**ĒDIENKARTE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **20.augusts** | **21.augusts** | **22.augusts** | **23.augusts** | **24.augusts** |
| **BROKASTIS** | Mannā putra ar kanēli  200/5  **1\*7\*** | Prosas putra ar ievārījumu  200/15  **1\*7\*** | Miežu putra ar sviestu  200/5  **1\*7\*** | Rīsu putra ar ievārījumu  200/15  **1\*7\*** | Četru graudu putra ar  ievārījumu  200/15  **1\*7\*** |
|  | Karstmaize  30/25  **1\*7\*** | Sviestmaize  30/5  **1\*7\*** | Sviestmaize  30/5  **1\*7\*** | Sviestmaize ar olu  30/5/15  **1\*7\*** | Sviestmaize  30/5  **1\*7\*** |
|  | Tēja - 200 | Tēja – 200 | Tēja - 200 | Tēja - 200 | Tēja-200 |
|  | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 10.56 | 12.35 | 46.78 | 304.4 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 12.35 | 15.26 | 83.26 | 365.88 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 11.27 | 14.22 | 97.33 | 323.8 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 9.27 | 24.22 | 78.35 | 358.64 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 10.23 | 12.33 | 77.99 | 323.43 | |
| **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 |
|  | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 20.62 | 33.75 | 79.41 | 658.9 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 26.33 | 43.21 | 88.32 | 603.57 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 24.45 | 27.44 | 86.34 | 609.13 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 22.27 | 12.46 | 93.66 | 652.86 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 16.26 | 23.98 | 85.32 | 697.48 | |
| **LAUNAGS** | Biezpiena sacepums ar  krējumu  150  **1\*3\*7\*** | Saldās pankūkas ar ievārījumu  120  **1\*3\*7\*** | Uzpūtenis ar pienu  100/150  **1\*7\*** | Dārzeņu salāti  180  **1\*3\*7\***  Graudu maize-40 1\* | Pica  130  **1\*7\*** |
|  | Kafija-200  **7\*** | Kakao-200  **7\*** |  | Tēja-200 | Tēja-200 |
|  | Arbūzs-100 | Melone-100 | Banāni-100 |  |  |
|  | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 10.9 | 9.34 | 52.0 | 412.1 |   **1375kkal** | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 10.36 | 13.24 | 76.33 | 428.33 |   **1397kkal** | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 11.89 | 15.23 | 79.33 | 414.47 |   **1374kkal** | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 12.35 | 12.44 | 86.35 | 380.2 |   **1391kkal** | |  |  |  |  | | --- | --- | --- | --- | | 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’’