**ĒDIENKARTE**

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|  | **16.septembris** | **17.septembris** | **18.septembris** | **19.septembris** | **20.septembris** |
| **BROKASTIS** | Biezpiens ar rozīnēm75/10**1\*7\*** | Mannā putra ar kanēli200/5**1\*7\*** | Prosas putra ar ievārījumu 200/10**1\*7\*** | Kellogs ar pienu30/200**1\*7\*** | Auzu putra ar ievārījumu200/15**1\*7\*** |
|  | Sviestmaize 30/5**1\*7\*** | Sviestmaize 30/5**1\*7\*** | Sviestmaize ar sieru30/5/25**1\*7\*** | Sviestmaize ar desu30/5/20**1\*7\*** | Sviestmaize 30/5**1\*7\*** |
|  | Tēja - 200 | Tēja – 200 | Tēja - 200 | Tēja -200 | Tēja-200 |
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| Olb. | Tauki | Ogļh. | Kcal |
| 11.68 | 98.35 | 39.81 | 301.9 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 10.37 | 10.83 | 45.9 | 302.0 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 12.64 | 14.07 | 44.88 | 316.8 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 11.45 | 10.75 | 48.28 | 253.1 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 9.78 | 11.85 | 40.2 | 264.0 |

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| **PUSDIENAS** | Rasoļņiks– 200**7\*** | Skābeņu zupa – 200**7\*** | Zirņu zupa – 200**7\*** | Zivju zupa– 200**4\*7\***  | Soļanka– 200**7\*** |
|  | Griķi ar maltas gaļas mērci un salāti 130/80/50**1\*7\*** | Makaroni, viltotais zaķis un salāti130/80/50**1\*7\*** | Dārzeņu sautējums un salāti130/50 **1\*7\*** | Kartupeļu biezenis, c/g kotlete un salāti130/80/50**1\*7\*** | Rīsi ar vistas filejas mērci un salāti130/80/50**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 |
| 22.42 | 34.62 | 64.43 | 592.6 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 23.79 | 21.19 | 70.32 | 556.56 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 23.17 | 23.97 | 62.05 | 518.91 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 20.5 | 28.38 | 52.98 | 539.8 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 21.86 | 15.94 | 75.25 | 481.0 |

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| **LAUNAGS** | Miežu putra ar sviestu200/10**1\*7\*** | Uzpūtenis ar pienu100/ 200**1\*7\*** | Plānas pankūkas ar ievārījumu120/20**1\*7\*** | Plātsmaize130**1\*7\*** | Vistas gaļas salāti130**1\*7\***Saldskabmaize-40 **1\*** |
|  | Tēja-200 |  | Kakao-200**7\*** | Piens-200**7\*** | Tēja-200 |
|  |  | Banāni-150 | Bumbieri-150 |  | Āboli-150 |
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| Olb. | Tauki | Ogļh. | Kcal |
| 7.84 | 7.9 | 30.64 | 224.8 |

**1119kkal** |

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| Olb. | Tauki | Ogļh. | Kcal |
| 8.4 | 4.05 | 52.6 | 316.23 |

**1174kkal** |

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| Olb. | Tauki | Ogļh. | Kcal |
| 13.87 | 13.2 | 68.81 | 449.5 |

**1285kkal** |

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| Olb. | Tauki | Ogļh. | Kcal |
| 12.04 | 10.6 | 59.87 | 384.8 |

**1170kkal** |

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| Olb. | Tauki | Ogļh. | Kcal |
| 11.96 | 15.14 | 26.9 | 293.3 |

**1038kkal** |

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

Ēdināšanas firma ‘’SIA Dagi’’