**ĒDIENKARTE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **14.oktobris** | **15.oktobris** | **16.oktobris** | **17.oktobris** | **18.oktobris** |
| **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 ar sieru30/5/25**1\*7\*** | Sviestmaize 30/5**1\*7\*** | Sviestmaize ar desu30/5/20**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 |
| 9.10 | 10.8 | 43.1 | 303.5 |

 |

|  |  |  |  |
| --- | --- | --- | --- |
| 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** | Borščs– 200**7\*** | Zivju zupa – 200**4\*7\*** | Skābu kāpostu zupa – 200**7\*** | Rasoļņiks– 200**7\***  | Soļanka– 200**7\*** |
|  | Griķi ar maltas gaļas mērci un salāti 130/80/50**1\*7\*** | Dārzeņu sautējums un salāti130/50**1\*7\*** | Plovs un salāti130/50 **1\*7\*** | Apcepti kartupeļi, c/g karbonāde un salāti130/80/50**1\*7\*** | Makaroni 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 | Kefīrs - 200 | Sulas dzēriens - 200 |
|  |

|  |  |  |  |
| --- | --- | --- | --- |
| Olb. | Tauki | Ogļh. | Kcal |
| 23.74 | 30.39 | 60.76 | 518.6 |

 |

|  |  |  |  |
| --- | --- | --- | --- |
| Olb. | Tauki | Ogļh. | Kcal |
| 14.75 | 24.08 | 70.33 | 550.2 |

 |

|  |  |  |  |
| --- | --- | --- | --- |
| Olb. | Tauki | Ogļh. | Kcal |
| 21.2 | 18.74 | 68.64 | 516.2 |

 |

|  |  |  |  |
| --- | --- | --- | --- |
| 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 sviestu200/10**1\*7\*** | Šokolādes ķīselis ar pienu100/200**1\*7\*** | Jogurts ar augļiem200/501\*7\* | Gaļas salāti130**1\*7\***Saldskabmaize-40 1\* | Plātsmaize130**1\*7\*** |
|  | Tēja-200 |  | Cepumi-35 1\* | Tēja-200**7\*** | Kakao-200 |
|  | Banāni-150 | Bumbieri-150 |  | Āboli-150 |  |
|  |

|  |  |  |  |
| --- | --- | --- | --- |
| Olb. | Tauki | Ogļh. | Kcal |
| 7.84 | 7.9 | 30.64 | 224.8 |

**1045kkal** |

|  |  |  |  |
| --- | --- | --- | --- |
| Olb. | Tauki | Ogļh. | Kcal |
| 10.2 | 7.14 | 29.02 | 213.46 |

**1168kkal** |

|  |  |  |  |
| --- | --- | --- | --- |
| Olb. | Tauki | Ogļh. | Kcal |
| 10.8 | 8.5 | 48.11 | 318.4 |

**1138kkal** |

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

**1170kkal** |

|  |  |  |  |
| --- | --- | --- | --- |
| Olb. | Tauki | Ogļh. | Kcal |
| 10.24 | 12.44 | 68.42 | 300.0 |

**1045kkal** |

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

Ēdināšanas firma ‘’SIA Dagi’’