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| **Pirmdiena 09.09.2024** | **Otrdiena 10.09.2024** | **Trešdiena 11.09.2024** | **Ceturtdiena 12.09.2024** | **Piektdiena 13.09.2024** |
| **Olb.** | **OgĻh.** | **Tauki** | **Kcal** | **Olb.** | **OgĻh.** | **Tauki** | **Kcal** | **Olb.** | **OgĻh.** | **Tauki** | **Kcal** | **Olb.** | **OgĻh.** | **Tauki** | **Kcal** | **Olb.** | **OgĻh.** | **Tauki** | **Kcal** |
| **Brokastis** | **Brokastis** | **Brokastis** | **Brokastis** | **Brokastis** |
| Kukurūzas biezputra ar iebiezinātu pilnpienu 180/35-30 [A01, A07] (180g/152,8 kcal)Tēja (3-6)(200/5) (200g/13,0 kcal) | Zirņu biezenis (4-6) [A07] (200g/258,7 kcal)Tēja (200g/13,0 kcal) Arbūzi 4-6 (150g/56,2 kcal) | 5.graudu biezputra 180/115 [A01, A07] (180g/166,9 kcal)Piens (4-6) [A07] (200g/98,0 kcal) Bumbieri 80/90 (80g/43,4 kcal) | Piena zupa ar nūdelēm (4-6) [A01, A07] (180g/156,2 kcal)Sviestmaize ar sieru [A01, A07] (45g/108,4 kcal)Banāns 60/75 (60g/47,3 kcal) | Auzu pārslas biezputra 180/150 [A01, A07] (180g/242,3 kcal)Kafijas dzēriens ar pienu 200/160-3.5 [A07] (200g/90,4 kcal)Melone 80/110 (80g/43,3 kcal) |
| **3,5** | **36,7** | **2,0** | **165,8** | **19,9** | **66,4** | **1,8** | **327,9** | **12,7** | **47,0** | **7,3** | **308,3** | **12,2** | **50,5** | **6,9** | **311,9** | **15,8** | **56,1** | **9,3** | **376,0** |
| **Pusdienas**Lauku zupa 180/20 [A01, A07] (180g/84,2 kcal)Rupjmaize [A01] (30g/70,3 kcal) Gulass no cūkgaļas(4-6) [A01, A07] (80g/127,6 kcal)Vārīti rīsi 120/50 [A07] (120g/169,5 kcal)Svaigu kāpostu salāti ar augu eļļu (3-6)(70) (70g/16,9 kcal)Morss (4-6) [A01] (150g/46,7 kcal) | **Pusdienas**Zivju zupa ar krējumu(4-6)ziema-pavasaris [A04, A07] (200g/87,2 kcal)Rupjmaize [A01] (30g/70,3 kcal) Viltotais zaķis 4-6 [A01, A03] (80g/106,6 kcal)Vārīti griķi 130/50 [A07] (130g/206,9 kcal)Redīsu un sv. gurķu salāti ar krējumu 70/55/25-15 [A07] (70g/38,0 kcal)Ķiršu kompots 150/3/60 (150g/34,3 kcal) | **Pusdienas**Frikadeļu zupa 200/90/10 [A01, A03, A07] (200g/136,7 kcal)Rupjmaize [A01] (30g/70,3 kcal) Aknu befstroganovs [A01, A07] (100g/131,7 kcal)Vārīti kartupeļi 120/190 [A07] (120g/80,0 kcal)Rudens salāti 75/25 [A07] (75g/66,4 kcal)Mājas limonāde 150/3/60-10 (150g/28,6 kcal) | **Pusdienas**Vistas zupa ar olu (4-6) [A03, A07] (200g/56,1 kcal)Rupjmaize [A01] (30g/70,3 kcal) Pīrādziņi ar gaļu (4-6) [A01, A03, A07] (210g/372,2 kcal)Svaigu gurķu un tomātu salāti ar krējumu (4-6) [A07] (50g/12,8 kcal)Rozīņu kompots (4-6) (150g/49,6 kcal) | **Pusdienas**Siera zupa 4-6 vasara-rudens [A07] (200g/98,2 kcal)Rupjmaize [A01] (30g/70,3 kcal) Vistas kotlete 4-6 (ar baltmaize) [A01, A03] (80g/91,2 kcal)Vārīti makaroni 120/55 [A01, A07] (120g/199,9 kcal)Burkānu salāti ar saulespuķu sēkliņām un augu eļļu (1-6) (70g/52,1 kcal) Citronu dzēriens (150g/9,8 kcal) |
