**Ēdienkarte**

SIA “Latgales Optima” 12.klases Apstiprinu

 11.03.2019. – 15.03.2019. direktore:

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pirmdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki** | **Ogļh.** | **Alergēni** |
| 1 | Burkānu salāti ar āboliem | 1/50 | 0.09 | 47.73 | 0.62 | 3.09 | 4.36 |  |
| 2 | Dārzeņu zupa ar krējumu | 200/10 | 0.20 | 89.13 | 1.86 | 5.58 | 7.88 | Piena prod. |
| 3 | Vārīti cīsiņi | 3/25 | 0.65 | 218.3 | 9.09 | 18.3 | 2.97 |  |
| 4 | Vārīti makaroni | 150 | 0.17 | 215.94 | 6.24 | 2.66 | 41.76 | Kv.milti, piena prod. |
| 5 | Maize | 15 | 0.02 | 35.35 | 1.2 | 0.14 | 7.33 | Kv. milti, rudzu milti |
| 6 | Kakao | 200 | 0.19 | 90.71 | 3.39 | 3.24 | 12.01 | Piena prod. |
| 7 | Cepumi | 26 | 0.10 | 113 | 2.05 | 3.59 | 18.12 | Kv.milti, olas, piena prod. |
|  |  |  | **1.42** | **810.16** | **24.45** | **36.6** | **94.43** |  |
|  | **Otrdiena** |  |  |  |  |  |  |  |
| 1 | Svaigu kāpostu salāti ar tomātiem | 1/50 | 0.13 | 38.61 | 0.73 | 2.55 | 3.16 |  |
| 2 | Gulašs | 50/50 | 0.61 | 292.66 | 11.75 | 23.97 | 5.7 | Piena produkti, kv.milti |
| 3 | Vārīti griķi | 130 | 0.26 | 201.99 | 6.71 | 4.46 | 33.75 | Piena prod. |
| 4 | Biezpiena sieriņš | 1/40 | 0.34 | 210 | 4.5 | 6 | 30.08 | Piena prod. |
| 5 | Maize | 15 | 0.02 | 35.35 | 1.2 | 0.14 | 7.33 | Kv. milti, rudzu milti |
| 6 | Tēja | 200 | 0.06 | 39.97 | - | - | 9.98 |  |
|  |  |  | **1.42** | **818.58** | **24.89** | **37.12** | **90** |  |
|  | **Trešdiena** |  |  |  |  |  |  |  |
| 1 | Svaigu kāpostu salāti ar burkāniem | 1/50 | 0.10 | 40.29 | 0.81 | 2.58 | 3.46 |  |
| 2 | Vistas gaļas kotlete | 70 | 0.49 | 240.50 | 11.4 | 15.47 | 14.75 | Olas, kv.milti |
| 3 | Kartupeļu biezenis | 150 | 0.26 | 117.81 | 3.26 | 2.6 | 20.34 | Piena prod. |
| 4 | Maize | 30 | 0.04 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 5 | Kafijas dzēriens | 200 | 0.19 | 92.5 | 2.8 | 2.5 | 14.68 | Piena prod. |
| 6 | Siera smalkmaizīte | 40 | 0.16 | 169.03 | 5.04 | 6.96 | 21.53 | Kv. milti, piena prod., olas |
| 7 | Banāns | 100 | 0.18 | 90.9 | 1.5 | 1 | 21 |  |
|  |  |  | **1.42** | **821.74** | **27.2** | **31.38** | **110.43** |  |
|  | **Ceturtdiena** |  |  |  |  |  |  |  |
| 1 | Burkānu salāti | 50 | 0.09 | 54.08 | 0.64 | 3.05 | 6.02 |  |
| 2 | Biešu zupa ar pupiņām, krēj. | 200/10 | 0.23 | 141.68 | 5.38 | 5.88 | 16.81 | Piena prod. |
| 3 | Cūkgaļas sitenis | 60 | 0.56 | 175.1 | 9.95 | 12.71 | 5.88 | Olas ,kv.milti |
| 4 | Vārīti rīsi | 150 | 0.18 | 204.13 | 3.80 | 3.84 | 38.59 | Piena prod |
| 5 | Maize | 30 | 0.04 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 6 | Auglis (banāns) | 110 | 0.19 | 99.9 | 1.6 | 1 | 23.10 |  |
| 7 | Augļu kompots | 200 | 0.13 | 56.46 | 0.21 | 0.22 | 13.4 |  |
|  |  |  | **1.42** | **802.06** | **22.54** | **27** | **118.47** |  |
|  | **Piektdiena** |  |  |  |  |  |  |  |
| 1 | Biešu salāti | 1/50 | 0.09 | 51.97 | 0.71 | 3.54 | 4.32 |  |
| 2 | Vistas gaļas nūjiņas | 70 | 0.54 | 200.44 | 14.27 | 10.62 | 12.59 | Kv. milti |
| 3 | Vārīti makaroni | 160 | 0.18 | 230.34 | 6.66 | 3.2 | 44.54 | Kv.milti, piena prod. |
| 4 | Piena mērce | 1/50 | 0.06 | 47.05 | 1.37 | 2.88 | 4.87 | Piena prod. |
| 5 | Maize | 15 | 0.02 | 35.35 | 1.2 | 0.14 | 7.33 | Kv. milti, rudzu milti |
| 6 | Biezpiens ar krējumu | 40/10 | 0.33 | 141 | 8.17 | 6.70 | 12.21 | Piena prod. |
| 7 | Tēja  | 200 | 0.06 | 39.97 | - | - | 9.98 |  |
| 8 | Auglis (ābols) | 120 | 0.14 | 57.6 | 0.48 | 0.96 | 11.76 |  |
|  |  |  | **1.42** | **803.72** | **32.86** | **28.04** | **107.6** |  |

Apstiprinu: P.Smirnovs Saskaņots: skolas medmāsa

Tehnologs: S.Krasovska