**ĒDIENKARTE**

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|  | **27.marts** | **28.marts** | **29.marts** | **30.marts** | **31.marts** |
| **BROKASTIS** | Biezpiens ar rozīnēm130/20**7\*** | Rīsu putra ar kanēli200/5**1\*7\*** | Četrgraudu putra ar ievārījumu200/15**1\*7\*** | Prosas putra ar ievārījumu200/15**1\*7\*** | Mannā putra ar kanēli200/5**1\*7\*** |
|  | Karstmaize sieru40/10**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 |
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| Olb. | Tauki | Ogļh. | Kcal |
| 10,44 | 10,83 | 59,21 | 375,54 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 10,37 | 11,25 | 45,4 | 323,8 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 9,11 | 10,49 | 62,2 | 379,01 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 10,18 | 8,16 | 56,84 | 332,08 |

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| Olb. | Tauki | Ogļh. | Kcal |
| **10,44** | **10,83** | **59,21** | **375,54** |

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| **PUSDIENAS** | Skābeņu zupa – 200**3\*7\*** | Zemnieku zupa – 200**7\*** | Biešu zupa– 200**7\*** | Vistas gaļas zupa– 200**7\***  | Soļanka– 2007\* |
|  | Dārzeņu sautējums ar gaļu un salāti130/80/50**1\***  | Kartupeļu biezenis ar zivju kotleti un salāti130/80/50**3\*4\*7\*** | Griķi ar gulašu un salāti130/80/50**1\* 7\*** | Kartupeļu biezenis ar cūkgaļas kotleti un salāti130/80/50**1\* 3\*7\*** | Makaroni ar maltās gaļas mērci un salāti130/80/50**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 |
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| Olb. | Tauki | Ogļh. | Kcal |
| 21,61 | 29,65 | 56,33 | 577,59 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 21,62 | 24,84 | 75,27 | 586,64 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 21,66 | 29,61 | 83,25 | 684,07 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 27,69 | 28,31 | 78,76 | 650,84 |

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| Olb. | Tauki | Ogļh. | Kcal |
| **21,61** | **29,65** | **56,33** | **577,59** |

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| **LAUNAGS** | Plānās pankūkas ar ievārījumu130/15**1\*3\*7\*** | Piena zupa130/15**1\*3\*7\*** | Gaļas salāti130**7\*** | Biezpiena-rīsu sacepums ar krējumu130/15**7\*** | Plātsmaize ar drumstalām130**7\*** |
|  | Piens – 2007\* | Sviestmaize – 40/51\*7\* | Graudu maize ar sviestu– 40/51\*7\*11\* | Kafija– 200**7\*** | Kakao -7 |
|  | Melone - 100 |  | Tēja - 200 | Bumbieris - 100 | Banāns - 100 |
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| Olb. | Tauki | Ogļh. | Kcal |
| 11,27 | 9,46 | 58,96 | 365,12 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 16,23 | 19,9 | 47,02 | 483 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 10,83 | 10,49 | 43,78 | 312,47 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 9,28 | 10,8 | 43,13 | 307,96 |

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| Olb. | Tauki | Ogļh. | Kcal |
| **11,27** | **9,46** | **58,96** | **365,12** |

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

Ēdināšanas firma SIA „Dagi”