**ĒDIENKARTE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **20.janvāris** | **21.janvāris** | **22.janvāris** | **23.janvāris** | **24.janvāris** |
| **BROKASTIS** | Kukurūzas putra ar ievārījumu 200/15  **1\* 7\*** | Prosas putra ar ievārījumu  200/15  **1\*7\*** | Auzu pārslu putra ar ievārījumu 200/15  **1\*7\*** | Mannā putra ar kanēli  200/5  **1\* 7\*** | Jogurts ar cepumiem  200/40  **1\*7\*** |
|  | Sviestmaize ar desu  30/5/25  **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 | | 10.23 | 12.82 | 43.22 | 329.2 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 12.64 | 14.07 | 44.88 | 316.8 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 9,78 | 11,85 | 40,2 | 267,3 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 8,341 | 10,83 | 45,9 | 302,0 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | **8,54** | **10,4** | **12,35** | **212,2** | |
| **PUSDIENAS** | Zirņu zupa – 200  **7\*** | Siera zupa – 200  **7\*** | Zivju zupa – 200  **4\*7\*** | Gurķu zupa – 200  **7\*** | Soļanka– 200  7\* |
|  | Plovs un salāti  130/50  **1\* 7\*** | Makaroni ar stroganovu un  salāti  130/80/50  1\*7\* | Pupiņu sautējums ar gaļu un salāti  130/50  **1\* 7\*** | Kartupeļu biezenis, c/g karbonāde un salāti  130/80/50  **1\* 3\*7\*** | Griķi 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 | | 20,11 | 11,47 | 49,08 | 447,8 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 31,9 | 22,52 | 72,46 | 501,3 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 12,35 | 27,33 | 79,24 | 497,1 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 29,03 | 22,22 | 54,29 | 505,6 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | **23,74** | **30,39** | **60,76** | **518,6** | |
| **LAUNAGS** | Šokolādes krēms ar pienu  100/200  **1\*7\*** | Ābolu- biezpiena plātsmaize  120  **1\*3\*7\*** | Plānās pankūkas ar  ievārījumu  120/15  **1\*7\*** | Makaroni ar sieru  120/15  1\*7\* | Vinegrets  130  **1\*7\*** |
|  |  | Kafija - 200  7\* | Kakao-200  **7\*** | Tēja-200 | Graudu maize  40  1\*7\*  Tēja-200 |
|  | ,,Zelta Ābele” | Mandarīni-100 | ,,Zelta Ābele” | Banāni-100 | ,,Zelta Ābele” |
|  | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 3.196 | 10.02 | 27.01 | 268.2 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 9.23 | 8.26 | 60.39 | 325.12 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 13.87 | 13.2 | 68.81 | 378.1 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 8.7 | 12.36 | 34.9 | 306.7 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | **6.05** | **15.9** | **32.51** | **298.7** | |
|  | **1045kkal.** | **1143kkal.** | **1142kkal.** | **1114kkal.** | **1029kkal.** |

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

*Ēdināšanas firma ,,SIA Dagi”*