**ĒDIENKARTE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **22.jūlijs** | **23.jūlijs** | **24.jūlijs** | **25.jūlijs** | **26.jūlijs** |
| **BROKASTIS** | Biezpiens ar rozīnēm  75/10  **1\*7\*** | ,,Asorti” putra ar ievārījumu  200/10  **1\*7\*** | Kukurūzas putra ar ievārījumu 200/10  **1\*7\*** | Auzu putra ar ievārījumu  200/10  1\***7\*** | Kellogs ar pienu  30/200  **1\*7\*** |
|  | Sviestmaize ar desu  30/10/5  **1\*7\*** | Sviestmaize  30/5  **1\*7\*** | Sviestmaize  30/5  **1\*7\*** | Sviestmaize  30/5  1\*7\* | Sviestmaize ar sieru  30/5/25  **1\*7\*** |
|  | Tēja – 200 | Tēja – 200 | Tēja – 200 | Tēja-200 | Tēja-200 |
|  | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 12.8 | 14.57 | 34.97 | 327.6 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 11,53 | 12,99 | 41,99 | 268,4 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 10.6 | 6.71 | 38.58 | 264.1 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 9.78 | 11.85 | 40.2 | 299.2 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 12.63 | 11.43 | 48.13 | 298.1 | |
| **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 salāti  130/80/50  **1\*7\*** | Plovs un salāti  130/50  **1\*7\*** | Makaroni ar gaļu un salāti  130/50  **1\*7\*** | Kartupeļi apcepti, c/g karbonāde un salāti  130/80/50  **1\*7\*** | Zirņu biezenis ar gaļu 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 - 200 | Sulas dzēriens - 200 | Sulas dzēriens - 200 | Sulas dzēriens - 200 | Sulas dzēriens - 200 |
|  | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 13.45 | 31.97 | 58.07 | 529.8 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 16.87 | 22.3 | 71.93 | 527.0 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 20.4 | 20.08 | 67.79 | 500.7 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 21.39 | 29.59 | 52.82 | 556.6 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 34.53 | 38.88 | 75.3 | 517.3 | |
| **LAUNAGS** | Mannā ar kanēli  200/10  **1\*7\*** | Plātsmaize  130  **1\*3\*7\*** | Augļi ar jogurtu  100/200  **7\*** | Pica  120  **1\*7\*** | Plānās pankūkas ar ievārījumu  120/15  **1\*7\*** |
|  | Tēja-200 | Piens-200  7\* | Cepumiņi-35 1\* | Kakao-200  7\* | Tēja-150 |
|  |  | Melone-150 |  |  |  |
|  | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 7.84 | 7.48 | 36.13 | 242.9 |   **1100kkal** | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 11,11 | 9,76 | 63,05 | 375,2 |   **1170kkal** | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 10.8 | 8.5 | 47.61 | 298.1 |   **1062kkal** | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 13.25 | 18.65 | 27.12 | 330.6 |   **1186kkal** | |  |  |  |  | | --- | --- | --- | --- | | 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’’