**Ēdienkarte**

SIA “Latgales Optima” 7.-9.klases

 23.04.2019. – 26.04.2019.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Otrdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki** | **Ogļh.** | **Alergēni** |
| 1 | Vitamīnu salāti | 1/50 | 0.12 | 34.56 | 0.68 | 2.09 | 3.26 |  |
| 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 | 30 | 0.04 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 6 | Kakao | 200 | 0.19 | 90.71 | 3.39 | 3.24 | 12.01 | Piena prod. |
| 7 | Cepumi | 13 | 0.05 | 36.5 | 1.03 | 1.8 | 9.06 | Kv.milti, olas, piena prod. |
|  |  |  | **1.42** | **775.85** | **24.69** | **33.94** | **91.61** |  |
|  | **Trešdiena** |  |  |  |  |  |  |  |
| 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** | **37.13** | **90** |  |
|  | **Ceturtdiena** |  |  |  |  |  |  |  |
| 1 | Skābo kāpostu salāti | 50 | 0.12 | 38.48 | 0.9 | 2.05 | 3.1 | Piena prod. |
| 2 | Biešu zupa ar krējumu | 200/10 | 0.22 | 97.26 | 1.92 | 4.59 | 12.07 | Piena prod. |
| 3 | Cepta vistas gaļas fileja | 65 | 0.59 | 184.88 | 15.50 | 11.04 | 6.53 | Olas, piena prod. |
| 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 (bumbieris) | 120 | 0.14 | 49.2 | 0.4 | 0.9 | 10.5 |  |
| 7 | Augļu kompots | 200 | 0.13 | 56.46 | 0.21 | 0.22 | 13.4 | Kv. milti, piena prod., olas |
|  |  |  | **1.42** | **701.22** | **25.13** | **23** | **104.86** |  |
|  | **Piektdiena** |  |  |  |  |  |  |  |
| 1 | Burkānu salāti  | 1/50 | 0.09 | 54.08 | 0.64 | 3.05 | 6.02 |  |
| 2 | Vistas gaļas nūjiņas | 70 | 0.54 | 200.44 | 14.25 | 10.62 | 12.59 | Kv. milti, olas |
| 3 | Vārīti makaroni | 150 | 0.17 | 215.94 | 6.24 | 2.66 | 41.76 | 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 | Biezpiena pudiņš(40) | 50/10 | 0.33 | 141 | 8.17 | 6.70 | 12.21 | Piena prod., olas |
| 7 | Tēja | 200 | 0.06 | 39.97 | - | - | 9.98 |  |
| 8 | Auglis (banāns) | 100 | 0.15 | 90.9 | 1.5 | 0.1 | 21 |  |
|  |  |  | **1.42** | **824.73** | **33.37** | **26.15** | **115.76** |  |