Dieta : 3 F9+F1(Saudzējošs)

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | **Kopā (7 dienas):** | | **15040.877** | **675.312** | **590.7** | **1726.976** | **20.56** | **14.35** | **202.534** | |

| | Ēdiena nosaukums | Porcijas svars (g) | Enerģētiskā vērtība (kkal) | Olbaltumvielas | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alergēni |
|---|---|---|---|---|---|---|---|---|---|---|
| **02.11.** | | | | | | | | | | |
| **2026** | **Nedēļa:2 diena:1** | | | | | | | | | |
| **1. Brokastis** | | | | | | | | | | |
| 58075 | Miežu putraimu putra | 250 | 221.3 | 7.848 | 5.288 | 35.252 | 0.25 | | 4.12 | 1;7 |
| 58483 | Biezpiens ar krējumu un zaļumiem | 100 | 108.138 | 17.42 | 2.46 | 3.968 | | | 0.074 | 7 |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | 7 |
| 52940 | Tēja | 250 | 3.828 | 0.65 | 0.128 | 0.02 | | | | |
| | **Kopā:** | | **460.44** | **28.4** | **16.66** | **49.14** | **0.25** | | **5.35** | |
| **2. Otrās brokastis** | | | | | | | | | | |
| 51766 | Gaļas rulete | 20 | 34.68 | 3.64 | 2.24 | | | | | |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | 7 |
| 58159 | Biešu salāti ar eļļu | 80 | 40.035 | 1.2 | 0.88 | 6.72 | 0.32 | | 2 | |
| | **Kopā:** | | **201.89** | **7.32** | **11.91** | **16.62** | **0.32** | | **3.16** | |
| **3. Pusdienas** | | | | | | | | | | |
| 58484 | Skābeņu zupa, blenderēta | 300 | 156.403 | 5.084 | 8.493 | 14.425 | 1.2 | | 2.992 | 1;3 |
| 58584 | Maltās gaļas tomātu mērce | 120 | 175.589 | 10.034 | 13.77 | 2.966 | 0.481 | | 1.039 | 1 |
| 58051 | Kartupeļu brokoļu biezenis | 250 | 178.45 | 6.542 | 5.075 | 25.782 | 1. | | 5.775 | 7 |
| 58159 | Biešu salāti ar eļļu | 80 | 40.035 | 1.2 | 0.88 | 6.72 | 0.32 | | 2 | |
| 55814 | Kliju maize | 40 | 104.76 | 4.84 | 1.08 | 18.92 | | | 2.32 | 1 |
| 58417 | Augļu ogu dzēriens bez cukura | 200 | 19.044 | 0.189 | 0.198 | 3.852 | | | 0.915 | |
| | **Kopā:** | | **674.28** | **27.89** | **29.49** | **72.67** | **3** | | **15.04** | |
| **5. Vakariņas** | | | | | | | | | | |
| 58123 | Četru graudu pārslu putra | 250 | 207.896 | 8.238 | 4.758 | 31.362 | 0.25 | 0.5 | 4.48 | 1;7 |
| 58162 | Omlete | 100 | 130.033 | 9.506 | 8.725 | 2.398 | 0.4 | | 0.026 | 3;7 |
| 55928 | Zāļu tēja | 250 | | | | | | | | |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | 7 |
| | **Kopā:** | | **465.11** | **20.22** | **22.27** | **43.66** | **0.65** | **0.5** | **5.67** | |
| **6. Otrās vakariņas** | | | | | | | | | | |
| 51752 | Jogurts ar piedevām | 200 | 180 | 6.6 | 4 | 29.4 | | | | 7 |
| 57063 | Cepumi diabētiķiem | 30 | 129.3 | 2.28 | 4.26 | 20.43 | | | | 1;3 |
| | **Kopā:** | | **309.3** | **8.88** | **8.26** | **49.83** | | | | |
| | **Diena kopā:** | | **2111.03** | **92.71** | **88.6** | **231.92** | **4.22** | **0.5** | **29.22** | |
| **03.11.** | | | | | | | | | | |
| **2026** | **Nedēļa:2 diena:2** | | | | | | | | | |
| **1. Brokastis** | | | | | | | | | | |
| 52229 | Auzu pārslu putra | 250 | 243.342 | 11.088 | 6.625 | 35.232 | 0.25 | 2.5 | 2.025 | 1;7 |
| 51755 | Siers | 20 | 68 | 4.96 | 5.36 | | | | | 7 |
