

## Ēdienkarte nedēļai: 18.09.2023 - 22.09.2023

Gulbenes 3. pirmsskolas izglītības iestāde "Auseklītis" (ēdināšana)

Grupa: 1.-2.

| Pirmdienā 18.09.2023                                                                                                                                                                                                                                                                                                                         |       |       |       | Otrdienā 19.09.2023                                                                                                                                                                                                                                                                                                                                                                              |       |       |       | Trešdienā 20.09.2023                                                                                                                                                                                                                                   |       |       |       | Ceturtdienā 21.09.2023                                                                                                                                                                                                                                                                                                                                                                               |       |       |       | Piektdienā 22.09.2023                                                                                                                                                                                                                                                                                                                                                                          |       |       |       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|-------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|-------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|-------|
| Olb.                                                                                                                                                                                                                                                                                                                                         | Ogļh. | Tauki | Kcal  | Olb.                                                                                                                                                                                                                                                                                                                                                                                             | Ogļh. | Tauki | Kcal  | Olb.                                                                                                                                                                                                                                                   | Ogļh. | Tauki | Kcal  | Olb.                                                                                                                                                                                                                                                                                                                                                                                                 | Ogļh. | Tauki | Kcal  | Olb.                                                                                                                                                                                                                                                                                                                                                                                           | Ogļh. | Tauki | Kcal  |
| <b>Brokastis</b><br>5graudu pārslu b/p/3 [A01, A07] (150g/103,6 kcal)<br>Ievārījums/3 (20g/37,2 kcal)<br>Tēja ar medu (150g/15,1 kcal)<br>Cukurs/3b (4g/16,0 kcal)                                                                                                                                                                           |       |       |       | <b>Brokastis</b><br>Sviestmaize ar sieru/3 [A01, A07] (50g/173,9 kcal)<br>Kakao/3 [A07] (160g/61,1 kcal)<br>Cukurs/3b (4g/16,0 kcal)                                                                                                                                                                                                                                                             |       |       |       | <b>Brokastis</b><br>Aknu pastēte/3 [A07] (30g/62,8 kcal)<br>Baltmaize/3 [A01, A07] (20g/53,7 kcal)<br>Dārzeņu asorti/3 (60g/13,5 kcal)<br>Banāni/3 (70g/64,1 kcal)<br>Ķimeņu tēja/3 (150g/0,4 kcal)<br>Cukurs/3b (3g/12,0 kcal)                        |       |       |       | <b>Brokastis</b><br>Sviestmaize ar vistas gaļas ruleti/3 [A01, A07] (50g/122,9 kcal)<br>Tēja ar medu (150g/17,4 kcal)<br>Tomāti svaigi/3 (45g/7,2 kcal)<br>Vīnogas/3 (70g/44,9 kcal)<br>Cukurs/3b (2g/8,0 kcal)                                                                                                                                                                                      |       |       |       | <b>Brokastis</b><br>Kukurūzas putrainu biezputra/3 [A01, A07] (140g/151,0 kcal)<br>Ievārījums/3 (20g/37,2 kcal)<br>Ķimeņu tēja/3 (150g/0,4 kcal)<br>Bumbieri/3 (70g/37,9 kcal)<br>Cukurs/3b (2g/8,0 kcal)                                                                                                                                                                                      |       |       |       |