| **27,1** | **78,3** | **9,4** | **515,2** | **28,4** | **69,7** | **15,4** | **543,3** | **31,6** | **52,4** | **19,3** | **513,7** | **30,8** | **70,9** | **17,2** | **561,0** | **25,3** | **74,4** | **12,7** | **521,5** |
| **Launags** | **Launags** | **Launags** | **Launags** | **Launags** |
| biezpiena pudiņs ar iebiez.pienu 3-6 [A01, A03, A07] (150g/182,9 kcal)Piens (4-6) [A07] (200g/98,0 kcal) Āboli 80/90 (80g/41,8 kcal) | Kartupeļu pankūkas ar krējumu 4-6 vasara-rudens [A01, A03, A07] (150g/144,1 kcal)Kefīrs(4-6) [A07] (200g/100,0 kcal) | Omlete [A01, A03, A07] (200g/136,3kcal)Baltmaize 30 [A01] (30g/91,2 kcal) Kafijas dzēriens ar pienu 200/160-3.5 [A07] (200g/84,5 kcal) | Mannas biezputra 180/130 [A01, A07] (180g/181,9 kcal)Augļu biezenis 25 (25g/20,0 kcal) Kakao ar pienu 200/5/150-2 (22) [A07] (200g/83,0 kcal) | Vinegrets 180/82 (180g/96,5 kcal) Rupjmaize [A01] (30g/70,3 kcal)Zaļā tēja (3-6)(200/5) (200g/13,0 kcal) Cepumi (4-6) [A01] (20g/64,3 kcal) |
| **21,0** | **37,6** | **10,5** | **322,7** | **10,3** | **31,2** | **8,8** | **244,1** | **16,0** | **35,8** | **11,9** | **312,0** | **10,9** | **43,5** | **8,2** | **284,9** | **9,1** | **42,9** | **3,3** | **244,1** |
| **Uzturvērtības kopā** | **Uzturvērtības kopā** | **Uzturvērtības kopā** | **Uzturvērtības kopā** | **Uzturvērtības kopā** |
| **51,6 152,6 21,9 1003,7****Sāls(g): 2,0000 ; Cukurs(g): 17,8000**(22-44) (97-176) (29-52) (860-1170)Sāls(g): (1-1) ; Cukurs(g): (11-11) 13.03.2012. MK noteikumi Nr.172 | **58,6 167,3 26,0 1115,3****Sāls(g): 2,0000 ; Cukurs(g): 8,0000**(22-44) (97-176) (29-52) (860-1170)Sāls(g): (1-1) ; Cukurs(g): (11-11) 13.03.2012. MK noteikumi Nr.172 | **60,3 135,2 38,5 1134,0****Sāls(g): 2,0000 ; Cukurs(g): 12,1000**(22-44) (97-176) (29-52) (860-1170)Sāls(g): (1-1) ; Cukurs(g): (11-11) 13.03.2012. MK noteikumi Nr.172 | **53,9 164,9 32,3 1157,8****Sāls(g): 2,0000 ; Cukurs(g): 22,0000**(22-44) (97-176) (29-52) (860-1170)Sāls(g): (1-1) ; Cukurs(g): (11-11) 13.03.2012. MK noteikumi Nr.172 | **50,2 173,4 25,3 1141,6****Sāls(g): 2,0000 ; Cukurs(g): 16,5000**(22-44) (97-176) (29-52) (860-1170)Sāls(g): (1-1) ; Cukurs(g): (11-11) 13.03.2012. MK noteikumi Nr.172 |

