**ĒDIENKARTE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **27.marts** | **28.marts** | **29.marts** | **30.marts** | **31.marts** |
| **BROKASTIS** | Biezpiens ar rozīnēm  130/20  **7\*** | Rīsu putra ar kanēli  200/5  **1\*7\*** | Četrgraudu putra ar ievārījumu  200/15  **1\*7\*** | Prosas putra ar ievārījumu  200/15  **1\*7\*** | Mannā putra ar kanēli  200/5  **1\*7\*** |
|  | Karstmaize sieru  40/10  **1\* 7\*** | Sviestmaize  30/5  **1\* 7\*** | Sviestmaize  30/5  **1\*7\*** | Sviestmaize  30/5  **1\* 7\*** | Sviestmaize  30/5  **1\* 7\*** |
|  | Tēja - 200 | Tēja – 200 | Tēja - 200 | Tēja - 200 | Tēja -200 |
|  | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 10,44 | 10,83 | 59,21 | 375,54 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 10,37 | 11,25 | 45,4 | 323,8 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 9,11 | 10,49 | 62,2 | 379,01 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 10,18 | 8,16 | 56,84 | 332,08 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | **10,44** | **10,83** | **59,21** | **375,54** | |
| **PUSDIENAS** | Skābeņu zupa – 200  **3\*7\*** | Zemnieku zupa – 200  **7\*** | Biešu zupa– 200  **7\*** | Vistas gaļas zupa– 200  **7\*** | Soļanka– 200  7\* |
|  | Dārzeņu sautējums ar gaļu un salāti  130/80/50  **1\*** | Kartupeļu biezenis ar zivju kotleti un salāti  130/80/50  **3\*4\*7\*** | Griķi ar gulašu un salāti  130/80/50  **1\* 7\*** | Kartupeļu biezenis ar cūkgaļas kotleti un salāti  130/80/50  **1\* 3\*7\*** | Makaroni ar maltās gaļas mērci un salāti  130/80/50  **1\* 7\*** |
|  | Rudzu maize – 40  **1\*** | Rudzu maize – 40  **1\*** | Rudzu maize – 40  **1\*** | Rudzu maize -40  **1\*** | Rudzu maize – 40  **1\*** |
|  | Sulas dzēriens - 150 | Sulas dzēriens - 150 | Sulas dzēriens - 150 | Sulas dzēriens - 150 | Sulas dzēriens - 150 |
|  | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 21,61 | 29,65 | 56,33 | 577,59 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 21,62 | 24,84 | 75,27 | 586,64 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 21,66 | 29,61 | 83,25 | 684,07 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 27,69 | 28,31 | 78,76 | 650,84 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | **21,61** | **29,65** | **56,33** | **577,59** | |
| **LAUNAGS** | Plānās pankūkas ar  ievārījumu  130/15  **1\*3\*7\*** | Piena zupa  130/15  **1\*3\*7\*** | Gaļas salāti  130  **7\*** | Biezpiena-rīsu sacepums ar  krējumu  130/15  **7\*** | Plātsmaize ar drumstalām  130  **7\*** |
|  | Piens – 200  7\* | Sviestmaize – 40/5  1\*7\* | Graudu maize ar sviestu– 40/5  1\*7\*11\* | Kafija– 200  **7\*** | Kakao -7 |
|  | Melone - 100 |  | Tēja - 200 | Bumbieris - 100 | Banāns - 100 |
|  | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 11,27 | 9,46 | 58,96 | 365,12 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 16,23 | 19,9 | 47,02 | 483 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 10,83 | 10,49 | 43,78 | 312,47 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 9,28 | 10,8 | 43,13 | 307,96 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | **11,27** | **9,46** | **58,96** | **365,12** | |

***1, 3, 4, 7...*** *- apzīmējuma skaidrojums lasāms pievienotajā dokumentā „Par alergēniem pārtikas apritē”*

Ēdināšanas firma SIA „Dagi”