**ĒDIENKARTE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **18.oktobris** | **19.oktobris** | **20.oktobris** | **21.oktobris** | **22.oktobris** |
| **BROKASTIS** | Kellogs ar pienu  35/200  **1\*7\*** | ,,Asorti” putra ar ievārījumu  200/15  1\*7\* | Biezpiens ar rozīnēm  75/10  **1\*7\*** | Cīsiņi  100  **1\*7\*** | Prosas putra ar  ievārījumu  200/15  **1\*7\*** |
|  | Karstmaizes  30/25  **1\*7\*** | Sviestmaize  30/5  **1\*7\*** | Sviestmaize ar sieru  30/5/25  **1\*7\*** | Sviestmaize ar gurķi  30/10/15  **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 | | 9.78 | 11.85 | 40.2 | 234.2 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 11.87 | 12.87 | 35.2 | 261.1 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 10.6 | 6.71 | 38.58 | 264.1 | | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 10.15 | 11.23 | 47.85 | 248.6 | |
| **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 salāti  130/80/50  **1\*7\*** | Kartupeļu biezenis, c/g kotlete un salāti  130/80/50  **1\*** | Makaroni ar gaļu un salāti  130/50  **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 | 517.5 | | |  |  |  |  | | --- | --- | --- | --- | | 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** | Miežu putra ar sviestu  200/5  1\*7\* | Plānās pankūkas ar ievārījumu  100/15  **1\*7\*** | Mājas kēkss  100  **1\*7\*** | Vistas gaļas salāti-120  1\*3\*7\*  Saldskābmaize—40 1\* | Pica  120  1\*7\* |
|  | Tēja-200 | Kakao-200 7\* | Piens-200 7\* | Tēja-200 | Piens-200 7\* |
|  |  |  |  | Banāni-150 |  |
|  | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 13.2 | 47.24 | 27.1 | 330.6 |   **1179kkal** | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 11.24 | 12.33 | 28.35 | 299.24 |   **1050kkal** | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 11.27 | 9.46 | 58.96 | 315.1 |   **1093kkal** | |  |  |  |  | | --- | --- | --- | --- | | Olb. | Tauki | Ogļh. | Kcal | | 11.96 | 15.14 | 26.9 | 238.6 |   **1091kkal** | |  |  |  |  | | --- | --- | --- | --- | | 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’’