Sagatavoja: Vispārējās aprūpes māsa Zinaida Kudeika

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| **Pirmdiena 09.09.2024** | **Otrdiena 10.09.2024** | **Trešdiena 11.09.2024** | **Ceturtdiena 12.09.2024** | **Piektdiena 13.09.2024** |
| **Olb.** | **OgĻh.** | **Tauki** | **Kcal** | **Olb.** | **OgĻh.** | **Tauki** | **Kcal** | **Olb.** | **OgĻh.** | **Tauki** | **Kcal** | **Olb.** | **OgĻh.** | **Tauki** | **Kcal** | **Olb.** | **OgĻh.** | **Tauki** | **Kcal** |
| **Brokastis** | **Brokastis** | **Brokastis** | **Brokastis** | **Brokastis** |
| Kukurūzas biezputra ar iebiezinātu pilnpienu 120/30-25 [A01, A07] (120g/133,3 kcal)Tēja (150g/7,8 kcal) | Zirņu biezenis (1-3) [A07] (150g/260,9 kcal)Tēja (150g/7,8 kcal) Arbūzi 1-3 (70g/26,2 kcal) | 5 graudu biezputra 120/95 [A01, A07] (120g/129,3 kcal)Piens (1-3) [A07] (150g/51,5 kcal) Bumbieri 60/70 (60g/32,6 kcal) | Piena zupa ar nūdelēm (1-3) [A01, A07] (150g/109,4 kcal)Sviestmaize ar sieru [A01, A07] (45g/108,4 kcal)Banāns 60/75 (60g/47,3 kcal) | Auzu pārslu biezputra 120/110 [A01, A07] (120g/159,3 kcal)Kafijas dzēriens ar pienu 150/130-3 [A07] (150g/59,7 kcal)Melone 60/90 (60g/32,5 kcal) |
| **2,5** | **26,9** | **3,9** | **141,1** | **16,5** | **50,3** | **6,0** | **294,9** | **8,6** | **33,5** | **4,9** | **213,4** | **9,9** | **43,2** | **6,0** | **265,1** | **9,6** | **37,4** | **7,3** | **251,5** |
| **Pusdienas**Lauku zupa 130/15 [A01, A07] (130g/63,0 kcal)Rupjmaize [A01] (20g/46,8 kcal) Gulass no cūkgaļas (1-3) [A01, A07] (60g/85,4 kcal)Vārīti rīsi 100/40 [A07] (100g/135,9 kcal)Svaigu kāpostu salāti ar augu eļļu (1-2)(60) (60g/14,4 kcal)Morss (1-3) [A01] (100g/30,3 kcal) | **Pusdienas**Zivju zupa ar krējumu (1-3)ziema-pavasaris [A04, A07] (150g/56,8 kcal)Rupjmaize [A01] (20g/46,8 kcal) Viltotais zaķis 1-3 [A01, A03] (60g/78,9 kcal)Vārīti griķi 100/40 [A07] (100g/100,6 kcal)Redīsu un sv. gurķu salāti ar krējumu 60/45/20-15 [A07] (60g/8,9 kcal)Ķiršu kompots 100/2.5/50 (100g/28,6 kcal) | **Pusdienas**Frikadeļu zupa 150/60/7 [A01, A03, A07] (150g/86,4 kcal)Rupjmaize [A01] (20g/41,2 kcal) Aknu befstroganovs [A01, A07] (80g/106,0 kcal)Vārīti kartupeļi 100/160 [A07] (100g/66,9 kcal)Rudens salāti [A07] (60g/16,4 kcal) Mājas limonāde 100/2.5/45-6 (100g/21,6 kcal) | **Pusdienas**Vistas zupa ar olu (1-3) [A03, A07] (150g/28,9 kcal)Rupjmaize [A01] (20g/46,8 kcal) Pīrādziņi ar gaļu (1-3) [A01, A03, A07] (160g/278,3 kcal)Svaigu gurķu un tomātu salāti ar krējumu (1-3) [A07] (60g/11,9 kcal)Rozīņu kompots (1-3) (100g/34,3 kcal) | **Pusdienas**Siera zupa 1-3 vasara-rudens [A07] (150g/81,7 kcal)Rupjmaize [A01] (20g/46,8 kcal) Vistas kotlete 1-3 (ar baltmaize) [A01, A03] (60g/73,7 kcal)Vārīti makaroni 100/45 [A01, A07] (100g/115,0 kcal)Burkānu salāti ar saulespuķu sēkliņām un augu eļļu (1-6) (70g/52,1 kcal) Citronu dzēriens (100g/7,9 kcal) |