| 55814 | Kliju maize | 40 | 104.76 | 4.84 | 1.08 | 18.92 | | | 2.32 | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | 7 |
| 53924 | Kakao dzēriens | 250 | 56.208 | 2.818 | 2.982 | 4.373 | | | 1.064 | 7 |
| 58431 | Augļu ogu biezenis | 100 | 57 | 0.6 | 0.3 | 11.5 | | | | |
| | **Kopā:** | | **604.11** | **24.37** | **24.6** | **70.47** | **0.25** | **2.5** | **5.41** | |
| **2. Otrās brokastis** | | | | | | | | | | |
| 52944 | Jogurts bez piedevām | 200 | 144 | 8 | 4.4 | 18 | | | | 7 |
| | **Kopā:** | | **144** | **8** | **4.4** | **18** | | | | |
| **3. Pusdienas** | | | | | | | | | | |
| 58486 | Borščs ar cūkgaļu un svaigie kāpostiem, blenderēts | 300 | 236.075 | 10.563 | 16.33 | 11.649 | 0.9 | 0.3 | 3.089 | |
| 58184 | Burkānu kartupeļu biezenis | 200 | 117.463 | 2.709 | 4.31 | 16.958 | 0.8 | | 5.208 | |
| 58478 | Piena mērce ar dillēm | 50 | 34.892 | 1.273 | 1.255 | 4.542 | 0.2 | | 0.022 | 7 |
| 58423 | Svaigi gurķi, rīvēti | 40 | 4.88 | 0.24 | 0.08 | 0.72 | | | 0.2 | |
| 53764 | Kāpostu un cūkgaļas kotlete | 80 | 177.882 | 10.173 | 7.651 | 16.543 | 0.32 | | 0.829 | 1;3 |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | 1 |
| 58417 | Augļu ogu dzēriens bez cukura | 200 | 19.044 | 0.189 | 0.198 | 3.852 | | | 0.915 | |
| | **Kopā:** | | **729.35** | **30.58** | **30.85** | **81.29** | **2.22** | **0.3** | **13.35** | |
| **5. Vakariņas** | | | | | | | | | | |
| 57969 | Trīs graudu pārslu putra | 250 | 205.496 | 7.438 | 4.518 | 31.362 | 0.25 | 0.5 | 4.8 | 1;7 |
| 58183 | Olu kultenis | 80 | 111.707 | 8.227 | 7.48 | 2.023 | 0.08 | | 0.021 | 3;7 |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | 1 |
| 55928 | Zāļu tēja | 250 | | | | | | | | |
| | **Kopā:** | | **369.58** | **18.08** | **12.54** | **42.84** | **0.33** | **0.5** | **5.98** | |
| **6. Otrās vakariņas** | | | | | | | | | | |
| 56675 | Siera smalkmaizīte | 50 | 162.03 | 5.537 | 8.113 | 16.372 | | | 0.02 | 1;3;7 |
| 51748 | Piens | 200 | 96 | 6.4 | 4 | 9 | | | | 7 |

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | **Kopā:** | | **258.03** | **11.94** | **12.11** | **25.37** | | | **0.02** | |
| | **Diena kopā:** | | **2105.07** | **92.96** | **84.5** | **237.98** | **2.8** | **3.3** | **24.76** | |
| **04.11.** | | | | | | | | | | |
| **2026** | **Nedēļa:2 diena:3** | | | | | | | | | |
| **1. Brokastis** | | | | | | | | | | |
| 57973 | Prosas biezputra | 250 | 211.921 | 7.235 | 4.949 | 34.37 | 0.25 | 1.25 | 1.472 | 7 |
| 57832 | Biezpiens ar jogurtu un dillēm | 80 | 72.944 | 12.776 | 0.645 | 3.922 | | | 0.056 | 7 |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | 1 |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | 7 |
| 55928 | Zāļu tēja | 250 | | | | | | | | |
| 58382 | Bezlaktozes biezpiena sieriņš ar samazinātu cukura daudzumu | 40 | 127.2 | 4.24 | 9.32 | 6.56 | | | | 7 |
| | **Kopā:** | | **625.98** | **29.74** | **24.19** | **72.32** | **0.25** | **1.25** | **4.61** | |
| **2. Otrās brokastis** | | | | | | | | | | |
| 52944 | Jogurts bez piedevām | 200 | 144 | 8 | 4.4 | 18 | | | | 7 |
| 58431 | Augļu ogu biezenis | 100 | 57 | 0.6 | 0.3 | 11.5 | | | | |
