**ĒDIENKARTE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **12.oktobris** | **13.oktobris** | **14.oktobris** | **15.oktobris** | **16.oktobris** |
| **BROKASTIS** | Kellogs ar pienu  30/200  **1\*7\*** | ,,Asorti” putra ar ievārījumu  200/15  **1\*7\*** | Piena zupa  200  **1\*7\*** | Omlete un zaļie zirnīši  100/50  **1\*3\*7\*** | Kukurūzas putra ar ievārījumu  200/15 **1\*7\*** |
|  | Sviestmaize ar desu  30/5/20  **1\*7\*** | Sviestmaize  30/5  **1\*7\*** | Sviestmaize  30/5  **1\*7\*** | Sviestmaize  30/5  **1\*7\*** | Sviestmaize ar sieru  30/5/20  **1\*7\*** |
|  | Tēja - 200 | Tēja – 200 | Tēja - 200 | Tēja - 200 | Tēja-200 |
|  | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 10.33 | 8.53 | 53.12 | 299.1 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 11.53 | 12.99 | 41.99 | 268.4 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 7.73 | 7.63 | 31.94 | 227.03 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 13.49 | 13.07 | 30.04 | 246.8 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 9.10 | 10.6 | 43.07 | 238.7 | |
| **PUSDIENAS** | Pupiņu zupa– 200  **7\*** | Skābu kāpostu zupa– 200  **7\*** | Rudens zupa– 200  **7\*** | Skābeņu zupa– 200  **7\*** | Vistas zupa-200  **7\*** |
|  | Rīsi ar vistas filejas mērci un salāti  130/80/50  **1\*7\*** | Griķi ar gulašu un salāti  130/80/50  **1\*7\*** | Kartupeļu biezenis, zivju kotlete un salāti  130/80/50  **1\*4\*7\*** | Dārzeņu sautējums ar gaļu un salāti  130/50  **1\*7\*** | Makaroni ar maltas gaļas 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 | | 35.03 | 20.79 | 84.7 | 548.1 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 19.21 | 35.39 | 74.8 | 599.1 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 18.30 | 18.80 | 69.29 | 485.2 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 22.29 | 19.38 | 61.23 | 482.3 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 24.19 | 29.87 | 80.42 | 474.2 | |
| **LAUNAGS** | Biezpiena sacepums  130  **1\*7\*** | Uzpūtenis ar pienu  100/200  **1\*7\*** | Jogurta krēms ar ķīseli  100/200  1\*7\* | Mannā ar kanēli  200/5  **1\*7\*** | Pica  130  **1\*7\*** |
|  | Kakao-200  **1\*** |  | Cepumiņi-35 1\* | Tēja-200 | Tēja-200 |
|  | Melone-150 | Āboli-150 |  | Bumbieri-150 |  |
|  | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 18.49 | 7.68 | 36.24 | 276.1 |   **1123kkal** | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 6.59 | 3.95 | 52.6 | 320.3 |   **1187kkal** | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 5.92 | 12.94 | 51.29 | 341.3 |   **1053kkal** | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 12.36 | 10.24 | 57.36 | 287.9 | 13.26 | 47.24 |   **1017kkal** | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 13.20 | 18.6 | 27.12 | 330.6 |   **1043kkal** |

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

Ēdināšanas firma ‘’SIA Dagi’’