**Ēdienkarte**

SIA “Latgales Optima” 7.-9.klases

 04.10.2021. – 08.10.2021.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pirmdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki** | **Ogļh.** | **Alergēni** |
| 1 | Burkānu salāti ar saulespuķu sēklām | 1/50 | 0.11 | 46.07 | 1.04 | 2.79 | 4.19 | Saulespuķu sēklas |
| 2 | Kartupeļu zupa ar zaļiem zirnīšiem un krējumu | 200/10 | 0.20 | 100.9 | 1.79 | 6.57 | 8.66 | Piena prod. |
| 3 | Cūkgaļas stroganovs | 50/60 | 0.69 | 205.49 | 14.20 | 13.61 | 5.5 | Piena prod. |
| 4 | Vārīti makaroni | 150 | 0.17 | 215.94 | 6.24 | 2.66 | 41.76 | Kv.milti |
| 5 | Maize | 30 | 0.06 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 6 | Sulas dzēriens | 1/200 | 0.19 | 77.06 | 0.24 | - | 19.02 |  |
|  |  |  | **1.42** | **729.82** | **26.06** | **34.14** | **86.84** |  |
|  | **Otrdiena** |  |  |  |  |  |  |  |
| 1 | Svaigu kāpostu salāti | 1/70 | 0.15 | 59.9 | 1.01 | 3.12 | 7.01 |  |
| 2 | Vistas gaļas bitočki | 1/65 | 0.55 | 243.60 | 11.62 | 17.13 | 11.3 | Kv.milti |
| 3 | Kartupeļu biezenis | 150 | 0.26 | 117.81 | 3.26 | 2.6 | 20.34 | Piena prod. |
| 4 | Maize | 15 | 0.03 | 35.35 | 1.2 | 0.14 | 7.33 | Kv. milti, rudzu milti |
| 5 | Kakao | 1/200 | 0.19 | 90.71 | 3.39 | 3.24 | 12.01 | Piena prod. |
| 6 | Cepumi | 30 | 0.11 | 113 | 2.05 | 3.59 | 18.12 | Piena prod., ola, kv.milti |
| 7 | Ābols | 100 | 0.13 | 48 | 0.29 | 0.8 | 9.8 |  |
|  |  |  | **1.42** | **708.37** | **22.82** | **30.62** | **85.91** |  |
|  | **Trešdiena** |  |  |  |  |  |  |  |
| 1 | Burkānu salāti ar āboliem | 1/50 | 0.09 | 47.73 | 0.62 | 3.09 | 4.36 |  |
| 2 | Svaigu kāpostu zupa ar krējumu | 200/10 | 0.17 | 81.00 | 1.51 | 4.34 | 6.73 | Piena produkti |
| 3 | Cūkgaļas gulašs | 50/50 | 0.61 | 292.66 | 9.36 | 19.81 | 4.38 | Kv.milti |
| 4 | Vārīti griķi | 130 | 0.26 | 202.99 | 6.71 | 4.46 | 33.75 | Piena prod. |
| 5 | Maize | 15 | 0.03 | 35.35 | 1.2 | 0.14 | 7.33 | Kv. milti, rudzu milti |
| 6 | Ābolu kompots | 1/200 | 0.11 | 61.52 | 0.18 | 0.36 | 14.36 |  |
| 7 | Bumbieris | 90 | 0.15 | 38.07 | 0.36 | 0.27 | 8.56 |  |
|  |  |  | **1.42** | **758.32** | **22.33** | **36.63** | **80.62** |  |
|  | **Ceturtdiena** |  |  |  |  |  |  |  |
| 1 | Vitamīnu salāti | 1/60 | 0.14 | 46.18 | 1.08 | 2.46 | 3.72 |  |
| 2 | Cepta vistas fileja sierā | 1/65 | 0.75 | 254.84 | 19.41 | 16.27 | 7.69 | Piena pr., kv.milti |
| 3 | Vārīti rīsi | 150 | 0.18 | 204.13 | 3.80 | 38.59 | 20.34 | Piena prod. |
| 4 | Maize | 30 | 0.06 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 5 | Sulas dzēriens | 200 | 0.19 | 77.06 | 0.24 | - | 19.02 |  |
| 6 | Mājas smalkmaizīte | 1/40 | 0.10 | 146.34 | 3.52 | 3.57 | 24.32 | Ola,piena pr., kv.milti |
|  |  |  | **1.42** | **799.26** | **30.45** | **26.41** | **108.01** |  |
|  | **Piektdiena** |  |  |  |  |  |  |  |
| 1 | Svaigi gurķi | 1/35 | 0.15 | 3.68 | 0.28 | 0.04 | 0.56 |  |
| 2 | Makaroni ar cūkgaļu | 150/30 | 0.59 | 417.80 | 13.73 | 21.36 | 42.67 | Kv.milti |
| 3 | Maize | 15 | 0.03 | 35.35 | 1.2 | 01.4 | 7.34 | Kv. milti, rudzu milti |
| 4 | Banāns | 140 | 0.25 | 127.26 | 2.1 | 0.14 | 29.4 |  |
| 5 | Tēja | 1/200 | 0.06 | 39.97 | - | - | 9.98 |  |
| 6 | Biezpiena sieriņš | 40 | 0.34 | 210 | 4.5 | 6 | 30.8 | Piena prod. |
|  |  |  | **1.42** | **834.07** | **21.81** | **27.64** | **120.03** |  |