| | **Kopā:** | | **201** | **8.6** | **4.7** | **29.5** | | | | |
| **3. Pusdienas** | | | | | | | | | | |
| 58488 | Rasoļņiks, blenderēts | 300 | 151.3 | 2.671 | 6.234 | 20.984 | 1.2 | 1.5 | 2.357 | |
| 58423 | Svaigi gurķi, rīvēti | 40 | 4.88 | 0.24 | 0.08 | 0.72 | | | 0.2 | |
| 58051 | Kartupeļu brokoļu biezenis | 250 | 178.45 | 6.542 | 5.075 | 25.782 | 1. | | 5.775 | 7 |
| 58060 | Cūkgaļas mix ar ziedkāpostiem un burkāniem | 80 | 195.154 | 15.072 | 14.71 | 0.602 | 0.16 | | 0.474 | 7 |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | 1 |
| 58417 | Augļu ogu dzēriens bez cukura | 200 | 19.044 | 0.189 | 0.198 | 3.852 | | | 0.915 | |
| | **Kopā:** | | **687.94** | **30.14** | **27.32** | **78.97** | **2.36** | **1.5** | **12.81** | |
| **5. Vakariņas** | | | | | | | | | | |
| 58506 | Piena mērce | 50 | 18.415 | 0.656 | 0.404 | 3.082 | 0.2 | | 0.013 | 7 |
| 58048 | Pilngraudu makaroni ar gaļu un dārzeņiem | 250 | 504.928 | 23.898 | 18.74 | 56.078 | 0.25 | | 8.556 | 1 |
| 58159 | Biešu salāti ar eļļu | 80 | 40.035 | 1.2 | 0.88 | 6.72 | 0.32 | | 2 | |
| 52941 | Zāļu tēja | 200 | | | | | | | | |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | 1 |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| | **Kopā:** | | **702.49** | **31.18** | **21.06** | **92.91** | **0.77** | | **13.65** | |
| **6. Otrās vakariņas** | | | | | | | | | | |
| 55178 | Olu siera pastēte | 40 | 84.684 | 6.065 | 6.37 | 0.435 | 0.04 | | 0.014 | 3;7 |
| 52941 | Zāļu tēja | 250 | | | | | | | | |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | 1 |
| | **Kopā:** | | **137.06** | **8.49** | **6.91** | **9.89** | **0.04** | | **1.17** | |
| | **Diena kopā:** | | **2354.46** | **108.15** | **84.19** | **283.6** | **3.42** | **2.75** | **32.25** | |
| **05.11.** | | | | | | | | | | |
| **2026** | **Nedēļa:2 diena:4** | | | | | | | | | |
| **1. Brokastis** | | | | | | | | | | |
| 56815 | Trīs graudu pārslu putra | 250 | 209.316 | 9.6 | 4.58 | 32.774 | 0.25 | 0.5 | 4.8 | 1;7 |
| 51766 | Gaļas rulete | 40 | 69.36 | 7.28 | 4.48 | | | | | |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | 1 |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | 7 |
| 55928 | Zāļu tēja | 250 | | | | | | | | |
| | **Kopā:** | | **492.59** | **22.37** | **18.34** | **60.24** | **0.25** | **0.5** | **7.88** | |
| **2. Otrās brokastis** | | | | | | | | | | |
| 51755 | Siers | 20 | 68 | 4.96 | 5.36 | | | | | 7 |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | 7 |
| 52110 | Biešu salāti ar eļļu | 80 | 57.158 | 1.197 | 2.483 | 7.462 | 0.16 | 0.8 | 1.989 | |
| | **Kopā:** | | **252.34** | **8.64** | **16.63** | **17.36** | **0.16** | **0.8** | **3.15** | |
| **3. Pusdienas** | | | | | | | | | | |
| 58434 | Vistas gaļas zupa ar dārzeņiem, blenderēta | 300 | 228.009 | 5.456 | 20.15 | 6.638 | 0.3 | | | |
| 58489 | Cūkgaļas gulašs, blenderēts | 120 | 210.373 | 13.245 | 15.95 | 3.567 | 0.48 | | 0.505 | |
| 58051 | Kartupeļu brokoļu biezenis | 250 | 178.45 | 6.542 | 5.075 | 25.782 | 1. | | 5.775 | 7 |
| 52153 | Ķīnas kāpostu salāti ar dillēm un eļļu | 80 | 17.723 | 1.22 | 0.964 | 1.793 | 0.32 | | 0.828 | |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | 1 |
