**ĒDIENKARTE**

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|  | **18.oktobris** | **19.oktobris** | **20.oktobris** | **21.oktobris** | **22.oktobris** |
| **BROKASTIS** | Kellogs ar pienu35/200**1\*7\*** | ,,Asorti” putra ar ievārījumu200/151\*7\* | Biezpiens ar rozīnēm75/10**1\*7\*** | Cīsiņi100**1\*7\*** | Prosas putra ar ievārījumu200/15**1\*7\*** |
|  | Karstmaizes30/25**1\*7\*** | Sviestmaize 30/5**1\*7\*** | Sviestmaize ar sieru30/5/25**1\*7\*** | Sviestmaize ar gurķi30/10/15**1\*7\*** | Sviestmaize 30/5**1\*7\*** |
|  | Tēja - 200 | 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 |
| 11.87 | 12.87 | 35.2 | 261.1 |

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

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| Olb. | Tauki | Ogļh. | Kcal |
| 10.15 | 11.23 | 47.85 | 248.6 |

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| **PUSDIENAS** | Siera zupa-200**7\*** | Rudens zupa– 200**7\*** | Zivju zupa– 200**4\*7\*** | Pupiņu zupa– 200**7\***  | Soļanka-200**7\*** |
|  | Griķi ar stroganovu un salāti 130/80/50**1\*7\*** | Zirņu biezenis ar gaļu un salāti 130/50**1\*7\*** | Rīsi ar vistas gaļas mērci un salāti130/80/50 **1\*7\*** | Kartupeļu biezenis, c/g kotlete un salāti130/80/50**1\*** | Makaroni ar gaļu un salāti130/50**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 |
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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 | 517.5 |

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

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

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| **LAUNAGS** | Miežu putra ar sviestu200/51\*7\* | Plānās pankūkas ar ievārījumu100/15**1\*7\*** | Mājas kēkss100**1\*7\*** | Vistas gaļas salāti-1201\*3\*7\*Saldskābmaize—40 1\* | Pica1201\*7\* |
|  | Tēja-200 | Kakao-200 7\* | Piens-200 7\* | Tēja-200 | Piens-200 7\* |
|  |  |  |  | Banāni-150 |  |
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| Olb. | Tauki | Ogļh. | Kcal |
| 13.2 | 47.24 | 27.1 | 330.6 |

**1179kkal** |

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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 |
| 11.27 | 9.46 | 58.96 | 315.1 |

**1093kkal** |

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| Olb. | Tauki | Ogļh. | Kcal |
| 11.96 | 15.14 | 26.9 | 238.6 |

**1091kkal** |

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| Olb. | Tauki | Ogļh. | Kcal |
| 3.19 | 10.02 | 27.01 | 268.2 |

**991kkal** |

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

Ēdināšanas firma ‘’SIA Dagi’’