**ĒDIENKARTE**

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|  | **11.novembris** | **12.novembris** | **13.novembris** | **14.novembris** | **15.novembris** |
| **BROKASTIS** | Kellogs ar pienu30/200**1\* 7\*** | Auzu pārslu putra ar ievārījumu200/15**1\*7\*** | Biezpiens ar rozīnēm75/10**7\*** | Mannā putra ar kanēli200/5**1\* 7\*** | Cīsiņi100**1\*7\*** |
|  | Sviestmaize ar sieru30/5/5**1\* 7\*** | Sviestmaize 30/5**1\***  | Sviestmaize 30/5**1\*** | Sviestmaize30/5**1\***  | Sviestmaize ar gurķi30/5/5**1\***  |
|  | Tēja - 200 | Tēja – 200 | Tēja - 200 | Tēja - 200 | Tēja-200 |
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| Olb. | Tauki | Ogļh. | Kcal |
| 10,44 | 10,83 | 53,12 | 366,6 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 9,78 | 11,85 | 40,2 | 267,3 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 11,79 | 12,87 | 35,2 | 261,1 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 8,341 | 10,83 | 45,9 | 322,0 |

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| Olb. | Tauki | Ogļh. | Kcal |
| **10,6** | **6,71** | **38,58** | **264,1** |

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| **PUSDIENAS** | Gurķu zupa – 200**7\*** | Biešu zupa – 200**7\*** | Zivju zupa – 200**4\*7\*** | Vasaras zupa – 200**7\***  | Siera zupa – 2007\* |
|  | Gaļas ezīši un svaigie salāti 130/50**1\* 7\*** | Pupiņu sautējums ar gaļu un salāti130/501\*7\* | Makaroni ar maltās gaļas mērci un salāti130/80/50**1\***  | Kartupeļu biezenis, viltotais zaķis un salāti130/80/50**1\* 3\*7\*** | Griķi ar gulašu 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 |
| 19,91 | 11,62 | 59,33 | 501,2 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 31,9 | 22,52 | 72,46 | 521,3 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 22,54 | 28,03 | 68,3 | 617,5 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 29,03 | 22,22 | 54,29 | 525,6 |

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| Olb. | Tauki | Ogļh. | Kcal |
| **20,96** | **29,71** | **66,6** | **593,3** |

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| **LAUNAGS** | Kartupeļu pankūkas ar krējumu120/20**1\*7\*** | Ābolu plātsmaize ar drumstalām120**1\*3\*7\*** | Jogurts ar augļiem150/150**7\*** | Kukurūzas putra ar ievārījumu200/15**1\*7\*** | Gaļas salāti130**1\*3\*7\*** |
|  | Tēja-200 | Kafija - 2007\* | Cepumi-35**1\*7\*** | Tēja-200 | Graudu maize ar sviestu40/51\*7\*Tēja-200 |
|  | ,,Zelta Ābele” |  | ,,Zelta Ābele” |  | ,,Zelta Ābele” |
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| Olb. | Tauki | Ogļh. | Kcal |
| 7,42 | 11,45 | 31,58 | 260,35 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 9,23 | 8,26 | 60,39 | 322,12 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 10,8 | 8,5 | 48,11 | 278,4 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 6,57 | 7,25 | 33,3 | 224,5 |

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| Olb. | Tauki | Ogļh. | Kcal |
| **10,07** | **13,79** | **35,21** | **307,13** |

 |
|  | **1127kkal.** | **1110kkal.** | **1157kkal.** | **1071kkal.** | **1164kkal.** |

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

*Ēdināšanas firma ,,SIA Dagi”*