Dieta : 8 Veget

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| **Kopā (7 dienas):** | | **15689.369** | **539.048** | **473.8** | **2291.546** | **22.16** | **104.31** | **283.562** | | |

| | 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 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 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 |
| 52940 | Tēja | 250 | 3.828 | 0.65 | 0.128 | 0.02 | | | | |
| 51726 | Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | |
| 51678 | Bumbieri | 180 | 98.82 | 0.9 | 0.54 | 22.32 | | | 5.94 | |
| | **Kopā:** | | **679.32** | **31.84** | **17.68** | **97.41** | **0.25** | **5** | **13.01** | |
| **3. Pusdienas** | | | | | | | | | | |
| 50132 | Zaļo lēcu zupa | 300 | 177.261 | 8.414 | 6.705 | 20.957 | 0.3 | | 6.787 | 9 |
| 50653 | Vārīti rīsi | 150 | 170.181 | 3.366 | 0.297 | 38.462 | 0.15 | | 0.693 | |
| 56725 | Šampinjonu mērce | 50 | 39.897 | 1.122 | 2.618 | 2.99 | 0.25 | | 1.066 | 9 |
| 57144 | Ziņņu pārslu plācenītis | 80 | 121.305 | 3.816 | 5.783 | 14.541 | 0.32 | | 2.234 | |
| 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 |
| 57990 | Ogu augļu dzēriens | 200 | 64.408 | 0.033 | | 15.936 | | | | |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 1 |
| | **Kopā:** | | **765.57** | **22.91** | **17.3** | **130.03** | **1.34** | | **15.66** | |
| **5. Vakariņas** | | | | | | | | | | |
| 58400 | Kartupeļu un pupiņu sautējums | 300 | 288.471 | 11.322 | 9.888 | 38.197 | 1.2 | | 10.145 | |
| 55928 | Zāļu tēja | 250 | | | | | | | | |
| 51726 | Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | 7 |
| | **Kopā:** | | **535.71** | **16.34** | **19.15** | **74.05** | **1.2** | **5** | **13.02** | |
| **6. Otrās vakariņas** | | | | | | | | | | |
| 58233 | Burkānu kēkss | 50 | 150.648 | 2.223 | 5.707 | 22.319 | | 10. | 0.779 | 1;3;7 |
| 51626 | Kefīrs | 200 | 96 | 6 | 4 | 9 | | | | 7 |
| | **Kopā:** | | **246.65** | **8.22** | **9.71** | **31.32** | | **10** | **0.78** | |
| | **Diena kopā:** | | **2227.25** | **79.31** | **63.84** | **332.8** | **2.79** | **20** | **42.46** | |
| **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 |
| 52259 | Ievārījums | 25 | 40.225 | 0.25 | 0.025 | 9.75 | | | | |
| 51755 | Siers | 20 | 68 | 4.96 | 5.36 | | | | | 7 |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 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 |
| 51726 | Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | |
| 51682 | Banāni | 180 | 155.88 | 2.16 | 0.36 | 36 | | | 3.24 | |
| | **Kopā:** | | **810.9** | **26.3** | **24.62** | **121.21** | **0.25** | **7.5** | **9.2** | |
| **3. Pusdienas** | | | | | | | | | | |
| 58078 | Boršč̌s ar svaigiem kāpostiem | 300 | 128.497 | 2.76 | 6.286 | 15.096 | 1.2 | 1.5 | 4.508 | 9 |
| 55864 | Kāpostu salāti ar sarkanajiem redīsiem | 80 | 39.456 | 1.11 | 2.55 | 3.03 | 0.32 | | 2.117 | |
| 57978 | Kvinoja ar sarkanajām pupiņām, kukurūzu, tomātiem | 300 | 327.625 | 13.523 | 9.459 | 46.771 | 1.2 | | 10.12 | |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 1 |
| 57990 | Ogu augļu dzēriens | 200 | 64.408 | 0.033 | | 15.936 | | | | |