| 6,8                                                                                                                                                                                                                                                                                                                                          | 29,3  | 3,2   | 171,9 | 10,2                                                                                                                                                                                                                                                                                                                                                                                             | 22,7  | 13,2  | 251,0 | 8,4                                                                                                                                                                                                                                                    | 30,7  | 5,2   | 206,5 | 7,6                                                                                                                                                                                                                                                                                                                                                                                                  | 30,7  | 5,2   | 200,4 | 7,6                                                                                                                                                                                                                                                                                                                                                                                            | 38,6  | 5,4   | 234,5 |
| <b>Pusdienas</b><br>Zirņu zupa/3 [A01, A07] (140g/128,8 kcal)<br>Rudzu maize-2/3 [A01] (20g/51,9 kcal)<br>Griķi vārīti/3 (90g/96,5 kcal)<br>Gulaša mērce/3 [A01, A07] (90g/119,0 kcal)<br>Svaigu kāpostu, burkānu salāti ar eļļu/3 (50g/29,6 kcal)<br>Sulas dzēriens /3 (150g/20,9 kcal)<br>Cukurs/3p (4g/16,0 kcal)<br>Sāls/3 (2g/0,0 kcal) |       |       |       | <b>Pusdienas</b><br>Zivju zupa/3. [A04, A07] (140g/62,3 kcal)<br>Rudzu maize-2/3 [A01] (20g/51,9 kcal)<br>Kartupeļi/3 (90g/61,3 kcal)<br>Piena mērce/3 [A01, A07] (35g/15,5 kcal)<br>Cūkgaļas kotlete/3. [A01, A03, A07] (45g/96,4 kcal)<br>Burkānu-kukurūzas salāti ar krējumu/3 [A01, A07] (50g/31,1 kcal)<br>Ogu dzēriens (150g/3,9 kcal)<br>Cukurs/3p (5g/20,0 kcal)<br>Sāls/3 (2g/0,0 kcal) |       |       |       | <b>Pusdienas</b><br>Borščs/3 [A07] (145g/87,6 kcal)<br>Rudzu maize-2/3 [A01] (20g/51,9 kcal)<br>Pļovs./3 (130g/200,1 kcal)<br>Svaigs gurķis/3 (45g/5,1 kcal)<br>Sulas dzēriens /3 (150g/20,9 kcal)<br>Cukurs/3p (5g/20,0 kcal)<br>Sāls/3 (2g/0,0 kcal) |       |       |       | <b>Pusdienas</b><br>Kartupeļu pīrē-2/3 [A07] (110g/80,9 kcal)<br>Maltās gaļas mērce/3 [A01, A07] (85g/101,8 kcal)<br>Biešu, skābu kāpostu salāti /3 (50g/32,9 kcal)<br>Rudzu maize-2/3 [A01] (20g/51,9 kcal)<br>Biezpiena saldā masa/3 [A07] (60g/84,8 kcal)<br>Svaigas zemenes ar cukuru/3 (16g/5,8 kcal)<br>Citronu dzēriens/3 (140g/1,8 kcal)<br>Cukurs/3p (8g/31,9 kcal)<br>Sāls/3 (2g/0,0 kcal) |       |       |       | <b>Pusdienas</b><br>Dārzeņu-pelmeņu zupa/3 [A07] (140g/130,5 kcal)<br>Rudzu maize-2/3 [A01] (20g/51,9 kcal)<br>Kartupeļi/3 (90g/61,3 kcal)<br>Piena mērce/3 tom. mērce [A01, A07] (35g/21,9 kcal)<br>Cepts vistu šķiņķis/3 (50g/102,6 kcal)<br>Ķīnas kāpostu-tomātu salāti ar eļļu/3 (50g/38,4 kcal)<br>Sulas dzēriens /3 (150g/20,9 kcal)<br>Cukurs/3p (3g/12,0 kcal)<br>Sāls/3 (2g/0,0 kcal) |       |       |       |
| 18,8                                                                                                                                                                                                                                                                                                                                         | 63,8  | 14,6  | 462,7 | 14,9                                                                                                                                                                                                                                                                                                                                                                                             | 47,7  | 10,1  | 342,4 | 14,6                                                                                                                                                                                                                                                   | 56,7  | 11,2  | 385,6 | 19,4                                                                                                                                                                                                                                                                                                                                                                                                 | 45,7  | 14,4  | 391,8 | 17,9                                                                                                                                                                                                                                                                                                                                                                                           | 51,0  | 17,8  | 439,5 |
