**Ēdienkarte**

SIA “Latgales Optima” 7.-9.klase

 29.04.2019. – 03.05.2019.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pirmdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki** | **Ogļh.** | **Alergēni** |
| 1 | Svaigu kāpostu salāti ar gurķi un tomātiem | 1/50 | 0.14 | 42.03 | 0.81 | 2.06 | 2.82 |  |
| 2 | Gaļas veltnīši ar sieru | 1/70 | 0.56 | 296.86 | 11.57 | 21.47 | 9.79 | Kv.milti, piena prod. |
| 3 | Vārīti makaroni | 150 | 0.17 | 215.94 | 6.24 | 2.66 | 41.76 | Kv.milti, piena prod. |
| 4 | Maize | 15 | 0.02 | 35.36 | 1.2 | 0.13 | 7.34 | Kv. milti, rudzu milti |
| 5 | Biezpiena sieriņš | 40 | 0.34 | 210 | 4.5 | 6 | 30.8 | Piena prod. |
| 6 | Kafijas dzēriens | 200 | 0.19 | 92.20 | 2.80 | 2.50 | 14.68 | Piena prod. |
|  |  |  | **1.42** | **892.39** | **27.10** | **36.82** | **107.19** |  |
|  | **Otrdiena** |  |  |  |  |  |  |  |
| 1 | Burkānu salāti ar saulespuķu sēkliņām | 1/50 | 0.11 | 46.07 | 1.04 | 2.79 | 4.19 |  |
| 2 | Skābētu kāpostu zupa ar krējumu | 200/10 | 0.17 | 81.07 | 1.51 | 5.34 | 6.73 | Piena produkti, |
| 3 | Vistas gaļas kotlete | 1/70 | 0.49 | 240.50 | 11.4 | 15.47 | 14.75 | Olas, kv.milti |
| 4 | Kartupeļu biezenis | 130 | 0.23 | 122.42 | 2.83 | 2.26 | 17.68 | Piena prod. |
| 5 | Maize | 15 | 0.02 | 35.36 | 1.2 | 0.13 | 7.34 | Kv. milti, rudzu milti |
| 6 | Kakao | 1/200 | 0.19 | 90.71 | 3.39 | 2.34 | 12.01 | Piena prod. |
| 7 | Cepumi | 26 | 0.10 | 113 | 2.05 | 3.59 | 18.12 | Kv. milti, piena prod., olas |
| 8 | Auglis (ābols) | 90 | 0.11 | 38.4 | 0.32 | 0.64 | 7.84 |  |
|  |  |  | **1.42** | **767.53** | **23.77** | **32.56** | **88.66** |  |
|  | **Ceturtdiena** |  |  |  |  |  |  |  |
| 1 | Biešu salāti | 50 | 0.09 | 51.97 | 0.71 | 3.54 | 4.32 |  |
| 2 | Plovs ar vistas gaļu | 50/150 | 0.82 | 447.76 | 18.77 | 25.2 | 36.47 |  |
| 3 | Maize | 1/30 | 0.04 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 4 | Jogurts | 150 | 0.27 | 70.2 | 5.4 | 2.4 | 6.75 | Piena prod. |
| 5 | Cepumi | 26 | 0.10 | 113 | 2.05 | 3.59 | 18.12 | Olas, piena prod., kviešu milti |
| 6 | Banāns | 60 | 0.10 | 54.54 | 0.9 | 0.06 | 12.6 |  |
| 7 |  |  | **1.42** | **808.18** | **30.23** | **35.06** | **92.93** |  |
|  | **Piektdiena** |  |  |  |  |  |  |  |
| 1 | Svaigu kāpostu salāti ar burkāniem | 1/70 | 0.14 | 56.41 | 1.13 | 3.61 | 4.84 |  |
| 2 | Cepta vistas fileja omletē | 1/60 | 0.64 | 218.02 | 16.78 | 13.82 | 6.64 | Piena prod., olas |
| 3 | Vārīti rīsi | 1/130 | 0.15 | 174.07 | 3.31 | 2.95 | 33.58 | Piena prod. |
| 4 | Maize | 1/15 | 0.02 | 35.36 | 1.2 | 0.13 | 7.34 | Kv. milti, rudzu milti |
| 5 | Biezpiena masa ar sulas ķīseli | 40/150 | 0.36 | 199.61 | 4.64 | 5.76 | 32.31 | Piena prod. |
| 6 | Auglis (bumbieris) | 80 | 0.11 | 33.84 | 0.32 | 0.24 | 7.6 |  |
|  |  |  | **1.42** | **717.31** | **27.38** | **26.51** | **92.31** |  |