**Ēdienkarte**

SIA Latgales Optima 7.-9.klases

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ceturtdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki** | **Ogļh.** | **Alergēni** |
| 1 | Svaigi tomāti | 1/45 | 0.17 | 9.63 | 0.49 | 0.09 | 1.71 |  |
| 2 | Cepta vistas fileja sierā | 1/65 | 0.75 | 254.84 | 19.41 | 16.27 | 7.69 | Piena prod., kv.milti |
| 3 | Vārīti rīsi | 1/150 | 0.18 | 204.13 | 3.8 | 3.84 | 38.59 | Piena prod. |
| 4 | Maize | 1/15 | 0.03 | 35.35 | 1.2 | 0.14 | 7.33 | Kv. milti, rudzu milti |
| 5 | Tēja | 1/200 | 0.06 | 39.97 | - | - | 9.98 |  |
| 6 | Cepumi | 1/30 | 0.11 | 113 | 2.05 | 3.59 | 18.12 | Olas, kv.milti, piena prod. |
| 7 | Ābols | 1/100 | 0.12 | 48 | 0.4 | 0.8 | 9.8 |  |
|  |  |  | **1.42** | **704.92** | **27.35** | **24.73** | **93.22** |  |
|  | **Piektdiena** |  |  |  |  |  |  |  |
| 1 | Svaigu kāpostu salāti ar tomātiem | 1/50 | 0.13 | 35.58 | 0.74 | 2.55 | 3.16 |  |
| 2 | Dabīgā maltā cūkgaļas šnicele | 1/80 | 0.70 | 267.41 | 14.29 | 20.51 | 7.51 | Piena prod., kv.milti |
| 3 | Vārīti makaroni | 1/150 | 0.17 | 215.49 | 6.24 | 2.66 | 41.76 | Piena prod., kv.milti |
| 4 | Sulas dzēriens | 1/200 | 0.19 | 70.76 | 0.24 | - | 25.2 |  |
| 5 | Maize | 1/15 | 0.03 | 35.35 | 1.2 | 0.14 | 7.33 | Kv. milti, rudzu milti |
| 6 | Banāns | 1/100 | 0.20 | 90.91 | 1.5 | 0.1 | 21 |  |
|  |  |  | **1.42** | **718.50** | **24.21** | **25.96** | **105.96** |  |

02.09.2021. – 03.09.2021.