| <b>Launags</b><br>Omlete ar desu/3. [A03, A07] (60g/95,8 kcal)<br>Sviestmaize/3 [A01, A07] (22g/76,1 kcal)<br>Tēja/3 (150g/0,0 kcal)<br>Cukurs/3l (3g/12,0 kcal)                                                                                                                                                                             |       |       |       | <b>Launags</b><br>Makaronu piena zupa/3 [A01, A07] (150g/101,4 kcal)<br>Sviestmaize/3 [A01, A07] (20g/69,1 kcal)<br>Cukurs/3l (2g/8,0 kcal)                                                                                                                                                                                                                                                      |       |       |       | <b>Launags</b><br>Rīsa ,prosas biezputra/3 [A01, A07] (140g/115,9 kcal)<br>Svaigas zemenes ar cukuru/3 (16g/5,8 kcal)<br>Piens/3 [A07] (140g/73,5 kcal)<br>Cukurs/3l (3g/12,0 kcal)                                                                    |       |       |       | <b>Launags</b><br>Cepti makaroni ar desu/3 [A01] (100g/157,8 kcal)<br>Tēja/3 (150g/0,0 kcal)<br>Cukurs/3l (1g/4,0 kcal)                                                                                                                                                                                                                                                                              |       |       |       | <b>Launags</b><br>Ābolu ,uzpūtenis/3 [A01] (90g/44,5 kcal)<br>Piens/3 [A07] (140g/73,5 kcal)<br>Cukurs/3l (6g/24,0 kcal)<br>Baltmaize/3 [A01, A07] (15g/40,8 kcal)                                                                                                                                                                                                                             |       |       |       |
| 8,2                                                                                                                                                                                                                                                                                                                                          | 14,0  | 10,5  | 183,9 | 5,6                                                                                                                                                                                                                                                                                                                                                                                              | 28,0  | 4,9   | 178,5 | 8,4                                                                                                                                                                                                                                                    | 29,6  | 6,0   | 207,2 | 5,7                                                                                                                                                                                                                                                                                                                                                                                                  | 25,9  | 4,0   | 161,8 | 6,0                                                                                                                                                                                                                                                                                                                                                                                            | 30,4  | 4,1   | 182,8 |
| <b>Uzturvērtības kopā</b><br>33,8 107,1 28,3 818,5<br>Sāls(g): 2,0000 ; Cukurs(g): 11,0000<br>(18-30) (81-120) (24-36) (720-800)<br>Sāls(g): (1-2) ; Cukurs(g): (15-20)<br>13.03.2012. MK noteikumi Nr.172                                                                                                                                   |       |       |       | <b>Uzturvērtības kopā</b><br>30,7 98,4 28,2 771,9<br>Sāls(g): 2,0000 ; Cukurs(g): 11,0000<br>(18-30) (81-120) (24-36) (720-800)<br>Sāls(g): (1-2) ; Cukurs(g): (15-20)<br>13.03.2012. MK noteikumi Nr.172                                                                                                                                                                                        |       |       |       | <b>Uzturvērtības kopā</b><br>31,4 117,0 22,4 799,3<br>Sāls(g): 2,0000 ; Cukurs(g): 11,0000<br>(18-30) (81-120) (24-36) (720-800)<br>Sāls(g): (1-2) ; Cukurs(g): (15-20)<br>13.03.2012. MK noteikumi Nr.172                                             |       |       |       | <b>Uzturvērtības kopā</b><br>32,7 102,3 23,6 754,0<br>Sāls(g): 2,0000 ; Cukurs(g): 11,0000<br>(18-30) (81-120) (24-36) (720-800)<br>Sāls(g): (1-2) ; Cukurs(g): (15-20)<br>13.03.2012. MK noteikumi Nr.172                                                                                                                                                                                           |       |       |       | <b>Uzturvērtības kopā</b><br>31,5 120,0 27,3 856,8<br>Sāls(g): 2,0000 ; Cukurs(g): 11,0000<br>(18-30) (81-120) (24-36) (720-800)<br>Sāls(g): (1-2) ; Cukurs(g): (15-20)<br>13.03.2012. MK noteikumi Nr.172                                                                                                                                                                                     |       |       |       |

## Ēdienkarte nedēļai: 18.09.2023 - 22.09.2023

Gulbenes 3. pirmsskolas izglītības iestāde "Auseklītis" (ēdināšana)

Grupa: 3.-6.