| | **Kopā:** | | **712.47** | **22.39** | **19.31** | **111.25** | **2.72** | **1.5** | **19.62** | |
| **5. Vakariņas** | | | | | | | | | | |
| 51195 | Vārīti griķi | 150 | 165.627 | 3.712 | 0.792 | 35.937 | 0.15 | | 1.584 | |
| 58287 | Dārzeņu mērce uz augu tauku bāzes | 50 | 85.342 | 0.273 | 8.578 | 1.839 | 0.2 | | 0.308 | |
| 57043 | Tvaicēti dārzeņi | 100 | 29.77 | 2.49 | 0.25 | 4.126 | 0.2 | | 3.234 | |
| 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 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 1 |
| 51726 | Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | |
| 55928 | Zāļu tēja | 250 | | | | | | | | |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | **Kopā:** | | **564.89** | **19.66** | **18.12** | **79.34** | **0.63** | **5** | **8.02** | | |
| **6. Otrās vakariņas** | | | | | | | | | | | |
| 56696 | Kafijas smalkmaizīte | 50 | 169.762 | 3.491 | 6.257 | 24.562 | 0. | 0.007 | 0.022 | 1;3;7 | |
| 51748 | Piens | 200 | 96 | 6.4 | 4 | 9 | | | | | 7 |
| | **Kopā:** | | **265.76** | **9.89** | **10.26** | **33.56** | **0** | **0.01** | **0.02** | | |
| | **Diena kopā:** | | **2354.01** | **78.24** | **72.3** | **345.36** | **3.6** | **14.01** | **36.87** | | |
| **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 |
| 52259 | Ievārījums | 25 | 40.225 | 0.25 | 0.025 | 9.75 | | | | | |
| 51667 | Vārīta ola | 50 | 73.5 | 6.165 | 4.9 | 0.505 | | | | | 3 |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | | 1 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | | 7 |
| 55928 | Zāļu tēja | 250 | | | | | | | | | |
| 51726 | Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | | |
| 57105 | Biezpiena sieriņš | 38 | 94.24 | 4.446 | 4.94 | 7.942 | | | | | 7 |
| | **Kopā:** | | **667.13** | **23.12** | **24.08** | **88.42** | **0.25** | **6.25** | **4.35** | | |
| **3. Pusdienas** | | | | | | | | | | | |
| 58020 | Rasoļniks | 300 | 151.3 | 2.671 | 6.234 | 20.984 | 1.2 | 1.5 | 2.357 | | |
| 53966 | Svaigu kāpostu un gurķu salāti ar eļļu | 80 | 24.283 | 0.976 | 0.96 | 2.874 | 0.08 | | 1.936 | | |
| 50219 | Vārīti kartupeļi | 150 | 108.279 | 3.18 | 0.159 | 23.532 | 0.15 | | 3.339 | | |
| 56654 | Cukīni - sojas pupiņu sautējums ar spinātiem | 270 | 209.085 | 11.885 | 12.63 | 13.862 | 1.08 | | 7.21 | 6;9 | |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | | 1 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | | 1 |
| 57990 | Ogu augļu dzēriens | 200 | 64.408 | 0.033 | | 15.936 | | | | | |
| | **Kopā:** | | **709.83** | **23.7** | **20.99** | **107.61** | **2.51** | **1.5** | **17.72** | | |
| **5. Vakariņas** | | | | | | | | | | | |
| 57742 | Pilngraudu makaroni ar dārzeņiem | 250 | 372.284 | 12.065 | 7.371 | 60.068 | 0.25 | | 10.04 | | 1 |
| 51876 | Biešu salāti ar marinētiem gurķiem un majonēzes mērci | 80 | 82.933 | 1.244 | 5.404 | 5.341 | | | 1.3 | 10;3;7 | |
| 52941 | Zāļu tēja | 200 | | | | | | | | | |
| 51726 | Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | | |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | | 1 |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | | 1 |
