**ĒDIENKARTE**

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|  | **20.janvāris** | **21.janvāris** | **22.janvāris** | **23.janvāris** | **24.janvāris** |
| **BROKASTIS** | Kukurūzas putra ar ievārījumu 200/15**1\* 7\*** | Prosas putra ar ievārījumu200/15**1\*7\*** | Auzu pārslu putra ar ievārījumu 200/15**1\*7\*** | Mannā putra ar kanēli200/5**1\* 7\*** | Jogurts ar cepumiem200/40**1\*7\*** |
|  | Sviestmaize ar desu30/5/25**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 |
| 10.23 | 12.82 | 43.22 | 329.2 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 12.64 | 14.07 | 44.88 | 316.8 |

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

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| Olb. | Tauki | Ogļh. | Kcal |
| 8,341 | 10,83 | 45,9 | 302,0 |

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| Olb. | Tauki | Ogļh. | Kcal |
| **8,54** | **10,4** | **12,35** | **212,2** |

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| **PUSDIENAS** | Zirņu zupa – 200**7\*** | Siera zupa – 200**7\*** | Zivju zupa – 200**4\*7\*** | Gurķu zupa – 200**7\***  | Soļanka– 2007\* |
|  | Plovs un salāti 130/50**1\* 7\*** | Makaroni ar stroganovu un salāti130/80/501\*7\* | Pupiņu sautējums ar gaļu un salāti130/50**1\* 7\*** | Kartupeļu biezenis, c/g karbonāde un salāti130/80/50**1\* 3\*7\*** | Griķi 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 | Sulas dzēriens - 200 | Sulas dzēriens -200 |
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| Olb. | Tauki | Ogļh. | Kcal |
| 20,11 | 11,47 | 49,08 | 447,8 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 31,9 | 22,52 | 72,46 | 501,3 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 12,35 | 27,33 | 79,24 | 497,1 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 29,03 | 22,22 | 54,29 | 505,6 |

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| Olb. | Tauki | Ogļh. | Kcal |
| **23,74** | **30,39** | **60,76** | **518,6** |

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| **LAUNAGS** | Šokolādes krēms ar pienu100/200**1\*7\*** | Ābolu- biezpiena plātsmaize 120**1\*3\*7\*** | Plānās pankūkas ar ievārījumu120/15**1\*7\*** | Makaroni ar sieru120/151\*7\* | Vinegrets130**1\*7\*** |
|  |  | Kafija - 2007\* | Kakao-200**7\*** | Tēja-200 | Graudu maize 401\*7\*Tēja-200 |
|  | ,,Zelta Ābele” | Mandarīni-100 | ,,Zelta Ābele” | Banāni-100 | ,,Zelta Ābele” |
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| Olb. | Tauki | Ogļh. | Kcal |
| 3.196 | 10.02 | 27.01 | 268.2 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 9.23 | 8.26 | 60.39 | 325.12 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 13.87 | 13.2 | 68.81 | 378.1 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 8.7 | 12.36 | 34.9 | 306.7 |

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| 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”*