| Pirmdiena 18.09.2023                                                                                                                                                                                                                                                                                                                           |       |       |       | Otrdiena 19.09.2023                                                                                                                                                                                                                                                                                                                                                                                |       |       |       | Trešdiena 20.09.2023                                                                                                                                                                                                                                   |       |       |       | Ceturtdiena 21.09.2023                                                                                                                                                                                                                                                                                                                                                                                 |       |       |       | Piektdiena 22.09.2023                                                                                                                                                                                                                                                                                                                                                                           |       |       |       |
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| Olb.                                                                                                                                                                                                                                                                                                                                           | Ogļh. | Tauki | Kcal  | Olb.                                                                                                                                                                                                                                                                                                                                                                                               | Ogļh. | Tauki | Kcal  | Olb.                                                                                                                                                                                                                                                   | Ogļh. | Tauki | Kcal  | Olb.                                                                                                                                                                                                                                                                                                                                                                                                   | Ogļh. | Tauki | Kcal  | Olb.                                                                                                                                                                                                                                                                                                                                                                                            | Ogļh. | Tauki | Kcal  |
| <b>Brokastis</b><br>5graudu pārslu b/p/3 [A01, A07] (170g/117,4 kcal)<br>Ievārījums/3 (25g/46,5 kcal)<br>Tēja ar medu (150g/15,1 kcal)<br>Cukurs/3b (4g/16,0 kcal)                                                                                                                                                                             |       |       |       | <b>Brokastis</b><br>Sviestmaize ar sieru/3 [A01, A07] (50g/173,9 kcal)<br>Kakao/3 [A07] (160g/61,1 kcal)<br>Cukurs/3b (4g/16,0 kcal)                                                                                                                                                                                                                                                               |       |       |       | <b>Brokastis</b><br>Aknu pastēte/3 [A07] (40g/83,7 kcal)<br>Baltmaize/3 [A01, A07] (25g/67,1 kcal)<br>Dārzenų asorti/3 (60g/13,5 kcal)<br>Banāni/3 (100g/91,6 kcal)<br>Ķīmeņu tēja/3 (150g/0,4 kcal)<br>Cukurs/3b (3g/12,0 kcal)                       |       |       |       | <b>Brokastis</b><br>Sviestmaize ar vistas gaļas ruli/3 [A01, A07] (55g/135,2 kcal)<br>Tēja ar medu (150g/17,4 kcal)<br>Tomāti svaigi/3 (55g/8,8 kcal)<br>Vīnogas/3 (100g/84,1 kcal)<br>Cukurs/3b (2g/8,0 kcal)                                                                                                                                                                                         |       |       |       | <b>Brokastis</b><br>Kukurūzas putrainu biezputra/3 [A01, A07] (165g/177,9 kcal)<br>Ievārījums/3 (25g/46,5 kcal)<br>Ķīmeņu tēja/3 (150g/0,4 kcal)<br>Bumbieri/3 (100g/54,1 kcal)<br>Cukurs/3b (2g/8,0 kcal)                                                                                                                                                                                      |       |       |       |