| | **Kopā:** | | **627.66** | **18.27** | **13.79** | **100.82** | **0.25** | **5** | **14.22** | | |
| **6. Otrās vakariņas** | | | | | | | | | | | |
| 55178 | Olu siera pastēte | 40 | 84.684 | 6.065 | 6.37 | 0.435 | 0.04 | | 0.014 | 3;7 | |
| 55401 | Saldskābmaize | 35 | 79.17 | 2.205 | 0.35 | 16.8 | | | 1.575 | | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | | 7 |
| 52941 | Zāļu tēja | 250 | | | | | | | | | |
| 51726 | Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | | |
| | **Kopā:** | | **258.61** | **8.33** | **14.97** | **22.66** | **0.04** | **5** | **1.59** | | |
| | **Diena kopā:** | | **2263.23** | **73.42** | **73.83** | **319.51** | **3.05** | **17.75** | **37.87** | | |
| **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 | |
| 52259 | Ievārījums | 25 | 40.225 | 0.25 | 0.025 | 9.75 | | | | | |
| 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 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | | 7 |
| 51726 | Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | | |
| 55928 | Zāļu tēja | 250 | | | | | | | | | |
| 51677 | Āboli | 180 | 96.66 | 0.54 | 1.08 | 20.52 | | | 3.6 | | |
| | **Kopā:** | | **700.86** | **32.77** | **17.4** | **102.76** | **0.25** | **5.5** | **11.28** | | |
| **3. Pusdienas** | | | | | | | | | | | |
| 58108 | Dārzeņu zupa | 300 | 127.25 | 3.617 | 6.381 | 13.615 | 0.3 | | 4.352 | | |
| 57902 | Zaļo zirnīšu plācenītis ar brokoļiem | 80 | 111.674 | 6.361 | 4.083 | 12.21 | 0.32 | | 3.799 | 1;11;3 | |
| 58105 | Vārīts gaišais bulgurs | 150 | 189 | 6.562 | 0.919 | 36.225 | 0.3 | | 4.2 | | 1 |
| 58287 | Dārzeņu mērce uz augu tauku bāzes | 50 | 85.342 | 0.273 | 8.578 | 1.839 | 0.2 | | 0.308 | | |
| 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 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | | 1 |
| 57990 | Ogu augļu dzēriens | 200 | 64.408 | 0.033 | | 15.936 | | | | | |
| | **Kopā:** | | **747.88** | **23.03** | **21.94** | **112.04** | **1.44** | | **16.36** | | |
| **5. Vakariņas** | | | | | | | | | | | |
| 53946 | Biešu salāti ar krējumu | 80 | 53.237 | 1.377 | 2.471 | 6.184 | 0.32 | | 1.689 | | 7 |
| 58070 | Plovs ar turku zirņiem | 250 | 275.818 | 7.117 | 6.416 | 47.737 | 1. | | 5.525 | | |

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 55928 | Zāļu tēja | 250 | | | | | | | | |
| 51726 | Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | 7 |
| | **Kopā:** | | **576.29** | **13.51** | **18.15** | **89.77** | **1.32** | **5** | **10.09** | |
| **6. Otrās vakariņas** | | | | | | | | | | |
| 51626 | Kefīrs | 200 | 96 | 6 | 4 | 9 | | | | 7 |
| 57156 | Auzu cepums | 40 | 113.783 | 2.658 | 3.846 | 17.017 | | | 0.612 | 1;3;7 |
| | **Kopā:** | | **209.78** | **8.66** | **7.85** | **26.02** | | | **0.61** | |
| | **Diena kopā:** | | **2234.82** | **77.97** | **65.34** | **330.59** | **3.01** | **10.5** | **38.34** | |

**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 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | 7 |
| 51726 | Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | |
| 52940 | Tēja | 250 | 3.828 | 0.65 | 0.128 | 0.02 | | | | |
