**Ēdienkarte**

SIA” Latgales Optima” 10.-12.klases

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|  | **Pirmdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki** | **Ogļh.** | **Alergēni** |
| 1 | Burkānu salāti ar āboliem | 1/60 | 0.10 | 52.78 | 0.74 | 3.71 | 5.23 |  |
| 2 | Svaigu kāpostu zupa ar krējumu | 200/10 | 0.17 | 81.07 | 1.51 | 5.34 | 6.73 | Piena prod. |
| 3 | Vārīti cīsiņi | 1/75 | 0.65 | 249.5 | 7.56 | 22.4 | 4.23 |  |
| 4 | Vārīti makaroni | 150 | 0.17 | 215.94 | 6.24 | 2.66 | 41.76 | Piena prod., kv.milti |
| 5 | Maize | 15 | 0.02 | 35.35 | 1.2 | 0.14 | 7.33 | Kv. milti, rudzu milti |
| 6 | Ābols | 110 | 0.12 | 59.54 | 0.4 | 0.07 | 14.33 |  |
| 7 | Sulas dzēriens | 200 | 0.17 | 70.76 | 0.24 | - | 25.2 |  |
|  |  |  | **1.42** | **800.30** | **20.09** | **34.45** | **112.15** |  |
|  | **Otrdiena** |  |  |  |  |  |  |  |
| 1 | Vitamīnu salāti | 1/50 | 0.12 | 24.56 | 0.68 | 2.09 | 3.26 |  |
| 2 | Gaļas bitočki | 1/70 | 0.49 | 285.65 | 9.53 | 22.51 | 11.80 | 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 | Ābols | 100 | 0.13 | 64.50 | 1.52 | 0.4 | 12.74 |  |
| 6 | Smalkmaizīte ar kanēli | 40 | 0.10 | 141 | 3.71 | 3.25 | 24.24 | Olas, kv. milti, piena prod. |
| 7 | Rīsu krēms ar ķīseli | 150/25 | 0.28 | 149.78 | 1 | 3.5 | 28.5 | Piena prod. |
|  |  |  | **1.42** | **864.01** | **22.1** | **34.62** | **115.55** |  |
|  | **Trešdiena** |  |  |  |  |  |  |  |
| 1 | Burkānu salāti ar kukurūzu | 50 | 0.12 | 40.63 | 0.84 | 2.55 | 3.58 |  |
| 2 | Biešu zupa ar pupiņām un krēj. | 200/10 | 0.23 | 141.68 | 5.38 | 5.88 | 16.81 | Piena prod. |
| 3 | Dabīgā cūkgaļas šnicele | 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., kv.milti |
| 5 | Maize | 30 | 0.04 | 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 | Banāns | 100 | 0.17 | 90.0 | 1.5 | 0.1 | 21 |  |
|  |  |  | **1.42** | **869.55** | **30.06** | **31.26** | **117.64** |  |
|  | **Ceturtdiena** |  |  |  |  |  |  |  |
| 1 | Svaigu kāpostu salāti | 1/50 | 0.11 | 47.92 | 076 | 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 | 0.14 | 7.33 | Kv. milti, rudzu milti |
| 5 | Cepumi | 26 | 0.10 | 113 | 2.05 | 3.59 | 18.12 | Kv.milti, olas, piena prod. |
| 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** | **838.99** | **22.5** | **37** | **100.2** |  |

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|  | **Piektdiena** |  |  |  |  |  |  |  |
| 1 | Biešu salāti | 1/50 | 0.09 | 51.97 | 0.70 | 3.54 | 4.32 |  |
| 2 | Cepta vistas gaļa krējuma mērcē | 60/50 | 0.69 | 264.63 | 15.29 | 21 | 3.59 | Piena prod., kv. milti |
| 3 | Vārīti rīsi | 150 | 0.18 | 204.13 | 3.8 | 3.84 | 38.59 | Piena prod. |
| 4 | Maize | 30 | 0.04 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 5 | Cepumi | 13 | 0.05 | 56.5 | 1.03 | 1.8 | 9.06 | Kv.milti, olas, piena prod. |
| 6 | Jogurts | 150 | 0.27 | 70.2 | 5.4 | 2.4 | 6.75 | Piena prod. |
| 7 | Banāns | 70 | 0.10 | 81.86 | 1.05 | 0.07 | 14.7 |  |
|  |  |  | **1.42** | **800** | **29.68** | **32.92** | **91.68** |  |

28.10.2019. – 01.11.2019.