| 58417 | Augļu ogu dzēriens bez cukura | 200 | 19.044 | 0.189 | 0.198 | 3.852 | | | 0.915 | |
| | **Kopā:** | | **792.71** | **32.08** | **43.37** | **68.66** | **2.1** | | **11.11** | |
| **5. Vakariņas** | | | | | | | | | | |
| 58375 | Omlete ar burkāniem | 80 | 102.386 | 7.096 | 7.235 | 2.19 | 0.16 | | 0.47 | 3;7 |
| 57981 | Rīsu putra | 250 | 205.415 | 5.988 | 3.662 | 36.848 | 0.25 | | 0.525 | 7 |
| 55928 | Zāļu tēja | 250 | | | | | | | | |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | 1 |
| | **Kopā:** | | **446.91** | **18.51** | **11.93** | **66.07** | **0.41** | | **4.08** | |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **6. Otrās vakariņas** | | | | | | | | | | | |
| 52266 | Biezpiena plācenītis | 50 | 108.485 | 8.993 | 3.276 | 10.581 | | 3.5 | 0.01 | 1;3;7 | |
| 55928 | Zāļu tēja | 250 | | | | | | | | | |
| | **Kopā:** | | **108.48** | **8.99** | **3.28** | **10.58** | | **3.5** | **0.01** | | |
| | **Diena kopā:** | | **2093.03** | **90.6** | **93.54** | **222.92** | **2.92** | **4.8** | **26.23** | | |
| **06.11.** | | | | | | | | | | | |
| **2026** | **Nedēļa:2 diena:5** | | | | | | | | | | |
| **1. Brokastis** | | | | | | | | | | | |
| 58123 | Četru graudu pārslu putra | 250 | 207.896 | 8.238 | 4.758 | 31.362 | 0.25 | 0.5 | 4.48 | 1;7 | |
| 54656 | Biezpiens ar krējumu | 80 | 85.936 | 13.888 | 1.96 | 3.096 | | | | | 7 |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | | 1 |
| 55814 | Kliju maize | 40 | 104.76 | 4.84 | 1.08 | 18.92 | | | 2.32 | | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | | 7 |
| 52940 | Tēja | 250 | 3.828 | 0.65 | 0.128 | 0.02 | | | | | |
| 58431 | Augļu ogu biezenis | 100 | 57 | 0.6 | 0.3 | 11.5 | | | | | |
| | **Kopā:** | | **620.95** | **31.29** | **16.97** | **82.91** | **0.25** | **0.5** | **8.72** | | |
| **2. Otrās brokastis** | | | | | | | | | | | |
| 52944 | Jogurts bez piedevām | 200 | 144 | 8 | 4.4 | 18 | | | | | 7 |
| 58431 | Augļu ogu biezenis | 100 | 57 | 0.6 | 0.3 | 11.5 | | | | | |
| | **Kopā:** | | **201** | **8.6** | **4.7** | **29.5** | | | | | |
| **3. Pusdienas** | | | | | | | | | | | |
| 58232 | Zemeņu ķīselis bez cukura | 200 | 32.982 | 0.356 | 0.166 | 7.186 | | | 0.64 | | |
| 57275 | Putukrējums (bez cukura) | 30 | 101.69 | 0.75 | 10.5 | 1.046 | | | | | 7 |
| 58510 | Zivs fileja ar dārzeņu un siera cepurīti | 120 | 121.136 | 14.321 | 6.565 | 1.195 | | | 0.964 | 4;7 | |
| 58423 | Svaigi gurķi, rīvēti | 40 | 4.88 | 0.24 | 0.08 | 0.72 | | | 0.2 | | |
| 58184 | Burkānu kartupeļu biezenis | 250 | 146.828 | 3.386 | 5.388 | 21.197 | 1. | | 6.511 | | |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | | 1 |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | | 1 |
| 58417 | Augļu ogu dzēriens bez cukura | 200 | 19.044 | 0.189 | 0.198 | 3.852 | | | 0.915 | | |
| | **Kopā:** | | **565.67** | **24.67** | **23.93** | **62.23** | **1** | | **12.31** | | |
| **5. Vakariņas** | | | | | | | | | | | |
| 57969 | Trīs graudu pārslu putra | 250 | 205.496 | 7.438 | 4.518 | 31.362 | 0.25 | 0.5 | 4.8 | 1;7 | |
