**ĒDIENKARTE**

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|  | **20.augusts** | **21.augusts** | **22.augusts** | **23.augusts** | **24.augusts** |
| **BROKASTIS** | Mannā putra ar kanēli200/5**1\*7\*** | Prosas putra ar ievārījumu200/15**1\*7\*** | Miežu putra ar sviestu200/5**1\*7\*** | Rīsu putra ar ievārījumu200/15**1\*7\*** | Četru graudu putra ar ievārījumu200/15**1\*7\*** |
|  | Karstmaize30/25**1\*7\*** | Sviestmaize 30/5**1\*7\*** | Sviestmaize 30/5**1\*7\*** | Sviestmaize ar olu30/5/15**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 |
| 10.56 | 12.35 | 46.78 | 304.4 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 12.35 | 15.26 | 83.26 | 365.88 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 11.27 | 14.22 | 97.33 | 323.8 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 9.27 | 24.22 | 78.35 | 358.64 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 10.23 | 12.33 | 77.99 | 323.43 |

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| **PUSDIENAS** | Kāpostu zupa– 200**7\*** | Pupiņu zupa– 200**7\*** | Gurķu zupa– 200**7\*** | Zivju zupa – 200**4\*7\***  | Skābeņu zupa– 200**7\*** |
|  | Griķi ar maltās gaļas mērci un salāti (burkānu sēkliņu)130/80/50**1\*7\*** | Kartupeļu biezenis , tefteļi un salāti(kāpostu gurķu)130/80/50**1\*7\*** | Dārzeņu sautējums un salāti 130/50 **1\*7\*** | Kartupeļu biezenis, c/g kotlete un salāti(gurķu tomātu) 130/50/80**1\*7\*** | Makaroni ar stroganovu un salāti(ķinas kāposts)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 |
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| Olb. | Tauki | Ogļh. | Kcal |
| 20.62 | 33.75 | 79.41 | 658.9 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 26.33 | 43.21 | 88.32 | 603.57 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 24.45 | 27.44 | 86.34 | 609.13 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 22.27 | 12.46 | 93.66 | 652.86 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 16.26 | 23.98 | 85.32 | 697.48 |

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| **LAUNAGS** | Biezpiena sacepums ar krējumu150**1\*3\*7\*** | Saldās pankūkas ar ievārījumu120**1\*3\*7\*** | Uzpūtenis ar pienu100/150**1\*7\*** | Dārzeņu salāti180**1\*3\*7\***Graudu maize-40 1\* | Pica130**1\*7\*** |
|  | Kafija-200**7\*** | Kakao-200**7\*** |  | Tēja-200 | Tēja-200 |
|  | Arbūzs-100 | Melone-100 | Banāni-100 |  |  |
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| Olb. | Tauki | Ogļh. | Kcal |
| 10.9 | 9.34 | 52.0 | 412.1 |

**1375kkal** |

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| Olb. | Tauki | Ogļh. | Kcal |
| 10.36 | 13.24 | 76.33 | 428.33 |

**1397kkal** |

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| Olb. | Tauki | Ogļh. | Kcal |
| 11.89 | 15.23 | 79.33 | 414.47 |

**1374kkal** |

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| Olb. | Tauki | Ogļh. | Kcal |
| 12.35 | 12.44 | 86.35 | 380.2 |

**1391kkal** |

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| Olb. | Tauki | Ogļh. | Kcal |
| 16.57 | 6.18 | 33.58 | 316.6 |

**1337kkal** |

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

Ēdināšanas firma ‘’SIA Dagi’’