**Ēdienkarte**

7. - 9.klase

SIA Latgales Optima 06.09.2021. – 10.09.2021.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Nūdeļu zupa ar kartupeļiem un krējumu | 200/10 | 0.21 | 163.3 | 3.5 | 6.79 | 22.07 | Piena prod., kv. milti |
| 3 | Maize | 1/30 | 0.06 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 4 | Vistas gaļa piena mērcē | 50/50 | 0.69 | 267.92 | 15.65 | 18.65 | 9.36 | Piena prod. |
| 5 | Vārīti rīsi | 150 | 0.18 | 204.13 | 3.8 | 3.84 | 38.59 | Piena prod. |
| 6 | Sulas dzēriens | 1/200 | 0.19 | 77.06 | 0.24 | - | 19.02 |  |
|  |  |  | **1.42** | **830.85** | **26.21** | **32.64** | **140.71** |  |
|  | **Otrdiena** |  |  |  |  |  |  |  |
| 1 | Svaigu kāpostu salāti | 1/45 | 0.09 | 36.26 | 0.73 | 2.32 | 3.11 |  |
| 2 | Kotlete “Jaunība”(8) | 1/70 | 0.53 | 233.3 | 9.52 | 17.8 | 9.23 | Piena prod., kv.milti |
| 3 | Kartupeļu biezenis | 150 | 0.26 | 117.81 | 3.26 | 2.6 | 20.34 | Piena prod. |
| 4 | Maize | 1/15 | 0.03 | 35.33 | 1.2 | 0.14 | 7.33 | Kv. milti, rudzu milti |
| 5 | Biezpiena sieriņš | 40 | 0.34 | 210 | 4.5 | 6 | 30.8 | Piena prod. |
| 6 | Tēja | 1/200 | 0.06 | 39.97 | - | - | 9.98 |  |
| 7 | Ābols | 90 | 0.11 | 43.2 | 0.36 | 0.72 | 8.82 |  |
|  |  |  | **1.42** | **757.49** | **20.79** | **33.16** | **89.17** |  |
|  | **Trešdiena** |  |  |  |  |  |  |  |
| 1 | Burkānu salāti ar kukurūzu | 1/50 | 0.12 | 51.09 | 0.94 | 2.69 | 5.78 |  |
| 2 | Cepta cūkgaļas karbonāde | 1/65 | 193.10 | 10.47 | 10.47 | 14.05 | 6.61 | Kv.milti |
| 3 | Vārīti makaroni | 150 | 0.17 | 215.94 | 6.24 | 2.66 | 41.76 | Piena prod., kv.milti |
| 4 | Maize | 1/30 | 0.06 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 5 | Kakao(16) | 1/200 | 0.19 | 90.71 | 3.39 | 3.24 | 12.01 | Piena prod. |
| 6 | Banāns | 120 | 0.24 | 109.08 | 1.8 | 0.12 | 25.2 |  |
|  |  |  | **1.42** | **730.68** | **25.54** | **23.03** | **106.03** |  |
|  | **Ceturtdiena** |  |  |  |  |  |  |  |
| 1 | Vitamīnu salāti | 1/50 | 0.12 | 38.48 | 0.9 | 2.05 | 3.10 |  |
| 2 | Biešu zupa ar pupiņām un krēj. | 200/10 | 0.23 | 141.68 | 5.38 | 5.88 | 16.81 | Piena prod. |
| 3 | Gaļas bitočki | 1/70 | 0.49 | 285.65 | 9.53 | 22.51 | 11.80 | Kv.milti |
| 4 | Kartupeļu biezenis | 150 | 0.26 | 117.81 | 3.26 | 2.6 | 20.34 | Piena prod. |
| 5 | Maize | 1/30 | 0.06 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 6 | Ābolu kompots | 1/200 | 0.11 | 61.52 | 0.18 | 0.36 | 14.39 |  |
| 7 | Bumbieris | 120 | 0.15 | 57.6 | 0.48 | 0.96 | 11.76 |  |
|  |  |  | **1.42** | **773.45** | **22.13** | **34.63** | **92.87** |  |
|  | **Piektdiena** |  |  |  |  |  |  |  |
| 1 | Biešu salāti | 1/60 | 0.10 | 62.36 | 0.85 | 4.25 | 5.18 |  |
| 2 | Vistas gaļas gulašs | 50/50 | 0.65 | 258.5 | 14.73 | 18.91 | 7.36 | Kv.milti |
| 3 | Vārīti rīsi | 1/150 | 0.18 | 174.07 | 3.31 | 2.95 | 33.58 | Piena prod. |
| 4 | Maize | 1/30 | 0.06 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 5 | Biezpiena sieriņš | 40 | 0.34 | 210 | 4.5 | 6 | 30.8 | Piena prod. |
| 5 | Jogurts | 150 | 0.27 | 70.2 | 5.4 | 2.4 | 6.75 | Piena prod. |
| 7 | Smalkmaizīte ar sieru(6) | 1/40 | 0.16 | 169.03 | 5.04 | 6.97 | 21.54 |  |
|  |  |  | **1.42** | **835.2** | **35.22** | **36.64** | **94.09** |  |