| 58358 | Omlete ar ķirbi | 100 | 131.145 | 8.884 | 9.029 | 2.707 | 0.2 | | 0.378 | 3;7 | |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | | 1 |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | | 1 |
| 55928 | Zāļu tēja | 250 | | | | | | | | | |
| | **Kopā:** | | **475.75** | **21.75** | **14.58** | **61.1** | **0.45** | **0.5** | **8.26** | | |
| **6. Otrās vakariņas** | | | | | | | | | | | |
| 52944 | Jogurts bez piedevām | 200 | 144 | 8 | 4.4 | 18 | | | | | 7 |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | | 1 |
| 57225 | Vistas gaļas pastēte | 30 | 68.417 | 4.321 | 5.383 | 0.553 | 0.12 | | 0.222 | 7;9 | |
| | **Kopā:** | | **264.8** | **14.74** | **10.32** | **28.01** | **0.12** | | **1.38** | | |
| | **Diena kopā:** | | **2128.17** | **101.05** | **70.49** | **263.74** | **1.82** | **1** | **30.68** | | |
| **07.11.** | | | | | | | | | | | |
| **2026** | **Nedēļa:2 diena:6** | | | | | | | | | | |
| **1. Brokastis** | | | | | | | | | | | |
| 52230 | Piecu graudu pārslu putra | 250 | 229.596 | 10.24 | 5.08 | 34.299 | 0.25 | 0.5 | 4.52 | 1;7 | |
| 55178 | Olu siera pastēte | 80 | 169.368 | 12.13 | 12.74 | 0.87 | 0.08 | | 0.028 | 3;7 | |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | | 1 |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | | 7 |
| 53924 | Kakao dzēriens | 250 | 56.208 | 2.818 | 2.982 | 4.373 | | | 1.064 | | 7 |
| | **Kopā:** | | **669.08** | **30.68** | **30.08** | **67.01** | **0.33** | **0.5** | **8.7** | | |
| **2. Otrās brokastis** | | | | | | | | | | | |
| 52944 | Jogurts bez piedevām | 200 | 144 | 8 | 4.4 | 18 | | | | | 7 |
| 58431 | Augļu ogu biezenis | 100 | 57 | 0.6 | 0.3 | 11.5 | | | | | |
| | **Kopā:** | | **201** | **8.6** | **4.7** | **29.5** | | | | | |
| **3. Pusdienas** | | | | | | | | | | | |
| 58034 | Dārzeņu biezeņzupa | 300 | 105.304 | 2.694 | 6.348 | 9.444 | 1.2 | | 4.389 | | |
| 58095 | Burkānu un kartupeļu biezenis ar puraviem | 180 | 101.591 | 2.661 | 3.908 | 13.613 | 0.72 | | 4.23 | | |
| 53019 | Cūkgaļas biezenis | 100 | 178.899 | 13.055 | 13.38 | 1.535 | | | 0.839 | | |
| 58159 | Biešu salāti ar eļļu | 80 | 40.035 | 1.2 | 0.88 | 6.72 | 0.32 | | 2 | | |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | | 1 |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | | 1 |
| 58417 | Augļu ogu dzēriens bez cukura | 200 | 19.044 | 0.189 | 0.198 | 3.852 | | | 0.915 | | |
| | **Kopā:** | | **583.98** | **25.23** | **25.75** | **62.19** | **2.24** | | **15.46** | | |
| **5. Vakariņas** | | | | | | | | | | | |
| 58050 | Kartupeļu spinātu biezenis | 250 | 177.8 | 5.578 | 3 | 31.11 | 1. | | 5.175 | | 7 |
| 54656 | Biezpiens ar krējumu | 100 | 107.42 | 17.36 | 2.45 | 3.87 | | | | | 7 |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | | 1 |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | | 7 |
| 58417 | Augļu ogu dzēriens bez cukura | 200 | 19.044 | 0.189 | 0.198 | 3.852 | | | 0.915 | | |
| | **Kopā:** | | **518.17** | **28.62** | **14.93** | **66.3** | **1** | | **9.18** | | |