| 8,1                                                                                                                                                                                                                                                                                                                                            | 32,7  | 3,7   | 195,0 | 10,2                                                                                                                                                                                                                                                                                                                                                                                               | 22,7  | 13,2  | 251,0 | 10,8                                                                                                                                                                                                                                                   | 39,7  | 6,9   | 268,3 | 8,6                                                                                                                                                                                                                                                                                                                                                                                                    | 36,7  | 5,7   | 233,5 | 9,3                                                                                                                                                                                                                                                                                                                                                                                             | 47,6  | 6,4   | 286,9 |
| <b>Pusdienas</b><br>Zirņu zupa/3 [A01, A07] (160g/147,1 kcal)<br>Rudzu maize-2/3 [A01] (25g/64,9 kcal)<br>Griķi vārīti/3 (110g/117,9 kcal)<br>Gulaša mērce/3 [A01, A07] (90g/119,0 kcal)<br>Svaigu kāpostu, burkānu salāti ar eļļu/3 (60g/35,5 kcal)<br>Sulas dzēriens /3 (150g/20,9 kcal)<br>Cukurs/3p (4g/16,0 kcal)<br>Sāls/3 (2g/0,0 kcal) |       |       |       | <b>Pusdienas</b><br>Zivju zupa/3. [A04, A07] (160g/71,1 kcal)<br>Rudzu maize-2/3 [A01] (30g/77,9 kcal)<br>Kartupeļi/3 (120g/81,7 kcal)<br>Piena mērce/3 [A01, A07] (35g/15,5 kcal)<br>Cūkgaļas kotlete/3. [A01, A03, A07] (65g/139,2 kcal)<br>Burkānu-kukurūzas salāti ar krējumu/3 [A01, A07] (75g/46,7 kcal)<br>Ogu dzēriens (160g/4,2 kcal)<br>Cukurs/3p (5g/20,0 kcal)<br>Sāls/3 (2g/0,0 kcal) |       |       |       | <b>Pusdienas</b><br>Borščs/3 [A07] (160g/96,7 kcal)<br>Rudzu maize-2/3 [A01] (30g/77,9 kcal)<br>Plovsi/3 (160g/246,4 kcal)<br>Svaigs gurķis/3 (55g/6,2 kcal)<br>Sulas dzēriens /3 (150g/20,9 kcal)<br>Cukurs/3p (5g/20,0 kcal)<br>Sāls/3 (2g/0,0 kcal) |       |       |       | <b>Pusdienas</b><br>Kartupeļu pirē-2/3 [A07] (140g/102,9 kcal)<br>Maltās gaļas mērce/3 [A01, A07] (90g/107,8 kcal)<br>Biešu, skābu kāpostu salāti /3 (65g/42,8 kcal)<br>Rudzu maize-2/3 [A01] (30g/77,9 kcal)<br>Biezpiena saldā masa/3 [A07] (75g/106,0 kcal)<br>Svaigas zemenes ar cukuru/3 (20g/7,3 kcal)<br>Citronu dzēriens/3 (160g/2,1 kcal)<br>Cukurs/3p (8g/31,9 kcal)<br>Sāls/3 (2g/0,0 kcal) |       |       |       | <b>Pusdienas</b><br>Dārzenų-pelmeņu zupa/3 [A07] (165g/153,8 kcal)<br>Rudzu maize-2/3 [A01] (30g/77,9 kcal)<br>Kartupeļi/3 (120g/81,7 kcal)<br>Piena mērce/3 tom. mērce [A01, A07] (35g/21,9 kcal)<br>Cepts vistu šķiņķis/3 (60g/123,2 kcal)<br>Ķīnas kāpostu-tomātu salāti ar eļļu/3 (65g/50,0 kcal)<br>Sulas dzēriens /3 (150g/20,9 kcal)<br>Cukurs/3p (3g/12,0 kcal)<br>Sāls/3 (2g/0,0 kcal) |       |       |       |
| 20,4                                                                                                                                                                                                                                                                                                                                           | 73,7  | 15,9  | 521,3 | 20,0                                                                                                                                                                                                                                                                                                                                                                                               | 62,1  | 14,0  | 456,3 | 17,7                                                                                                                                                                                                                                                   | 69,2  | 13,4  | 468,1 | 23,3                                                                                                                                                                                                                                                                                                                                                                                                   | 57,2  | 17,2  | 478,7 | 21,9                                                                                                                                                                                                                                                                                                                                                                                            | 64,2  | 21,4  | 541,4 |
