**ĒDIENKARTE**

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|  | **6.aprīlis** | **7.aprīlis** | **8.aprīlis** | **9.aprīlis** |
| **BROKASTIS** | Biezpiens ar rozīnēm75/10**1\*7\*** | Auzu putra ar ievārījumu200/151\*7\* | Mannā ar kanēli200/5**1\*7\*** | Cīsiņi100**1\*7\*** |
|  | Karstmaize30/25**1\*7\*** | Sviestmaize 30/5**1\*7\*** | Sviestmaize 30/10**1\*7\*** | Sviestmaize ar gurķi30/10/15**1\*7\*** |
|  | Tēja - 200 | Tēja – 200 | Tēja - 200 | Tēja - 200 |
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| Olb. | Tauki | Ogļh. | Kcal |
| 11.79 | 12.87 | 35.2 | 261.1 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 9.78 | 11.85 | 40.2 | 234.2 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 10.15 | 11.23 | 47.85 | 238.6 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 10.6 | 6.71 | 38.58 | 264.1 |

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| **PUSDIENAS** | Siera zupa-200**7\*** | Biešu zupa– 200**7\*** | Zivju zupa– 200**4\*7\*** | Svaiga kāpostu zupa– 200**7\***  |
|  | Griķi ar stroganovu un salāti 130/80/50**1\*7\*** | Zirņu biezenis ar gaļu un salāti 130/50**1\*7\*** | Rīsi ar maltas gaļas mērci un salāti130/80/50 **1\*7\*** | Kartupeļu biezenis, c/g kotlete un salāti130/80/50**1\*** |
|  | Rudzu maize – 40**1\*** | Rudzu maize – 40**1\*** | Rudzu maize – 40**1\*** | Rudzu maize -40**1\*** |
|  | Sulas dzēriens - 200 | Sulas dzēriens - 200 | Sulas dzēriens - 200 | Sulas dzēriens - 200 |
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| Olb. | Tauki | Ogļh. | Kcal |
| 18.98 | 27.78 | 46.83 | 587.6 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 32.81 | 20.79 | 66.61 | 517.3 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 22.54 | 28.03 | 68.3 | 617.5 |

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| Olb. | Tauki | Ogļh. | Kcal |
| 20.7 | 40.68 | 60.2 | 588.6 |

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| **LAUNAGS** | Biezais augļu ķīselis ar pienu70/200**1\*7\*** | Plānās pankūkas ar ievārījumu120/15**1\*7\*** | Piena zupa200**1\*7\*** | Gaļas salāti100**1\*3\*7\*** |
|  | Cepumi-35 1\* | Kakao-200 7\* |  | Tēja-200 |
|  |  | Bumbieri-150 | Banāni-150 | Saldskābmaize-40 1\* |
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| Olb. | Tauki | Ogļh. | Kcal |
| 6.0 | 3.87 | 53.14 | 251.4 |

**1100kkal** |

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| Olb. | Tauki | Ogļh. | Kcal |
| 11.24 | 12.33 | 28.35 | 299.24 |

**1050kkal** |

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| Olb. | Tauki | Ogļh. | Kcal |
| 7.73 | 7.63 | 31.94 | 227.0 |

**1083kkal** |

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| Olb. | Tauki | Ogļh. | Kcal |
| 13.26 | 10.01 | 20.63 | 210.2 |

**1062kkal** |

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

Ēdināšanas firma ‘’SIA Dagi’’