

**Daugavpils Draudzīgā aicinājuma vidusskola**  
(Aveņu iela 40, Valmieras iela 5)

**Ēdienkarte**  
19.01. – 23.01.2026.

**1. – 4. klases**

|                    |                                | Svars    | Cena<br>EUR | Kcal.         | Olalt.       | Tauki        | Ogļh.        |       |
|--------------------|--------------------------------|----------|-------------|---------------|--------------|--------------|--------------|-------|
| <b>Pirmdiena</b>   |                                |          |             |               |              |              |              |       |
| 1.                 | Svaigi tomāti                  | 1/60     | 0,36        | 12.84         | 0,66         | 0,12         | 2.28         |       |
| 2.                 | Svaigu kāpostu zupa ar krējumu | 200/10   | 0.29        | 91.01         | 1.83         | 5.19         | 9.23         | 7     |
| 3.                 | Vārīti makaroni ar gaļu        | 1/150/30 | 0.80        | 401.58        | 13.8         | 19,21        | 43.4         | 1     |
| 4.                 | Sulas dzēriens                 | 1/180    | 0.27        | 58.57         | 0.22         | -            | 14.43        |       |
| 5.                 | Maize                          | 1/40     | 0,12        | 94,28         | 3,2          | 0,36         | 19,56        | 1     |
| 6.                 | Auglis (apelsīns)              | 1/120    | 0.36        | 45.36         | 1.08         | 0.24         | 9.72         |       |
|                    |                                |          | <b>2,20</b> | <b>703.64</b> | <b>20.79</b> | <b>25.12</b> | <b>98.62</b> |       |
| <b>Otrdiena</b>    |                                |          |             |               |              |              |              |       |
| 1.                 | Burkānu un redīsu salāti       | 1/60     | 0,27        | 38.62         | 0.53         | 3.06         | 2.25         |       |
| 2.                 | Cūkgaļas gulašs                | 40/50    | 0,75        | 168.21        | 12.43        | 10.22        | 6.63         | 1     |
| 3.                 | Vārīti griķi                   | 1/120    | 0,36        | 180.03        | 5.94         | 4.08         | 30.11        |       |
| 4.                 | Kakao                          | 1/180    | 0,24        | 74.45         | 3.05         | 2.91         | 9.01         | 7     |
| 5.                 | Maizīte "Skolas"               | 1/40     | 0,33        | 145.28        | 3.70         | 3.75         | 24.19        | 1,3,7 |
| 6.                 | Maize                          | 1/20     | 0,06        | 47,14         | 1,6          | 0,18         | 9,78         | 1     |
| 7.                 | Auglis (banāns)                | 70       | 0.20        | 63.63         | 1.05         | 0.07         | 14.7         |       |
|                    |                                |          | <b>2,20</b> | <b>668.17</b> | <b>26.38</b> | <b>26.13</b> | <b>82.11</b> |       |
| <b>Trešdiena</b>   |                                |          |             |               |              |              |              |       |
| 1.                 | Skābu kāpostu salāti           | 1/60     | 0,26        | 39.68         | 0.99         | 2.7          | 2,76         |       |
| 2.                 | Zirņu zupa ar krējumu          | 200/10   | 0.33        | 142.53        | 4.96         | 6,27         | 14.01        | 7     |
| 3.                 | Mājas cepetis                  | 150/40   | 1.06        | 357.29        | 11.97        | 22.20        | 25.74        |       |
| 4.                 | Tēja ar citronu                | 1/180    | 0.11        | 18.59         | 0.08         | -            | 4.76         |       |
| 5.                 | Auglis (mandarīns)             | 110      | 0,38        | 42.13         | 0,9          | -            | 8.91         |       |
| 6.                 | Maize                          | 1/20     | 0,08        | 47,14         | 1,6          | 0,18         | 9,78         | 1     |
|                    |                                |          | <b>2,20</b> | <b>650.11</b> | <b>19.24</b> | <b>28.83</b> | <b>76.11</b> |       |
| <b>Ceturtdiena</b> |                                |          |             |               |              |              |              |       |
| 1.                 | Svaigi gurķi                   | 1/30     | 0,23        | 3.16          | 0.24         | 0.03         | 0.48         |       |
| 2.                 | Cepta vistas fileja ar sieru   | 1/65     | 1.05        | 211.09        | 18.12        | 12.95        | 6.16         |       |
| 3.                 | Vārīti kartupeļi               | 1/150    | 0,34        | 109           | 3,2          | 0.16         | 23.68        |       |
| 4.                 | Šokolādes krēms ar putukrējumu | 50/15    | 0.47        | 184.02        | 2.91         | 14.52        | 11.58        | 7     |
| 5.                 | Tēja                           | 1/180    | 0.05        | 18.01         | -            | -            | 9.78         |       |
| 6.                 | Maize                          | 1/20     | 0,06        | 47,14         | 1,6          | 0,18         | 9,78         | 1     |
|                    |                                |          | <b>2,20</b> | <b>572.42</b> | <b>26.07</b> | <b>27.84</b> | <b>56.67</b> |       |
| <b>Piektdiena</b>  |                                |          |             |               |              |              |              |       |
| 1.                 | Svaigi tomāti                  | 1/60     | 0.36        | 12.84         | 0.66         | 0.12         | 2.28         |       |
| 2.                 | Vistas gaļas zupa ar rīsiem    | 1/200    | 0.41        | 126.33        | 4.99         | 6.12         | 12.81        |       |
| 3.                 | Vārīti cīsiņi                  | 1/60     | 0.76        | 199.4         | 6.06         | 18.96        | 1.14         |       |
| 4.                 | Vārīti makaroni                | 1/150    | 0.28        | 215.9         | 6.24         | 2.66         | 41.76        | 1     |
| 5.                 | Ogu dzēriens                   | 1/180    | 0.27        | 29.48         | 0.29         | 0.14         | 6.76         |       |
| 6.                 | Maize                          | 1/40     | 0,12        | 94,28         | 3,2          | 9,36         | 19,56        | 1     |
|                    |                                |          | <b>2.60</b> | <b>678.23</b> | <b>21.44</b> | <b>28.36</b> | <b>84.31</b> |       |

Skolas piens 750 ml

Alerģēni:

**A01** Graudaugi, kas satur lipekli (glutenu)

**A04** Zivis un to produkti

**A07** Piens un tā produkti

**A03** Olas un to produkti

**A05** Zemesrieksti un to produkti

**A08** Rieksti un to produkti