēti gurķi 4-6 (50g/13,6 kcal)<br>Morss (4-6) [A01] (150g/44,8 kcal) |       |       |       | <b>Pusdienas</b><br>Zupa Harčo [A07] (180g/115,2 kcal)<br>Rupjmaize [A01] (30g/70,3 kcal)<br>Sautēti kāposti ar vistas gaļu 210/110 [A07] (210g/168,1 kcal)<br>Svaigi gurķi 70/75 (70g/8,0 kcal)<br>Ābolu kompots 150/3/50 (150g/31,3 kcal) |       |       |       | <b>Pusdienas</b><br>Zivju zupa [A01, A04, A07] (180g/106,8 kcal)<br>Rupjmaize [A01] (30g/70,3 kcal)<br>Viltotais zaķis 4-6 [A01, A03] (80g/106,6 kcal)<br>Svaigi tomāti (1-3)(60/67) (60g/9,2 kcal)<br>Rozīnes kompots 150/3/15 (150g/42,6 kcal) |       |       |       | <b>Pusdienas</b><br>Auksta skābeņu zupa(4-6) [A03, A07] (200g/70,9 kcal)<br>Rupjmaize [A01] (30g/70,3 kcal)<br>Azū no cūkgaļas (4-6) ziema-pavasaris [A07] (210g/202,8 kcal)<br>Svaigu kāpostu salāti ar augu eļļu (3-6)(70) (70g/22,7 kcal)<br>Sulas dzēriens 150/3/50 (150g/29,8 kcal) |       |       |       | <b>Pusdienas</b><br>Skābu kāpostu zupa 4-6 ziema-pavasaris [A07] (200g/77,8 kcal)<br>Rupjmaize [A01] (30g/70,3 kcal)<br>Sautēta vistas gaļa 90/130 [A07] (90g/96,7 kcal)<br>Vārtīti kartupeļi 120/190 [A07] (120g/129,4 kcal)<br>Svaigu gurķu,redīsu un zaļo lociņu salāti ar krējumu(3-6) [A07] (50g/16,0 kcal)<br>Apelsīnu kompots 150/3 (150g/24,5 kcal) |       |       |       |
| 27,0                                                                                                                                                                                                                                         | 75,6  | 8,2   | 495,2 | 19,7                                                                                                                                                                                                                                        | 38,6  | 16,9  | 392,9 | 20,3                                                                                                                                                                                                                                             | 41,8  | 9,0   | 335,5 | 22,4                                                                                                                                                                                                                                                                                     | 45,5  | 12,8  | 396,5 | 22,1                                                                                                                                                                                                                                                                                                                                                        | 43,8  | 15,9  | 414,7 |
| <b>Launags</b><br>Kartupeļu biezenis (4-6) ziema-pavasaris [A07] (130g/145,9 kcal)<br>Tēja (200g/13,0 kcal)<br>Rupjmaize [A01] (30g/70,3 kcal)<br>vitamīnu salāti(kāp.,burk.,āboli,papr.)3-6 (50g/21,5 kcal)                                 |       |       |       | <b>Launags</b><br>Omlete ar sieru 150 [A01, A03, A07] (150g/152,0 kcal)<br>Rupjmaize [A01] (30g/70,3 kcal)<br>Tēja (200g/13,0 kcal)                                                                                                         |       |       |       | <b>Launags</b><br>Sautēti dārzeņi [A07] (160g/149,1 kcal)<br>Rupjmaize [A01] (30g/70,3 kcal)<br>Kefirs(4-6) [A07] (200g/100,0 kcal)                                                                                                              |       |       |       | <b>Launags</b><br>Biežpiena pudīns ar džemu 4-6 [A01, A03, A07] (150g/244,8 kcal)<br>Tēja (200g/13,0 kcal)                                                                                                                                                                               |       |       |       | <b>Launags</b><br>Vinegrets 180/82 (180g/96,5 kcal)<br>Rupjmaize [A01] (30g/70,3 kcal)<br>Tēja (200g/13,0 kcal)                                                                                                                                                                                                                                             |       |       |       |
| 6,7                                                                                                                                                                                                                                          | 38,0  | 7,6   | 250,7 | 13,0                                                                                                                                                                                                                                        | 23,6  | 9,7   | 235,3 | 11,7                                                                                                                                                                                                                                             | 36,6  | 13,4  | 319,4 | 14,1                                                                                                                                                                                                                                                                                     | 38,3  | 6,2   | 257,8 | 7,0                                                                                                                                                                                                                                                                                                                                                         | 31,9  | 2,0   | 179,8 |
