**ĒDIENKARTE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **11.novembris** | **12.novembris** | **13.novembris** | **14.novembris** | **15.novembris** |
| **BROKASTIS** | Kellogs ar pienu  30/200  **1\* 7\*** | Auzu pārslu putra ar ievārījumu  200/15  **1\*7\*** | Biezpiens ar rozīnēm  75/10  **7\*** | Mannā putra ar kanēli  200/5  **1\* 7\*** | Cīsiņi  100  **1\*7\*** |
|  | Sviestmaize ar sieru  30/5/5  **1\* 7\*** | Sviestmaize  30/5  **1\*** | Sviestmaize  30/5  **1\*** | Sviestmaize  30/5  **1\*** | Sviestmaize ar gurķi  30/5/5  **1\*** |
|  | Tēja - 200 | Tēja – 200 | Tēja - 200 | Tēja - 200 | Tēja-200 |
|  | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 10,44 | 10,83 | 53,12 | 366,6 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 9,78 | 11,85 | 40,2 | 267,3 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 11,79 | 12,87 | 35,2 | 261,1 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 8,341 | 10,83 | 45,9 | 322,0 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | **10,6** | **6,71** | **38,58** | **264,1** | |
| **PUSDIENAS** | Gurķu zupa – 200  **7\*** | Biešu zupa – 200  **7\*** | Zivju zupa – 200  **4\*7\*** | Vasaras zupa – 200  **7\*** | Siera zupa – 200  7\* |
|  | Gaļas ezīši un svaigie salāti  130/50  **1\* 7\*** | Pupiņu sautējums ar gaļu un  salāti  130/50  1\*7\* | Makaroni ar maltās gaļas mērci un salāti  130/80/50  **1\*** | Kartupeļu biezenis, viltotais zaķis un salāti  130/80/50  **1\* 3\*7\*** | Griķi ar gulašu 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 | | 19,91 | 11,62 | 59,33 | 501,2 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 31,9 | 22,52 | 72,46 | 521,3 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 22,54 | 28,03 | 68,3 | 617,5 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 29,03 | 22,22 | 54,29 | 525,6 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | **20,96** | **29,71** | **66,6** | **593,3** | |
| **LAUNAGS** | Kartupeļu pankūkas ar  krējumu  120/20  **1\*7\*** | Ābolu plātsmaize ar  drumstalām  120  **1\*3\*7\*** | Jogurts ar augļiem  150/150  **7\*** | Kukurūzas putra ar  ievārījumu  200/15  **1\*7\*** | Gaļas salāti  130  **1\*3\*7\*** |
|  | Tēja-200 | Kafija - 200  7\* | Cepumi-35  **1\*7\*** | Tēja-200 | Graudu maize ar sviestu  40/5  1\*7\*  Tēja-200 |
|  | ,,Zelta Ābele” |  | ,,Zelta Ābele” |  | ,,Zelta Ābele” |
|  | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 7,42 | 11,45 | 31,58 | 260,35 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 9,23 | 8,26 | 60,39 | 322,12 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 10,8 | 8,5 | 48,11 | 278,4 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 6,57 | 7,25 | 33,3 | 224,5 | | |  |  |  |  | | --- | --- | --- | --- | | 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”*