**ĒDIENKARTE**

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|  | **22.jūlijs** | **23.jūlijs** | **24.jūlijs** | **25.jūlijs** | **26.jūlijs** |
| **BROKASTIS** | Biezpiens ar rozīnēm75/10**1\*7\*** | ,,Asorti” putra ar ievārījumu200/10**1\*7\*** | Kukurūzas putra ar ievārījumu 200/10**1\*7\*** | Auzu putra ar ievārījumu200/101\***7\*** | Kellogs ar pienu30/200**1\*7\*** |
|  | Sviestmaize ar desu30/10/5**1\*7\*** | Sviestmaize 30/5**1\*7\*** | Sviestmaize 30/5**1\*7\*** | Sviestmaize30/51\*7\* | Sviestmaize ar sieru30/5/25**1\*7\*** |
|  | Tēja – 200 | Tēja – 200 | Tēja – 200 | Tēja-200 | Tēja-200 |
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| Olb. | Tauki | Ogļh. | Kcal |
| 12.8 | 14.57 | 34.97 | 327.6 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 11,53 | 12,99 | 41,99 | 268,4 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 10.6 | 6.71 | 38.58 | 264.1 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 9.78 | 11.85 | 40.2 | 299.2 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 12.63 | 11.43 | 48.13 | 298.1 |

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| **PUSDIENAS** | Zemnieku zupa– 200**7\*** | Dārzeņu zupa– 200**7\*** | Zivju zupa – 200**4\*7\*** | Skābeņu zupa – 200**7\***  | Soļanka– 200**7\*** |
|  |  Griķi ar stroganovu un salāti130/80/50**1\*7\*** | Plovs un salāti130/50**1\*7\*** | Makaroni ar gaļu un salāti130/50 **1\*7\*** | Kartupeļi apcepti, c/g karbonāde un salāti130/80/50**1\*7\*** | Zirņu biezenis ar gaļu 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 - 200 | Sulas dzēriens - 200 | Sulas dzēriens - 200 | Sulas dzēriens - 200 | Sulas dzēriens - 200 |
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| Olb. | Tauki | Ogļh. | Kcal |
| 13.45 | 31.97 | 58.07 | 529.8 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 16.87 | 22.3 | 71.93 | 527.0 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 20.4 | 20.08 | 67.79 | 500.7 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 21.39 | 29.59 | 52.82 | 556.6 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 34.53 | 38.88 | 75.3 | 517.3 |

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| **LAUNAGS** | Mannā ar kanēli200/10**1\*7\*** |  Plātsmaize130**1\*3\*7\*** | Augļi ar jogurtu100/200**7\*** | Pica120**1\*7\*** | Plānās pankūkas ar ievārījumu120/15**1\*7\*** |
|  | Tēja-200 | Piens-2007\* | Cepumiņi-35 1\* | Kakao-2007\* | Tēja-150 |
|  |  | Melone-150 |  |  |  |
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| Olb. | Tauki | Ogļh. | Kcal |
| 7.84 | 7.48 | 36.13 | 242.9 |

**1100kkal** |

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| Olb. | Tauki | Ogļh. | Kcal |
| 11,11 | 9,76 | 63,05 | 375,2 |

**1170kkal** |

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| Olb. | Tauki | Ogļh. | Kcal |
| 10.8 | 8.5 | 47.61 | 298.1 |

**1062kkal** |

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| Olb. | Tauki | Ogļh. | Kcal |
| 13.25 | 18.65 | 27.12 | 330.6 |

**1186kkal** |

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| Olb. | Tauki | Ogļh. | Kcal |
| 14.8 | 14.1 | 56.17 | 343.2 |

**1158kkal** |

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

Ēdināšanas firma ‘’SIA Dagi’’