| <b>Uzturvērtības kopā</b><br>42,2 150,2 20,3 969,9<br>Sāls(g): 2,0000 ; Cukurs(g): 8,5000<br>(22-44) (97-176) (29-52) (860-1170)                                                                                                             |       |       |       | <b>Uzturvērtības kopā</b><br>47,7 132,9 37,0 1068,1<br>Sāls(g): 2,0000 ; Cukurs(g): 10,0000<br>(22-44) (97-176) (29-52) (860-1170)                                                                                                          |       |       |       | <b>Uzturvērtības kopā</b><br>46,7 125,8 35,4 1016,0<br>Sāls(g): 1,3000 ; Cukurs(g): 3,0000<br>(22-44) (97-176) (29-52) (860-1170)                                                                                                                |       |       |       | <b>Uzturvērtības kopā</b><br>49,6 146,3 26,8 1025,6<br>Sāls(g): 2,0000 ; Cukurs(g): 11,5000<br>(22-44) (97-176) (29-52) (860-1170)                                                                                                                                                       |       |       |       | <b>Uzturvērtības kopā</b><br>43,7 126,5 28,7 954,4<br>Sāls(g): 2,0000 ; Cukurs(g): 7,3000<br>(22-44) (97-176) (29-52) (860-1170)                                                                                                                                                                                                                            |       |       |       |
| Sāls(g): (1-1) ; Cukurs(g): (11-11)<br>13.03.2012. MK noteikumi Nr.172                                                                                                                                                                       |       |       |       | Sāls(g): (1-1) ; Cukurs(g): (11-11)<br>13.03.2012. MK noteikumi Nr.172                                                                                                                                                                      |       |       |       | Sāls(g): (1-1) ; Cukurs(g): (11-11)<br>13.03.2012. MK noteikumi Nr.172                                                                                                                                                                           |       |       |       | Sāls(g): (1-1) ; Cukurs(g): (11-11)<br>13.03.2012. MK noteikumi Nr.172                                                                                                                                                                                                                   |       |       |       | Sāls(g): (1-1) ; Cukurs(g): (11-11)<br>13.03.2012. MK noteikumi Nr.172                                                                                                                                                                                                                                                                                      |       |       |       |

Sagatavoja: Vispārējās aprūpes māsa Zinaida Kudeika

**Ēdienkarte nedēļai: 20.05.2024 - 24.05.2024****(2024.g) 27.pirmsskolas izglītības iestāde, Bauskas iela 104a****Grupa: 1-2**

| Pirmdiena 20.05.2024                                                                                                                                                                                                                        |       |       |       | Otrdiena 21.05.2024                                                                                                                                                                                                                         |       |       |       | Trešdiena 22.05.2024                                                                                                                                                                                                                              |       |       |       | Ceturtdiena 23.05.2024                                                                                                                                                                                                                                                                     |       |       |       | Piektdiena 24.05.2024                                                                                                                                                                                                                                                                                                                                       |       |       |       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|-------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|-------|
