**Ēdienkarte**

SIA Latgales Optima 7.-9.klases

 12.10.2020. – 16.10.2020.

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|  | **Pirmdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki** | **Ogļh.** | **Alergēni** |
| 1 | Burkānu salāti ar āboliem | 1/80 | 0.14 | 63.52 | 0.94 | 3.63 | 6.77 |  |
| 2 | Vistas gaļa piena mērcē | 50/50 | 0.69 | 267.92 | 15.65 | 18.65 | 9.36 | Piena prod. |
| 3 | Vārīti rīsi | 150 | 0.18 | 204.13 | 3.8 | 3.84 | 38.59 |  |
| 4 | Maize | 30 | 0.06 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 5 | Kakao | 1/200 | 0.19 | 90.71 | 3.39 | 3.24 | 12.01 | Piena prod. |
| 6 | Smalkmaizīte ar sieru | 1/40 | 0.16 | 159 | 5.04 | 6.96 | 21.54 | Ola,kv.milti,piena.prod. |
|  |  |  | **1.42** | **855.9** | **31.22** | **36.59** | **102.94** |  |
|  | **Otrdiena** |  |  |  |  |  |  |  |
| 1 | Svaigu kāpostu salāti ar burkāniem | 1/50 | 0.10 | 40.29 | 0.81 | 2.58 | 2.46 |  |
| 2 | Kotlete “Jaunība” | 1/70 | 0.53 | 274.9 | 10.74 | 21.38 | 10.45 | Kviešu milti, piena pr. |
| 3 | Kartupeļu biezenis | 150 | 0.26 | 117.81 | 3.26 | 2.6 | 20.34 | Piena produkti |
| 4 | Maize | 1/15 | 0.03 | 35.35 | 1.2 | 0.14 | 7.34 | Kv. milti, rudzu milti |
| 5 | Cepumi | 26 | 0.10 | 113 | 2.05 | 3.59 | 18.12 | Piena prod., ola, kv.milti |
| 6 | Tēja  | 200 | 0.06 | 39.97 | - | - | 9.98 |  |
| 7 | Biezpiena sieriņš | 40 | 0.34 | 210 | 4.5 | 6 | 30.8 | Piena prod. |
|  |  |  | **1.42** | **831.32** | **22.56** | **36.29** | **97.03** |  |
|  | **Trešdiena** |  |  |  |  |  |  |  |
| 1 | Burkānu salāti ar kukurūzu | 1/50 | 0.12 | 51.09 | 0.94 | 2.69 | 5.78 |  |
| 2 | Biešu zupa ar pupiņām un krējumu  | 200/10 | 0.23 | 141.68 | 5.38 | 5.88 | 16.81 | Piena produkti |
| 3 | Dabīga cūkgaļas šnicele | 1/60 | 0.56 | 175.1 | 9.95 | 12.71 | 5.88 | Ola, kviešu milti |
| 4 | Vārīti makaroni | 150 | 0.17 | 215.94 | 6.24 | 2.66 | 41.76 | Kviešu milti, piena prod. |
| 5 | Maize | 30 | 0.06 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 6 | Augļu kompots | 200 | 0.13 | 56.46 | 0.21 | 0.22 | 13.4 |  |
| 7 | Ābols | 120 | 0.17 | 57.60 | 0.48 | 0.96 | 11.76 |  |
|  |  |  | **1.42** | **768.58** | **25.6** | **25.12** | **95.39** |  |
|  | **Ceturtdiena** |  |  |  |  |  |  |  |
| 1 | Svaigu kāpostu salāti ar gurķiem | 1/50 | 0.17 | 39.85 | 0.81 | 2.56 | 3.40 |  |
| 2 | Gaļas bitočki | 1/90 | 0.63 | 364.64 | 12.2 | 28.25 | 13.87 | Kv.milti, ola |
| 3 | Kartupeļu biezenis | 1/150 | 0.26 | 117.81 | 3.26 | 2.6 | 20.34 | Piena prod. |
| 4 | Maize | 1/15 | 0.03 | 35.35 | 1.2 | 0.14 | 7.34 | Kv. milti, rudzu milti |
| 5 | Sulas dzēriens | 1/200 | 0.19 | 77.05 | 0.24 | - | 19.62 |  |
| 6 | Smalkmaizīte ar biezpienu | 1/40 | 0.14 | 132.6 | 4.92 | 3.57 | 20.2 | Ola,kv.milti,piena prod. |
|  |  |  | **1.42** | **767.3** | **22.62** | **37** | **84.77** |  |
|  | **Piektdiena** |  |  |  |  |  |  |  |
| 1 | Biešu salāti ar gurķi | 1/50 | 0.11 | 42.34 | 0.71 | 2.55 | 4.13 |  |
| 2 | Vistas gaļas gulašs | 50/50 | 0.65 | 258.5 | 14.73 | 18.91 | 7.36 |  |
| 3 | Vārīti rīsi | 150 | 0.18 | 204.13 | 3.8 | 3.84 | 38.59 |  |
| 4 | Maize | 1/15 | 0.03 | 35.35 | 1.2 | 0.14 | 7.34 | Kv.milti, rudzu milti |
| 5 | Jogurts | 150 | 0.27 | 70.2 | 5.4 | 2.4 | 6.75 | Piena prod. |
| 6 | Banāns | 100 | 0.18 | 90.9 | 1.5 | 0.1 | 21 |  |
|  |  |  | **1.42** | **701.4** | **27.34** | **28.24** | **85.17** |  |