| **20,4** | **58,5** | **5,9** | **375,8** | **18,9** | **46,0** | **6,1** | **320,6** | **22,2** | **38,9** | **10,0** | **338,5** | **23,0** | **59,4** | **7,6** | **400,2** | **21,5** | **49,0** | **9,9** | **377,2** |
| **Launags** | **Launags** | **Launags** | **Launags** | **Launags** |
| biezpiena pudiņs ar iebiez.pienu 1-2 [A01, A03, A07] (150g/176,8 kcal)Piens (1-3) [A07] (150g/58,8 kcal) Āboli 60/70 (60g/31,3 kcal) | Kartupeļu pankūkas ar krējumu 1-3 vasara-rudens [A01, A03, A07] (100g/93,8 kcal)Kefīrs(1-3) [A07] (150g/75,0 kcal) | Omlete [A01, A03, A07] (150g/141,4kcal)Baltmaize 20 [A01] (20g/44,1 kcal) Kafijas dzēriens ar pienu 150/130-3 [A07] (150g/59,7 kcal) | Mannas biezputra 120/100 [A01, A07] (120g/105,2 kcal)Augļu biezenis 15 (15g/12,0 kcal) Kakao ar pienu 150/2,5/100-2 (22) [A07] (150g/47,1 kcal) | Vinegrets 150/70 (150g/76,4 kcal) Rupjmaize [A01] (20g/46,8 kcal)Zaļā tēja (1-2)(150/3) (150g/7,8 kcal) Cepumi (1-3) [A01] (15g/33,8 kcal) |
| **18,9** | **32,4** | **7,8** | **266,9** | **7,6** | **21,3** | **6,1** | **168,8** | **12,8** | **22,3** | **11,8** | **245,2** | **6,9** | **26,6** | **3,9** | **164,3** | **6,0** | **30,0** | **1,8** | **164,8** |
| **Uzturvērtības kopā** | **Uzturvērtības kopā** | **Uzturvērtības kopā** | **Uzturvērtības kopā** | **Uzturvērtības kopā** |
| **41,8 117,8 17,6 783,8****Sāls(g): 2,0000 ; Cukurs(g): 15,5000**(18-30) (81-120) (24-36) (720-800)Sāls(g): (2-2) ; Cukurs(g): (11-11) 13.03.2012. MK noteikumi Nr.172 | **43,0 117,6 18,2 784,3****Sāls(g): 2,0000 ; Cukurs(g): 5,5000**(18-30) (81-120) (24-36) (720-800)Sāls(g): (2-2) ; Cukurs(g): (11-11) 13.03.2012. MK noteikumi Nr.172 | **43,6 94,7 26,7 797,1****Sāls(g): 2,0000 ; Cukurs(g): 9,8000**(18-30) (81-120) (24-36) (720-800)Sāls(g): (2-2) ; Cukurs(g): (11-11) 13.03.2012. MK noteikumi Nr.172 | **39,8 129,2 17,5 829,6****Sāls(g): 2,0000 ; Cukurs(g): 17,4000**(18-30) (81-120) (24-36) (720-800)Sāls(g): (2-2) ; Cukurs(g): (11-11) 13.03.2012. MK noteikumi Nr.172 | **37,1 116,4 19,0 793,5****Sāls(g): 2,0000 ; Cukurs(g): 13,5000**(18-30) (81-120) (24-36) (720-800)Sāls(g): (2-2) ; Cukurs(g): (11-11) 13.03.2012. MK noteikumi Nr.172 |

Sagatavoja: Vispārējās aprūpes māsa Zinaida Kudeika