**ĒDIENKARTE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **18.marts** | **19.marts** | **20.marts** | **21.marts** | **22.marts** |
| **BROKASTIS** | Kukurūzas putra ar ievārījumu150/15 **1\*7\*** | ,,Baltais” sieriņš38**1\*7\*** | Prosas putra ar ievārījumu150/15**1\*7\*** | Omlete un zaļie zirnīši100/50**1\*3\*7\*** | Auzu pārslu putra ar ievārījumu150/15**1\*7\*** |
|  | Sviestmaize30/5**1\*7\*** | Sviestmaize ar desu30/5/15**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 salāti130/80/50**1\*7\*** | Griķi ar gulašu un salāti130/80/50**1\*7\*** | Kartupeļu biezenis, zivju kotlete un salāti130/80/50**1\*4\*7\*** | Makaroni ar vistas filejas mērci un salāti130/80/50**1\*7\*** | Gaļas ezīši un salāti130/50**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 sieru100/5**1\*7\*** | Mannā ar kanēli150/5**1\*7\*** | Biezpiena sacepums arkrējumu100/5**1\*7\*** | Asorti putra ar ievārījumu150/15**1\*7\*** | Piena zupa150**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’’