| Olb.                                                                                                                                                                                                                                        | Ogjh. | Tauki | Kcal  | Olb.                                                                                                                                                                                                                                        | Ogjh. | Tauki | Kcal  | Olb.                                                                                                                                                                                                                                              | Ogjh. | Tauki | Kcal  | Olb.                                                                                                                                                                                                                                                                                       | Ogjh. | Tauki | Kcal  | Olb.                                                                                                                                                                                                                                                                                                                                                        | Ogjh. | Tauki | Kcal  |
| <b>Brokastis</b><br>Mannas biezputra ar iebiezinātu piņpienu 120/25-20 [A01, A07] (120g/91,6 kcal)<br>Skolas piens (bezmaksas) [A07] (250g/50,0 kcal)<br>Cepumi (1-3) [A01] (15g/48,3 kcal)                                                 |       |       |       | <b>Brokastis</b><br>Nūdeles pienā [A01, A07] (130g/137,5 kcal)<br>Baltmaize ar saldo biezpiena masu [A01] (40g/87,3 kcal)<br>Bumbieri 60/70 (60g/32,6 kcal)                                                                                 |       |       |       | <b>Brokastis</b><br>Kukurūzas biezputra 120/22-95 [A07] (120g/149,3 kcal)<br>Skolas piens (bezmaksas) [A07] (250g/100,0 kcal)<br>Apelsīns 60/80 (60g/23,4 kcal)                                                                                   |       |       |       | <b>Brokastis</b><br>Vārti makaroni(1-3) [A01, A07] (150g/206,0 kcal)<br>Kafijas dzēriens ar pienu 150/130-3 [A07] (150g/74,4 kcal)<br>Bumbieri 60/70 (60g/32,6 kcal)                                                                                                                       |       |       |       | <b>Brokastis</b><br>Assorti biezputra (rī+pro+gri)120/95 [A07] (120g/138,3 kcal)<br>Skolas piens (bezmaksas) [A07] (250g/100,0 kcal)<br>Banāns 60/75 (60g/47,3 kcal)                                                                                                                                                                                        |       |       |       |
| 7,4                                                                                                                                                                                                                                         | 30,2  | 4,2   | 189,9 | 9,1                                                                                                                                                                                                                                         | 41,8  | 6,1   | 257,4 | 11,9                                                                                                                                                                                                                                              | 33,3  | 10,5  | 272,7 | 10,8                                                                                                                                                                                                                                                                                       | 48,9  | 8,5   | 313,0 | 12,2                                                                                                                                                                                                                                                                                                                                                        | 36,2  | 10,0  | 285,6 |
| <b>Pusdienas</b><br>Zemnieku zupa(1-3)ziema-pavasaris [A07] (150g/73,1 kcal)<br>Rupjmaize [A01] (20g/46,8 kcal)<br>Plovs no cūkgaļas 1-3 [A07] (160g/211,3 kcal)<br>Skābēti gurķi 1-3 (40g/10,9 kcal)<br>Morss (1-3) [A01] (100g/44,5 kcal) |       |       |       | <b>Pusdienas</b><br>Zupa Harčo [A07] (130g/80,3 kcal)<br>Rupjmaize [A01] (20g/46,8 kcal)<br>Sautēti kāposti ar vistas gaļu 160/85 [A07] (160g/133,1 kcal)<br>Svaigi gurķi (1-3) (40g/4,9 kcal)<br>Ābolu kompots 100/2.5/40 (100g/25,3 kcal) |       |       |       | <b>Pusdienas</b><br>Zivju zupa [A01, A04, A07] (130g/108,9 kcal)<br>Rupjmaize [A01] (20g/46,8 kcal)<br>Viltotais zaķis 1-3 [A01, A03] (60g/78,9 kcal)<br>Svaigi tomāti (1-3)(60/67) (60g/9,2 kcal)<br>Rozīnes kompots 100/2.5/12 (100g/34,3 kcal) |       |       |       | <b>Pusdienas</b><br>Auksta skābeņu zupa (1-3) [A03, A07] (150g/49,6 kcal)<br>Rupjmaize [A01] (20g/46,8 kcal)<br>Azū no cūkgaļas(1-3) ziema-pavasaris [A07] (160g/159,5 kcal)<br>Svaigu kāpostu salāti ar augu eļļu (1-2)(60) (60g/20,2 kcal)<br>Sulas dzēriens 100/2.5/30 (100g/19,7 kcal) |       |       |       | <b>Pusdienas</b><br>Skābu kāpostu zupa 1-3 ziema-pavasaris [A07] (150g/61,2 kcal)<br>Rupjmaize [A01] (20g/46,8 kcal)<br>Sautēta vistas gaļa 80/100 [A07] (80g/92,4 kcal)<br>Vārti kartupeļi 100/160 [A07] (100g/102,1 kcal)<br>Svaigu gurķu,redīsu un zaļo lociņu salāti ar krējumu(3-6) [A07] (50g/16,0 kcal)<br>Apelsīnu kompots 100/2.5 (100g/17,4 kcal) |       |       |       |
