**ĒDIENKARTE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **11.janvāris** | **12.janvāris** | **13.janvāris** | **14.janvāris** | **15.janvāris** |
| **BROKASTIS** | Biezpiens ar rozīnēm75/10**1\*7\*** | Asorti putra ar ievārījumu200/151\*7\* | Mannā ar kanēli200/5**1\*7\*** | ,,Kārum” sieriņš38**1\*7\*** | Četru graudu putra ar ievārījumu200/15**1\*7\*** |
|  | Karstmaizes30/25**1\*7\*** | Sviestmaize 30/5**1\*7\*** | Sviestmaize 30/10**1\*7\*** | Sviestmaize ar gurķi30/10/15**1\*7\*** | Sviestmaize 30/5**1\*7\*** |
|  | Tēja - 200 | Tēja – 200 | Tēja - 200 | Tēja - 200 | Tēja-200 |
|  |

|  |  |  |  |
| --- | --- | --- | --- |
| Olb. | Tauki | Ogļh. | Kcal |
| 11.79 | 12.87 | 35.2 | 261.1 |

 |

|  |  |  |  |
| --- | --- | --- | --- |
| Olb. | Tauki | Ogļh. | Kcal |
| 11.53 | 12.99 | 41.99 | 268.4 |

 |

|  |  |  |  |
| --- | --- | --- | --- |
| Olb. | Tauki | Ogļh. | Kcal |
| 13.49 | 13.07 | 30.04 | 286.55 |

 |

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

 |

|  |  |  |  |
| --- | --- | --- | --- |
| Olb. | Tauki | Ogļh. | Kcal |
| 9.10 | 10.6 | 43.07 | 323.53 |

 |
| **PUSDIENAS** | Rasoļņiks-200**7\*** | Frikadeļu zupa– 200**7\*** | Zivju zupa– 200**4\*7\*** | Skābu kāpostu zupa– 200**7\***  | Biešu 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\*** | Makaroni ar gulašu un salāti130/80/50**1\*7\*** |
|  | Rudzu maize – 40**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 | Sulas dzēriens - 200 |
|  |

|  |  |  |  |
| --- | --- | --- | --- |
| Olb. | Tauki | Ogļh. | Kcal |
| 18.98 | 27.78 | 46.83 | 587.6 |

 |

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

 |

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

 |

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

 |

|  |  |  |  |
| --- | --- | --- | --- |
| Olb. | Tauki | Ogļh. | Kcal |
| 24.19 | 29.87 | 58.4 | 474.2 |

 |
| **LAUNAGS** | Biezais augļu ķīselis ar pienu70/200**1\*7\*** | Piena zupa200**1\*7\*** | Biezpiena deserts ar ķīseli100/200**1\*7\*** | Miežu putra ar sviestu200/5**1\*7\*** | Gaļas salāti-1201\*3\*7\*Saldskābmaize—40 1\* |
|  | Cepumi-35 1\* | Piens ,,ELPA” | Piens ,,ELPA” | Tēja-200 | Tēja-200,piens ,,ELPA” |
|  | ,,Zelta Ābele” | Bumbieri-150 | ,,Zelta Ābele” | Banāni-150 | ,,Zelta Ābele” |
|  |

|  |  |  |  |
| --- | --- | --- | --- |
| Olb. | Tauki | Ogļh. | Kcal |
| 6.0 | 3.87 | 53.14 | 251.4 |

**1100kkal** |

|  |  |  |  |
| --- | --- | --- | --- |
| Olb. | Tauki | Ogļh. | Kcal |
| 7.73 | 7.63 | 31.94 | 227.03 |

**1012kkal** |

|  |  |  |  |
| --- | --- | --- | --- |
| Olb. | Tauki | Ogļh. | Kcal |
| 10.26 | 10.98 | 46.7 | 263.3 |

**1140kkal** |

|  |  |  |  |
| --- | --- | --- | --- |
| Olb. | Tauki | Ogļh. | Kcal |
| 13.26 | 47.24 | 27.12 | 330.6 |

**1168kkal** |

|  |  |  |  |
| --- | --- | --- | --- |
| Olb. | Tauki | Ogļh. | Kcal |
| 13.26 | 13.01 | 20.63 | 230.9 |

**1028-kkal** |

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

Ēdināšanas firma ‘’SIA Dagi’’