**ĒDIENKARTE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **16.septembris** | **17.septembris** | **18.septembris** | **19.septembris** | **20.septembris** |
| **BROKASTIS** | Biezpiens ar rozīnēm  75/10  **1\*7\*** | Mannā putra ar kanēli  200/5  **1\*7\*** | Prosas putra ar ievārījumu 200/10  **1\*7\*** | Kellogs ar pienu  30/200  **1\*7\*** | Auzu putra ar ievārījumu  200/15  **1\*7\*** |
|  | Sviestmaize  30/5  **1\*7\*** | Sviestmaize  30/5  **1\*7\*** | Sviestmaize ar sieru  30/5/25  **1\*7\*** | Sviestmaize ar desu  30/5/20  **1\*7\*** | Sviestmaize  30/5  **1\*7\*** |
|  | Tēja - 200 | Tēja – 200 | Tēja - 200 | Tēja -200 | Tēja-200 |
|  | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 11.68 | 98.35 | 39.81 | 301.9 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 10.37 | 10.83 | 45.9 | 302.0 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 12.64 | 14.07 | 44.88 | 316.8 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 11.45 | 10.75 | 48.28 | 253.1 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 9.78 | 11.85 | 40.2 | 264.0 | |
| **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 salāti  130/80/50  **1\*7\*** | Dārzeņu sautējums un salāti  130/50  **1\*7\*** | Kartupeļu biezenis, c/g kotlete un salāti  130/80/50  **1\*7\*** | Rīsi ar vistas filejas mērci un salāti  130/80/50  **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 |
|  | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 22.42 | 34.62 | 64.43 | 592.6 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 23.79 | 21.19 | 70.32 | 556.56 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 23.17 | 23.97 | 62.05 | 518.91 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 20.5 | 28.38 | 52.98 | 539.8 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 21.86 | 15.94 | 75.25 | 481.0 | |
| **LAUNAGS** | Miežu putra ar sviestu  200/10  **1\*7\*** | Uzpūtenis ar pienu  100/ 200  **1\*7\*** | Plānas pankūkas ar  ievārījumu  120/20  **1\*7\*** | Plātsmaize  130  **1\*7\*** | Vistas gaļas salāti  130  **1\*7\***  Saldskabmaize-40 **1\*** |
|  | Tēja-200 |  | Kakao-200  **7\*** | Piens-200  **7\*** | Tēja-200 |
|  |  | Banāni-150 | Bumbieri-150 |  | Āboli-150 |
|  | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 7.84 | 7.9 | 30.64 | 224.8 |   **1119kkal** | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 8.4 | 4.05 | 52.6 | 316.23 |   **1174kkal** | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 13.87 | 13.2 | 68.81 | 449.5 |   **1285kkal** | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 12.04 | 10.6 | 59.87 | 384.8 |   **1170kkal** | |  |  |  |  | | --- | --- | --- | --- | | 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’’