| 51682 | Banāni | 150 | 129.9 | 1.8 | 0.3 | 30 | | | 2.7 | |
| | **Kopā:** | | **674.8** | **29.6** | **16.41** | **100.33** | **0.25** | **5.5** | **10.06** | |
| **3. Pusdienas** | | | | | | | | | | |
| 55491 | Zemeņu kīselis | 200 | 51.622 | 0.356 | 0.166 | 12.176 | | 5. | 0.64 | |
| 58508 | Rīsi ar putukrējumu | 100 | 268.252 | 2.412 | 21.09 | 17.11 | | 5. | 0.185 | 7 |
| 58507 | Kartupeļu pupiņu sautējums | 250 | 205.572 | 11.503 | 3.432 | 31.816 | 1. | | 10.712 | |
| 51878 | Kāpostu salāti ar zaļumiem un eļļu | 80 | 50.809 | 1.136 | 3.357 | 4.067 | 0.08 | 0.8 | 2.311 | |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 1 |
| 58417 | Augļu ogu dzēriens bez cukura | 200 | 19.044 | 0.189 | 0.198 | 3.852 | | | 0.915 | |
| | **Kopā:** | | **747.78** | **20.56** | **29.26** | **99.44** | **1.08** | **10.8** | **17.64** | |
| **5. Vakariņas** | | | | | | | | | | |
| 52849 | Vārīts tumšais bulgurs | 180 | 226.8 | 7.875 | 1.102 | 43.47 | 0.72 | | 5.04 | 1 |
| 58122 | Sarkano lēcu sautējums | 150 | 144.62 | 6.45 | 6.514 | 15.172 | 0.6 | | 4.515 | |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 1 |
| 55928 | Zāļu tēja | 250 | | | | | | | | |
| 51726 | Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | |
| | **Kopā:** | | **543.86** | **19.29** | **8.63** | **94.05** | **1.32** | **5** | **12.43** | |
| **6. Otrās vakariņas** | | | | | | | | | | |
| 51752 | Jogurts ar piedevām | 200 | 180 | 6.6 | 4 | 29.4 | | | | 7 |
| 54583 | Cepums Skolas | 20 | 102.059 | 1.182 | 5.622 | 11.491 | | | 0.01 | 1;3 |
| | **Kopā:** | | **282.06** | **7.78** | **9.62** | **40.89** | | | **0.01** | |
| | **Diena kopā:** | | **2248.5** | **77.22** | **63.92** | **334.71** | **2.65** | **21.3** | **40.13** | |

**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 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 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 |
| 51726 | Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | |
| 53924 | Kakao dzēriens | 250 | 56.208 | 2.818 | 2.982 | 4.373 | | | 1.064 | 7 |
| 51678 | Bumbieri | 100 | 54.9 | 0.5 | 0.3 | 12.4 | | | 3.3 | |
| | **Kopā:** | | **757.31** | **30.71** | **30.37** | **87.79** | **0.33** | **5.5** | **11.79** | |
| **3. Pusdienas** | | | | | | | | | | |
| 58034 | Dārzeņu biezeņzupa | 300 | 105.304 | 2.694 | 6.348 | 9.444 | 1.2 | | 4.389 | |
| 58164 | Burkānu salāti ar eļļu | 80 | 27.635 | 0.8 | 0.96 | 3.84 | 0.16 | | 2.88 | |
| 57978 | Kvinoja ar sarkanajām pupiņām, kukurūzu, tomātiem | 250 | 273.021 | 11.269 | 7.882 | 38.976 | 1. | | 8.433 | |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 1 |
| 57990 | Ogu augļu dzēriens | 200 | 64.408 | 0.033 | | 15.936 | | | | |
| | **Kopā:** | | **622.85** | **19.76** | **16.21** | **98.62** | **2.36** | | **18.58** | |
| **5. Vakariņas** | | | | | | | | | | |
| 58050 | Kartupeļu spinātu biezenis | 250 | 177.8 | 5.578 | 3 | 31.11 | 1. | | 5.175 | 7 |
| 55866 | Ceptas pupiņas ar tomātiem un garšaugiem | 200 | 236.945 | 15.66 | 5.347 | 31.513 | | | 12.326 | 9 |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | 7 |