| <b>Launags</b><br>Omlete ar desu/3. [A03, A07] (60g/95,8 kcal)<br>Sviestmaize/3 [A01, A07] (27g/93,4 kcal)<br>Tēja/3 (150g/0,0 kcal)<br>Cukurs/3l (3g/12,0 kcal)                                                                                                                                                                               |       |       |       | <b>Launags</b><br>Makaronu piena zupa/3 [A01, A07] (175g/118,3 kcal)<br>Sviestmaize/3 [A01, A07] (20g/69,1 kcal)<br>Cukurs/3l (2g/8,0 kcal)                                                                                                                                                                                                                                                        |       |       |       | <b>Launags</b><br>Rīsa, prosas biezputra/3 [A01, A07] (180g/149,1 kcal)<br>Svaigas zemenes ar cukuru/3 (20g/7,3 kcal)<br>Piens/3 [A07] (180g/94,5 kcal)<br>Cukurs/3l (3g/12,0 kcal)                                                                    |       |       |       | <b>Launags</b><br>Cepti makaroni ar desu/3 [A01] (130g/205,2 kcal)<br>Tēja/3 (150g/0,0 kcal)<br>Cukurs/3l (1g/4,0 kcal)                                                                                                                                                                                                                                                                                |       |       |       | <b>Launags</b><br>Ābolu uzpūtenis/3 [A01] (110g/54,5 kcal)<br>Piens/3 [A07] (170g/89,3 kcal)<br>Cukurs/3l (6g/24,0 kcal)<br>Baltmaize/3 [A01, A07] (20g/54,4 kcal)                                                                                                                                                                                                                              |       |       |       |
| 8,5                                                                                                                                                                                                                                                                                                                                            | 16,3  | 11,2  | 201,2 | 6,3                                                                                                                                                                                                                                                                                                                                                                                                | 30,8  | 5,2   | 195,4 | 10,7                                                                                                                                                                                                                                                   | 37,2  | 7,7   | 262,9 | 7,4                                                                                                                                                                                                                                                                                                                                                                                                    | 33,4  | 5,2   | 209,2 | 7,4                                                                                                                                                                                                                                                                                                                                                                                             | 36,7  | 5,0   | 222,2 |
| <b>Uzturvērtības kopā</b><br>37,0 122,7 30,8 917,5<br>Sāls(g): 2,0000 ; Cukurs(g): 11,0000<br>(22-44) (97-176) (29-52) (860-1170)<br>Sāls(g): (1-2) ; Cukurs(g): (15-20)<br>13.03.2012. MK noteikumi Nr.172                                                                                                                                    |       |       |       | <b>Uzturvērtības kopā</b><br>36,5 115,6 32,4 902,7<br>Sāls(g): 2,0000 ; Cukurs(g): 11,0000<br>(22-44) (97-176) (29-52) (860-1170)<br>Sāls(g): (1-2) ; Cukurs(g): (15-20)<br>13.03.2012. MK noteikumi Nr.172                                                                                                                                                                                        |       |       |       | <b>Uzturvērtības kopā</b><br>39,2 146,1 28,0 999,3<br>Sāls(g): 2,0000 ; Cukurs(g): 11,0000<br>(22-44) (97-176) (29-52) (860-1170)<br>Sāls(g): (1-2) ; Cukurs(g): (15-20)<br>13.03.2012. MK noteikumi Nr.172                                            |       |       |       | <b>Uzturvērtības kopā</b><br>39,3 127,3 28,1 921,4<br>Sāls(g): 2,0000 ; Cukurs(g): 11,0000<br>(22-44) (97-176) (29-52) (860-1170)<br>Sāls(g): (1-2) ; Cukurs(g): (15-20)<br>13.03.2012. MK noteikumi Nr.172                                                                                                                                                                                            |       |       |       | <b>Uzturvērtības kopā</b><br>38,6 148,5 32,8 1050,5<br>Sāls(g): 2,0000 ; Cukurs(g): 11,0000<br>(22-44) (97-176) (29-52) (860-1170)<br>Sāls(g): (1-2) ; Cukurs(g): (15-20)<br>13.03.2012. MK noteikumi Nr.172                                                                                                                                                                                    |       |       |       |