| **6. Otrās vakariņas** | | | | | | | | | | | |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 58312 | Burkānu siera salāti ar olu | 70 | 163.678 | 9.036 | 13.39 | 1.533 | | | 0.381 | 10;3;7 | |
| 55928 | Zāļu tēja | 250 | | | | | | | | | |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | | 1 |
| | **Kopā:** | | **216.06** | **11.46** | **13.93** | **10.99** | | | **1.54** | | |
| | **Diena kopā:** | | **2188.3** | **104.58** | **89.38** | **236** | **3.57** | **0.5** | **34.87** | | |
| **08.11.** | | | | | | | | | | | |
| **2026** | **Nedēļa:2 diena:7** | | | | | | | | | | |
| **1. Brokastis** | | | | | | | | | | | |
| 57667 | Griķu mannas putra bez cukura | 250 | 153.435 | 6.94 | 3.288 | 23.878 | 0.25 | | 0.765 | | 7 |
| 51755 | Siers | 20 | 68 | 4.96 | 5.36 | | | | | | 7 |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | | 1 |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | | 7 |
| 55927 | Tēja | 250 | 53.328 | 0.7 | 0.128 | 14.895 | | | 0.45 | | |
| | **Kopā:** | | **488.67** | **18.09** | **18.06** | **66.24** | **0.25** | | **4.3** | | |
| **2. Otrās brokastis** | | | | | | | | | | | |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | | 7 |
| 58159 | Biešu salāti ar eļļu | 80 | 40.035 | 1.2 | 0.88 | 6.72 | 0.32 | | 2 | | |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | | 1 |
| | **Kopā:** | | **167.21** | **3.68** | **9.67** | **16.62** | **0.32** | | **3.16** | | |
| **3. Pusdienas** | | | | | | | | | | | |
| 58511 | Dārzeņu zupa ar cūkgaļu, blenderēta | 300 | 181.004 | 8.127 | 10.45 | 13.421 | 0.3 | | 4.914 | | |
| 58500 | Griķu biezputra | 180 | 137.32 | 3.078 | 0.657 | 29.795 | 0.36 | | 1.313 | | |
| 51825 | Vārīti cīsiņi (MK172) | 100 | 216 | 11.3 | 16.7 | 5.2 | | | | | 7 |
| 58155 | Piena mērce ar baziliku | 50 | 57.148 | 1.272 | 3.758 | 4.574 | 0.2 | | 0.013 | | 7 |
| 58423 | Svaigi gurķi, rīvēti | 40 | 4.88 | 0.24 | 0.08 | 0.72 | | | 0.2 | | |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | | 1 |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | | 1 |
| 58417 | Augļu ogu dzēriens bez cukura | 200 | 19.044 | 0.189 | 0.198 | 3.852 | | | 0.915 | | |
| | **Kopā:** | | **754.51** | **29.64** | **32.87** | **84.59** | **0.86** | | **10.44** | | |
| **5. Vakariņas** | | | | | | | | | | | |
| 57963 | Auzu pārslu putra | 300 | 250.635 | 9.75 | 7.275 | 36.24 | 0.3 | | 2.43 | 1;7 | |
| 58183 | Olu kultenis | 80 | 111.707 | 8.227 | 7.48 | 2.023 | 0.08 | | 0.021 | 3;7 | |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | | 1 |
| 55814 | Kliju maize | 20 | 52.38 | 2.42 | 0.54 | 9.46 | | | 1.16 | | 1 |
| 52941 | Zāļu tēja | 250 | | | | | | | | | |
| | **Kopā:** | | **501.45** | **23.41** | **15.79** | **65.29** | **0.38** | | **5.54** | | |
| **6. Otrās vakariņas** | | | | | | | | | | | |
| 57046 | Šarlote ar āboliem uz kliju maizes | 50 | 79.976 | 3.443 | 2.648 | 10.076 | | 1.5 | 1.081 | 1;3;7 | |
| 51751 | Paniņas | 200 | 69 | 7 | 1 | 8 | | | | | 7 |
| | **Kopā:** | | **148.98** | **10.44** | **3.65** | **18.08** | | **1.5** | **1.08** | | |
| | **Diena kopā:** | | **2060.82** | **85.26** | **80.03** | **250.82** | **1.81** | **1.5** | **24.52** | | |