| 57990 | Ogu augļu dzēriens | 200 | 64.408 | 0.033 | | 15.936 | | | | |
| | **Kopā:** | | **706.43** | **26.29** | **17.61** | **109.42** | **1** | | **20.38** | |
| **6. Otrās vakariņas** | | | | | | | | | | |

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 57155 | Mīkstais cepums ar ievārījumu | 40 | 139.91 | 1.75 | 4.456 | 23.016 | | | 0.011 | 1;3;7 |
| 55928 | Zāļu tēja | 250 | | | | | | | | |
| 51726 | Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | |
| | **Kopā:** | | **159.87** | **1.75** | **4.46** | **28.01** | | **5** | **0.01** | |
| | **Diena kopā:** | | **2246.46** | **78.51** | **68.64** | **323.83** | **3.69** | **10.5** | **50.75** | |
| **08.11.** | | | | | | | | | | |
| **2026** | **Nedēļa:2 diena:7** | | | | | | | | | |
| **1. Brokastis** | | | | | | | | | | |
| 57960 | Mannā biezputra | 250 | 158.503 | 6.09 | 3.721 | 24.454 | 0.25 | 0.25 | 0.026 | 1;7 |
| 51755 | Siers | 20 | 68 | 4.96 | 5.36 | | | | | 7 |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 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 | |
| 51726 | Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | |
| 51677 | Āboli | 150 | 80.55 | 0.45 | 0.9 | 17.1 | | | 3 | |
| | **Kopā:** | | **607.62** | **17.22** | **19.37** | **92.3** | **0.25** | **5.25** | **6.35** | |
| **3. Pusdienas** | | | | | | | | | | |
| 58130 | Dārzeņu buljona zupa ar pupiņām un tomātiem | 300 | 104.007 | 4.103 | 3.49 | 13.958 | 1.2 | | 3.936 | 1;9 |
| 51207 | Zirņu biezputra | 180 | 203.344 | 16.825 | 1.082 | 31.013 | 0.18 | | 12.82 | 9 |
| 56725 | Šampinjonu mērce | 75 | 59.845 | 1.682 | 3.927 | 4.486 | 0.375 | | 1.6 | 9 |
| 58090 | Ķīnas kāpostu un svaigu dārzeņu salāti ar eļļas mērci | 80 | 25.171 | 1.05 | 1.762 | 1.79 | 0.16 | | 0.757 | |
| 55804 | Rudzu maize | 35 | 86.73 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 1 |
| 57990 | Ogu augļu dzēriens | 200 | 64.408 | 0.033 | | 15.936 | | | | |
| | **Kopā:** | | **609.26** | **28.65** | **11.28** | **97.6** | **1.91** | | **21.99** | |
| **5. Vakariņas** | | | | | | | | | | |
| 55230 | Burkānu salāti ar krējumu | 80 | 49.57 | 1.092 | 3.331 | 3.689 | 0.16 | | 2.304 | 7 |
| 58336 | Brūnie rīsi ar dārzeņiem | 200 | 181.3 | 4.038 | 3.343 | 33.437 | 0.8 | | 3.581 | |
| 58286 | Baltā mērce uz augu tauku bāzes | 40 | 63.558 | 0.127 | 6.202 | 1.84 | 0.16 | | 0.001 | |
| 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 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 1 |
| 51726 | Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | |
| 52941 | Zāļu tēja | 250 | | | | | | | | |
| | **Kopā:** | | **578.57** | **18.44** | **21.37** | **76.4** | **1.2** | **5** | **8.78** | |
| **6. Otrās vakariņas** | | | | | | | | | | |
| 56038 | Kēkss (50g) | 50 | 191.052 | 3.07 | 8.06 | 26.245 | | | 0.02 | 1;3;7 |
| 51751 | Paniņas | 200 | 69 | 7 | 1 | 8 | | | | 7 |
| 57397 | Vegāniskais Čedaras siers | 20 | 59.6 | | 4.8 | 4.2 | | | | |
| | **Kopā:** | | **319.65** | **10.07** | **13.86** | **38.45** | | | **0.02** | |
| | **Diena kopā:** | | **2115.1** | **74.39** | **65.88** | **304.74** | **3.36** | **10.25** | **37.14** | |