| 21,2                                                                                                                                                                                                                                        | 62,0  | 5,7   | 386,6 | 15,9                                                                                                                                                                                                                                        | 27,8  | 12,2  | 290,4 | 14,9                                                                                                                                                                                                                                              | 32,7  | 9,2   | 278,1 | 17,6                                                                                                                                                                                                                                                                                       | 32,5  | 10,1  | 295,8 | 18,8                                                                                                                                                                                                                                                                                                                                                        | 33,0  | 13,9  | 335,9 |
| <b>Launags</b><br>Kartupeļu biezenis [A07] (100g/90,7 kcal)<br>Tēja (150g/7,8 kcal)<br>vitamīnu salāti(kāp.,burk.,āboli,papr.)3-6 (50g/21,5 kcal)<br>Rupjmaize [A01] (20g/46,8 kcal)                                                        |       |       |       | <b>Launags</b><br>Omlete ar sieru 100 [A01, A03, A07] (100g/120,8 kcal)<br>Rupjmaize [A01] (20g/46,8 kcal)<br>Tēja (150g/7,8 kcal)                                                                                                          |       |       |       | <b>Launags</b><br>Sautēti dārzeņi [A07] (100g/82,3 kcal)<br>Rupjmaize [A01] (20g/46,8 kcal)<br>Kefirs(1-3) [A07] (150g/75,0 kcal)                                                                                                                 |       |       |       | <b>Launags</b><br>Biezpiena pudīns ar džemu 1-3 [A01, A03, A07] (100g/166,1 kcal)<br>Tēja (150g/7,8 kcal)                                                                                                                                                                                  |       |       |       | <b>Launags</b><br>Vinegrets 150/70 (150g/76,4 kcal)<br>Rupjmaize [A01] (20g/46,8 kcal)<br>Tēja (150g/7,8 kcal)                                                                                                                                                                                                                                              |       |       |       |
| 4,7                                                                                                                                                                                                                                         | 25,8  | 4,7   | 166,8 | 9,7                                                                                                                                                                                                                                         | 16,4  | 7,8   | 175,4 | 8,2                                                                                                                                                                                                                                               | 25,1  | 7,6   | 204,1 | 9,5                                                                                                                                                                                                                                                                                        | 26,7  | 3,7   | 173,9 | 4,9                                                                                                                                                                                                                                                                                                                                                         | 24,2  | 1,1   | 131,0 |
| <b>Uzturvērtības kopā</b><br>33,3 118,0 14,6 743,3<br>Sāls(g): 2,0000 ; Cukurs(g): 11,5000<br>(18-30) (81-120) (24-36) (720-800)<br>Sāls(g): (2-2) ; Cukurs(g): (11-11)<br>13.03.2012. MK noteikumi Nr.172                                  |       |       |       | <b>Uzturvērtības kopā</b><br>34,7 86,0 26,1 723,2<br>Sāls(g): 2,0000 ; Cukurs(g): 7,5000<br>(18-30) (81-120) (24-36) (720-800)<br>Sāls(g): (2-2) ; Cukurs(g): (11-11)<br>13.03.2012. MK noteikumi Nr.172                                    |       |       |       | <b>Uzturvērtības kopā</b><br>35,0 91,1 27,3 754,9<br>Sāls(g): 1,3000 ; Cukurs(g): 2,5000<br>(18-30) (81-120) (24-36) (720-800)<br>Sāls(g): (2-2) ; Cukurs(g): (11-11)<br>13.03.2012. MK noteikumi Nr.172                                          |       |       |       | <b>Uzturvērtības kopā</b><br>37,9 108,1 22,3 782,7<br>Sāls(g): 2,0000 ; Cukurs(g): 8,5000<br>(18-30) (81-120) (24-36) (720-800)<br>Sāls(g): (2-2) ; Cukurs(g): (11-11)<br>13.03.2012. MK noteikumi Nr.172                                                                                  |       |       |       | <b>Uzturvērtības kopā</b><br>35,9 93,4 25,0 752,5<br>Sāls(g): 2,0000 ; Cukurs(g): 4,9000<br>(18-30) (81-120) (24-36) (720-800)<br>Sāls(g): (2-2) ; Cukurs(g): (11-11)<br>13.03.2012. MK noteikumi Nr.172                                                                                                                                                    |       |       |       |

Sagatavoja: Vispārējās aprūpes māsa Zinaida Kudeika