**ĒDIENKARTE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **18.marts** | **19.marts** | **20.marts** | **21.marts** | **22.marts** |
| **BROKASTIS** | Kukurūzas putra ar  ievārījumu  150/15 **1\*7\*** | ,,Baltais” sieriņš  38  **1\*7\*** | Prosas putra ar ievārījumu  150/15  **1\*7\*** | Omlete un zaļie zirnīši  100/50  **1\*3\*7\*** | Auzu pārslu putra ar ievārījumu  150/15  **1\*7\*** |
|  | Sviestmaize  30/5  **1\*7\*** | Sviestmaize ar desu  30/5/15  **1\*7\*** | Sviestmaize  30/5  **1\*7\*** | Sviestmaize  30/5  **1\*7\*** | Sviestmaize  30/5  **1\*7\*** |
|  | Tēja - 150 | Tēja – 150 | Tēja - 150 | Tēja - 150 | Tēja-150 |
|  | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 9.10 | 10.6 | 43.07 | 238.7 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 10.21 | 11.85 | 24.15 | 227.3 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 10.34 | 11.17 | 49.87 | 301.1 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 13.49 | 13.07 | 30.04 | 246.8 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 9.78 | 11.85 | 40.2 | 311.1 | |
| **PUSDIENAS** | Pupiņu zupa–150  **7\*** | Borščs– 150  **7\*** | Gurķu zupa–150  **7\*** | Dārzeņu zupa – 150  **7\*** | Skābu kāpostu zupa-150  **7\*** |
|  | Rīsi ar tefteļiem un salāti  130/80/50  **1\*7\*** | Griķi ar gulašu un salāti  130/80/50  **1\*7\*** | Kartupeļu biezenis, zivju kotlete un salāti  130/80/50  **1\*4\*7\*** | Makaroni ar vistas filejas mērci un salāti  130/80/50  **1\*7\*** | Gaļas ezīši un salāti  130/50  **1\*7\*** |
|  | Rudzu maize –33  **1\*** | Rudzu maize – 33  **1\*** | Rudzu maize – 33  **1\*** | Rudzu maize -33  **1\*** | Rudzu maize –33  **1\*** |
|  | Sulas dzēriens - 150 | Sulas dzēriens - 150 | Sulas dzēriens - 150 | Sulas dzēriens - 150 | Sulas dzēriens - 150 |
|  | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 18.05 | 19.46 | 62.66 | 461.1 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 19.46 | 31.98 | 77.09 | 498.8 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 22.21 | 15.70 | 71.18 | 500.5 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 19.63 | 11.45 | 75.15 | 448.9 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 15.64 | 30.33 | 54.63 | 462.2 | |
| **LAUNAGS** | Makaroni ar sieru  100/5  **1\*7\*** | Mannā ar kanēli  150/5  **1\*7\*** | Biezpiena sacepums ar  krējumu  100/5  **1\*7\*** | Asorti putra ar ievārījumu  150/15  **1\*7\*** | Piena zupa  150  **1\*7\*** |
|  | Tēja-150 | Tēja-150 | Kakao-150 **7\*** | Tēja-150 | Tēja-150 |
|  | Melone-150 |  | Banāni-150 |  | Āboli-150 |
|  | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 8.7 | 12.36 | 39.91 | 306.6 |   **1006kkal** | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 6.59 | 3.95 | 52.6 | 320.3 |   **1046kkal** | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 12.36 | 10.24 | 57.36 | 267.9 |   **1069kkal** | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 10.24 | 7.71 | 31.29 | 279.12 |   **974.8kkal** | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 7.73 | 7.63 | 36.93 | 246.9 |   **1020kkal** |

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

Ēdināšanas firma ‘’SIA Dagi’’