**Ēdienkarte**

SIA “Latgales Optima” 10.-12.klases

19.11.2019. – 22.11.2019.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Otrdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki** | **Ogļh.** | **Alergēni** |
| 1 | Burkānu salāti | 1/50 | 0.09 | 54.68 | 0.64 | 3.05 | 6.02 |  |
| 2 | Cepta vistas gaļa krējuma mērcē | 60/50 | 0.69 | 264.63 | 15.29 | 21 | 3.59 | Piena prod. |
| 3 | Vārīti rīsi | 150 | 0.18 | 204.13 | 3.8 | 3.84 | 38.59 | Piena prod. |
| 4 | Maize | 1/15 | 0.02 | 35.36 | 1.2 | 0.14 | 7.33 | Kv. milti, rudzu milti |
| 5 | Jogurts | 150 | 0.27 | 70.2 | 5.4 | 2.4 | 6.75 | Piena prod. |
| 6 | Banāns | 70 | 0.10 | 81.86 | 1.05 | 0.07 | 14.7 |  |
| 7 | Cepumi | 13 | 0.05 | 56.5 | 1.03 | 1.8 | 9.06 | Olas, piena prod., kviešu milti |
|  |  |  | **1.42** | **802.71** | **29.61** | **32.43** | **93.38** |  |
|  | **Trešdiena** |  |  |  |  |  |  |  |
| 1 | Vitamīnu salāti | 50 | 0.12 | 38.48 | 0.9 | 2.05 | 3.10 |  |
| 2 | Kartupeļu zupa ar zaļiem zirnīšiem un krējumu | 200/10 | 0.20 | 100.92 | 1.79 | 5.57 | 8.66 | Piena prod. |
| 3 | Maize | 1/30 | 0.04 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 4 | Gaļas bitočki | 1/70 | 0.49 | 285.65 | 9.53 | 22.51 | 11.80 | Kv.milti |
| 5 | Kartupeļu biezenis | 150 | 0.26 | 117.81 | 3.26 | 2.6 | 20.34 | Piena prod. |
| 6 | Smalkmaizīte ar biezpienu | 40 | 0.14 | 132.6 | 4.92 | 3.57 | 20.2 | Kv. milti, piena prod., olas |
| 7 | Sulas dzēriens | 200 | 0.17 | 77.05 | 0.24 | - | 19.62 |  |
|  |  |  | **1.42** | **823.22** | **23.04** | **36.57** | **98.39** |  |
|  | **Ceturtdiena** |  |  |  |  |  |  |  |
| 1 | Burkānu salāti ar kukurūzu | 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 | Dabīgā cūkgaļas šnicele | 1/60 | 0.56 | 175.10 | 9.95 | 12.71 | 5.88 | Olas, kv.milti |
| 4 | Vārīti makaroni | 150 | 0.17 | 215.94 | 6.24 | 2.66 | 41.76 | Piena prod. |
| 5 | Maize | 30 | 0.04 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 6 | Augļu kompots | 1/200 | 0.13 | 56.46 | 0.21 | 0.22 | 13.4 |  |
| 7 | Banāns | 100 | 0.17 | 90.9 | 1.5 | 0.1 | 21 |  |
|  |  |  | **1.42** | **801.88** | **26.62** | **27.22** | **119.30** |  |
|  | **Piektdiena** |  |  |  |  |  |  |  |
| 1 | Svaigu kāpostu salāti | 50 | 0.11 | 47.92 | 0.76 | 3.54 | 3.24 |  |
| 2 | Kotlete “Jaunība” | 70 | 0.53 | 274.9 | 10.74 | 21.38 | 10.45 | Kv.milti |
| 3 | Kartupeļu biezenis | 150 | 0.26 | 117.81 | 3.26 | 2.6 | 20.34 | Piena prod. |
| 4 | Maize | 15 | 0.02 | 35.35 | 1.2 | 01.4 | 7.34 | Kv. milti, rudzu milti |
| 5 | Cepumi | 26 | 0.10 | 113 | 2.05 | 3.59 | 18.12 | Olas, piena prod., kviešu milti |
| 6 | Tēja | 1/200 | 0.06 | 39.92 | - | - | 9.98 |  |
| 7 | Biezpiena sieriņš | 40 | 0.34 | 210 | 4.5 | 6 | 30.8 | Piena prod. |
|  |  |  | **1.42** | **838.95** | **22.51** | **37.25** | **100.27** |  |